

CATNIP

Botanical Study

FAMILY: *Lamiaceae*
(Mint Family)

COMMON NAMES:
Catnip, Catmint, Catnep,
Field Balm

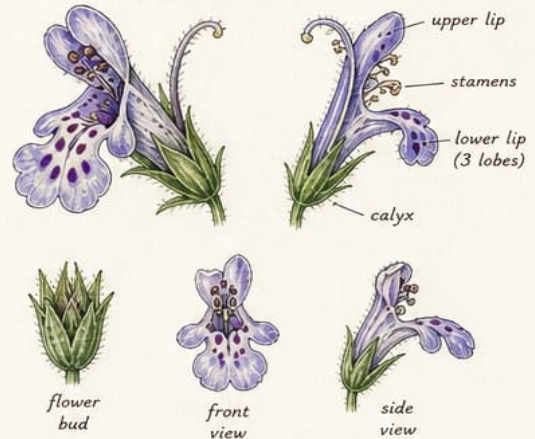
Catnip is a hardy perennial herb with a long history of use in herbal medicine. It is part of the mint family, which is recognized by its square stem, opposite leaves, and whorled flowers.

HABITAT & GROWTH

Thrives in a variety of soils and full sun to partial shade. Often found in meadows, roadsides, garden edges, and waste areas. Blooms from late spring through summer.



FLOWER STUDY



LEAF STUDY



<p>STEM STUDY The mint family has square stems.</p> <p>cross-section (square) square stem with opposite leaves</p>	<p>ROOT SYSTEM</p> <p>Fibrous roots from a short rhizome.</p>	<p>BOTANICAL DETAILS</p> <p>calyx (hairy) stem surface (hairy) schizocarp (dry fruit) splits into 4 nutlets</p>	<p>PARTS USED</p> <p>Aerial parts—leaves and flowering tops.</p>
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KEY CONSTITUENTS

Nepetalactones (nepetalactone), volatile oils, flavonoids (luteolin, apigenin), phenolic acids (rosmarinic acid), tannins.

ENERGETICS & TASTE

Slightly warming, mildly drying.
Taste: mildly bitter, aromatic, mint-like.

ACTIONS

Nervine, carminative, antispasmodic, diaphoretic, mild sedative.

CATNIP TEA

Simple & Soothing

A gentle, minty infusion that calms the mind, soothes the digestive system, and supports restful sleep.

BENEFITS

Catnip is a mild nervine and carminative herb. It helps ease nervous tension, restlessness, bloating, gas, and stress-related digestive upset. Traditionally used to support gentle sweating during colds and fevers.

BEST TIME TO DRINK

Enjoy 30–60 minutes before bed for sleep support, or after meals to aid digestion and reduce bloating.

MAKE IT YOURS

FOR SLEEP: Catnip + Chamomile + Lemon Balm
FOR DIGESTION: Catnip + Peppermint + Fennel
FOR COLDS & FEVER: Catnip + Elderflower + Yarrow

EASY CATNIP TEA RECIPE

(One Cup)



INGREDIENTS

1–2 teaspoons dried catnip (leaves and flowering tops)
1 cup (8 oz) hot water

DIRECTIONS

1. Add catnip to a teapot or cup.
2. Pour hot water over the herb.
3. Cover and steep for 10–15 minutes to preserve the volatile oils.
4. Strain and enjoy.

Drink up to 3 cups daily as needed.

TIPS

Always cover while steeping to keep in the beneficial essential oils. Use fresh or vibrant dried herb for the best flavor and medicine.



STEM SPOTLIGHT

Catnip has a square stem, just like other members of the mint family.



SAFETY NOTES

Avoid during pregnancy. Use caution with sedatives, alcohol, anxiety medications, and lithium. Possible side effects are rare but may include headache, upset stomach, or drowsiness. Large amounts may cause nausea.

A gentle herb for everyday use—perfect for moments when you need a little extra calm and comfort.