



bee-friendliness rating

Gift to Nature's Guide to Bee-Friendly Plants



common name

Catmint

botanical name

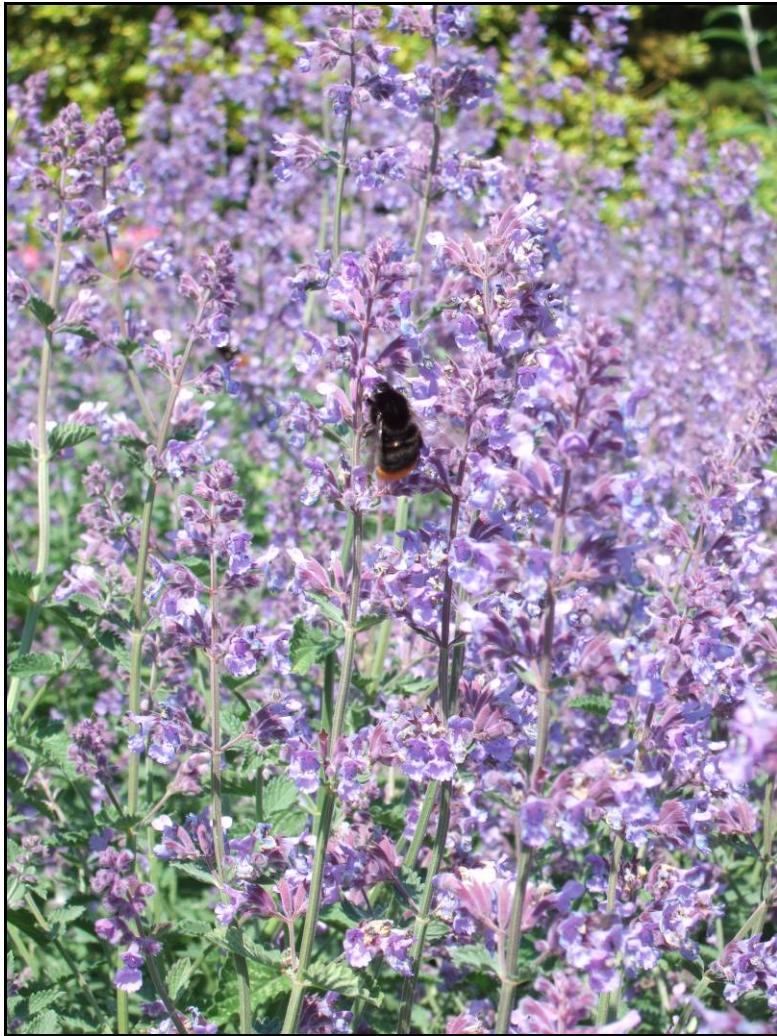
Nepeta cataria

family

Lamiaceae

origin

Europe, and probably native to Britain



< *Nepeta x faassenii*

type of plant:
tree
climber
shrub
herbaceous perennial
biennial
annual

height range:
< 0.5 m
0.5-1 m
1-2 m
2-5 m
5-10 m
> 10 m

suitable soil types:
chalk
sand
clay
well-drained
damp
wet

suitable aspects:
sunny
semi-shade
shade

Months in flower											
Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Months in leaf - aromatic											
Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec

Edible plant? Leaves can be used as a flavouring or as a tea.

Useful plant? Many medicinal uses, including treatment of colds and fevers.

Always seek advice from a professional before using a plant medicinally.

Hive bees, bumble bees, and solitary bees all need both nectar and pollen. Hive bees also need enough to make spare honey for people.

For hive bees, see also leaflets from the British Beekeepers Association at www.britishbee.org.uk/information_leaflets.php.

For bumble bees, see also www.bumblebeeconservationtrust.co.uk/gardening_for_bumblebees.htm.

For more plants, see F.N. Howes *Plants and Beekeeping* 1979 Faber & Faber ISBN 0 571 11358 3, out of print but available second-hand

For more information on edible and useful plants, see www.pfaf.org.

For native plants and animals associated with them, see the Postcode Plants Database <http://www.nhm.ac.uk/fff/index.html>.