



Catmint Planting Guide

About Catmint

Clusters of lavender-blue flowers atop gray-green foliage makes for a beautiful addition to home gardens. Not only is it ornamental, but history tells us that the Roman town of Nepeti, possibly the origin of its genus name, used catmint to make herbal teas and insect repellents. It shares many characteristics as catnip but is less attractive to felines.

When to Plant

Start seeds indoors 6-8 weeks before the last spring frost or direct sow outdoors after the danger of frost has passed.

Where to Plant

Catmint prefers average, dry to medium, well-drained soil in full sun to partial shade. Provide light afternoon shade in warm summer areas. Be sure to plant in an area where your plants can spread out, as catmint tends to grow wider than tall. Catmint is highly versatile and thrives anywhere from perennial borders to gravel gardens. It's also great in edging beds and along pathways.

How to Plant

Add compost to the plant's base. Sow seeds about 1/4" deep and if direct sowing into your garden or when transplanting your seedlings, space plants 18-24" apart.

Caring for Catmint

First-year plants will need frequent watering, but once rooted, catmint plants are drought and heat tolerant. Shear your catmint plants back by a third or more after the first blooms and divide plants every 3-4 years in spring or early fall.