



For the joy of gardening!

Estabrook's

CATNIP CARE

LIGHT

Catnip (*Nepeta cataria*) grows in full sun to partial shade. A little afternoon shade can help in a hot location. Give this aromatic herb room to form an upright, branching plant. Good light and air circulation help maintain sturdy growth and healthy leaves.

WATER

Water thoroughly after planting and keep roots moderately moist while establishing. Established plants tolerate some drought, but water during extended dry spells. Let excess water drain after each soaking. Containers need regular checking and drainage holes; avoid leaving pots in standing water.

SOIL & PLANTING

Plant at nursery depth in average, well-drained soil. Keep the crown clear of heavy mulch. A container can help define the planting area, but it will not stop seeds from spreading. Choose a location where unwanted seedlings can be removed easily.

FEEDING

Catnip generally needs little fertilizer in ordinary garden soil. Feed lightly only if needed, following label directions. Excess fertilizer can produce soft growth without improving the plant. Container plants may need occasional modest feeding during active growth, depending on the potting mix.

SEASONAL CARE

Trim faded flower spikes to encourage fresh growth and reduce seed production. Remove unwanted seedlings promptly. Retain healthy leaves until they decline, then tidy dead stems in spring. Divide an established clump when necessary and water newly planted sections until roots develop.

HELPFUL TIPS

This is true catnip, distinct from ornamental catmint hybrids and calamint. Cats may crush or roll on young plants; use a temporary plant guard if needed. Catnip can self-sow freely, so do not let every spike ripen unless seedlings are wanted. Watch for aphids, mildew and root problems in wet soil.