

Country Garden Greenhouse

Japanese Catnip



(Jing jie) Chinese herb, called “Jing Jie” used as an antiviral and antibacterial agent to treat the symptoms related to the common cold including chills, sore throat and headache. Also used as an antiinflammatory to treat allergic dermatitis, skin rashes and other inflammatory diseases. Has been recently studied as an effective treatment against human noroviruses, the causative agents of non-bacterial gastroenteritis, in which no effective antivirals have yet been developed. Also used in cuisine and herbal tea in East Asia.

Annual