Catnip

Warm Catnip Tea Recipe

To brew a proper cup of warm **catnip** simply steep one bag (or 1 teaspoon loose leaf) organic catnip 5-10 minutes in a cup of purified water. To brew a gallon, steep a heaping cup loose leaf organic **catnip** in a gallon of purified water.

Catnip Extract Recipe

To make **Catnip** Extract simply use one heaping cup of loose leaf organic **Catnip** in a pint sized mason jar. Cover **Catnip** with any strong grain alcohol or Vodka. Layer plastic wrap between lid and jar to prevent the lid from rusting. Label and date the jar (ex. **Catnip** Extract 1/17/15). Store overnight in a dark, cool place. The **Catnip** will absorb the alcohol, so for one week you'll need to top it off daily with more alcohol and give it a good shake to keep the herbs covered. After that, make it a point to shake the jar weekly for 4-6 weeks. Strain through a damp cheesecloth preferably into amber bottle, but, I normally give the jar a good cleaning and drying and pour it back into the same one. Store in dark, cool place. To use: take a half teaspoon with 8 ounces of water, juice or tea.

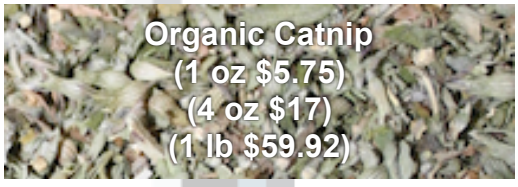
Catnip Oil

To make **catnip** oil simply use one heaping cup loose leaf organic **catnip** in a pint sized mason jar. Cover the **catnip** with unrefined organic coconut oil and place the entire jar in a medium pot of cold water. On high heat, bring the water to a boil then immediately reduce to low heat and simmer 2 hours. Once the coconut oil melts, continue to add more until the jar is 3/4 full. Check often and add water occasionally to the pot. It would be disastrous to allow the pot to go dry! Strain through a fine mesh strainer. Clean and dry the jar. Store the oil in that jar, covered, labeled and dated (example **catnip** Oil - 6/17/15). Store in dark, cool place. Coconut oil will solidify. To use, apply directly to clean, dry skin for hemorrhoids, arthritic pain, inflammation,and to relieve swelling and bruises.

Catnip *(nepeta cataria)* is a spectacular herb that can be smoke medicinally or brewed into a tea for respiratory, anxiety, and insomniac issues. It's powerful enough to arrest migraine and is used to assist relaxation, promote peaceful sleep, treat and prevent cold, flu and other bacterial and viral infections. It can aid in digestion, help relieve gas and stomach cramping, and be used as an overall tonic.



Catnip is also used for fever, hives, and with anyone who has worms. It is a powerful analgesic and is actually safe enough for small children to use. Oil of catnip applied directly to the skin is used for arthritis pain and inflammation, hemorrhoids, and as a compress to relieve swelling.



Organic Catnip is in stock. Be swift about contacting nicolechavous@me.com and place your order today! ***All my herbs, teas and spices are certified organic unless otherwise specified.***

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