

Dragonfly's Nook

PLANTS ♦ CRAFTS ♦ GOOD VIBES
Grow a kinder, greener tomorrow ♥

Happy Plants
Happier People ♥

CATNIP

(*Nepeta cataria*)

♥ A CALMING HERB FOR PEOPLE, PETS & POLLINATORS ♥

So much more than a cat toy! ♥

Good Plants
Brighter Days
♥

Medicinal Benefits (for people)

- Calming and relaxing – may help ease stress, anxiety, and promote restful sleep
- Supports digestive health – traditionally used for bloating, indigestion, and upset stomach
- May help with mild headache and tension
- Contains antioxidant and anti-inflammatory compounds
- Traditionally used to support cold and flu symptoms (sweat-inducing tea)

A gentle herb for a happier you ♥

Benefits for Cats

- Contains nepetalactone, a natural compound that can trigger a playful, euphoric response in many cats
- Encourages exercise and mental stimulation
- Can help reduce stress and anxiety in cats
- May promote relaxed, content behavior (responses vary by cat)

Happy Cats
Happy Homes ♥

Growing Information

- Type: Perennial herb
- Height: 2 – 3 feet
- Spread: 1 – 2 feet
- Sunlight: Full sun to partial shade
- Soil: Well-draining, moderate fertility
- Bloom Time: Late spring – early fall
- Hardiness Zones: 3 – 9
- Easy to grow and comes back bigger each year!

Good for the Garden

- Attracts bees, butterflies, and other beneficial insects
- Beautiful, delicate flowers
- Deer resistant
- Great for herb gardens, pollinator gardens, and naturalized spaces

Healthy Soil
Happy Pollinators
Thriving Gardens ♥

♥ How to Use Catnip ♥

Different parts of the plant can be used in different ways!

Leaves (fresh or dried)

- Use in teas for relaxation and digestive support
- Add to herbal blends
- Can be used fresh in salads (in small amounts)
- Use in sachets or pillows for sleep support
- Safe for culinary use in moderation

Flowers (fresh or dried)

- Add to teas for a milder, more floral flavor
- Use in herbal blends
- Attract pollinators to your garden
- Can be dried for sachets, potpourri, or craft projects
- Beautiful addition to bouquets

Stems

- Contain beneficial compounds but are tougher in texture
- Can be used in longer steeped teas or tinctures
- Often composted
- Great for adding to mulch or garden beds

Seeds (less commonly used)

- Can be collected and saved for next season
- Easy to grow from seed
- Plant in spring after last frost
- Allow some plants to go to seed for continuous growth year after year

Popular Ways to Use Catnip

Calming Tea
(leaves/flowers)

Herbal Sachets
(leaves/flowers)

Tincture
(leaves/flowers)

Cat Enrichment
(dried leaves/flowers)

Relaxation Pillows
(leaves/flowers)

Crafts & Potpourri
(dried leaves/flowers)

Plant a Little Calm
Grow a Little Joy ♥

Dragonfly's Nook ♥ Plant Wellness. Happier Days. ♥