



Photo credit: Greenwood Nursery

Common Name: Catmint

Plant Type: Perennial

Light Requirements:
Full Sun- Partial Shade

Height: 1-3 ft.

Bloom Time: Late
Spring-Summer into Fall

Hardiness Zone: 3-8

Nepeta racemosa

Nepeta racemosa is an herbaceous perennial in the mint family (Lamiaceae). It is a low-growing, clump-forming perennial that originated in Asia, but has been hybridized and can be found in many parts of the world. It is sometimes referred to as *Nepeta faassenii* or *Nepeta mussinii*, which is the result of such hybridization. Its common name, **Catmint**, should not be confused with **Catnip** (*Nepeta cataria*), though they are closely related. Both plants release an aromatic scent when the stems are crushed which is attractive to some cats.

Nepeta grows best in full sun in well-drained soil, though it will tolerate light shade. It can tolerate drought and heat but will bloom better with consistent moisture. Plants form a mound of aromatic, gray-green foliage, and bloom profusely with small lavender-purple flowers beginning around June and well into July. In mid-summer, *Nepeta* benefits from being sheared back by at least half. Doing so will result in another flush of blooms, and a tidier plant overall. *Nepeta* can be easily divided to make more plants.

Nepeta is deer and rabbit resistant and attracts bees and butterflies.

References:

<http://www.gardening.cornell.edu/homegardening/scene5507.html#varieties>

<https://plants.ces.ncsu.edu/plants/nepeta-x-faassenii-walkers-low/>

<https://www.missouribotanicalgarden.org/PlantFinder/PlantFinderDetails.aspx?kempercode=t160>