

Catmint

SOFT MINTY PERENNIAL IN THE LAMIACEAE FAMILY

FUN FACT: CATMINT CAN BE USED TO REPEL DEERS!

COMMON USES

Catmint herb shouldn't be confused with catnip.

Cats will eat catnip down to the stem, but they just like to smell Catmint. Rats and mice are said to dislike catmint, so grow some in front of your storage sheds and your house to discourage rodents. The catmint herb can be enjoyed as tea. In olden days, fresh catmint leaves were wrapped around meat to help flavor and preserve it.



HARVESTING AND STORAGE

Harvest: Harvest catmint by snipping off small sprigs and flowers. This herb is best used fresh.

You can also dry the leaves.

Storage: Harvest leaves as flowers begin to bloom, cutting top leaves, stems, and flowers if desired. Spread out to dry in a cool, ventilated area and store the dried herb in an airtight container or bag to preserve its potency.

FEATURED RECIPE

ORANGE CATMINT TEA

2 teaspoon of dried catmint leaves and flowers

300 milliliters hot water

1.5 teaspoons of orange Jam

1 teaspoon mint leaves

Add desired amount of honey

Add desired amount of ice

Decorate with sliced oranges

