

# ANOTHER HERB HERBERT FAVOURITE HERBS

FACT SHEET

## Cat Grass *Dactylis glomerata*



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All animals have a built in ability to know what to eat in order to balance their diet and aid in the recovery of certain ailments. Unfortunately a lot of domestic animals are reliant on their human counterparts to ensure they get that correct diet. Catgrass is one of those plants that animals, particularly cats, will instinctively seek out to help them replace essential vitamins and minerals lacking in their diet.

### DESCRIPTION

*Dactylis glomerata*, Catgrass, is a dense clumping perennial grass. The finely pointed, arching leaves arise out of tufts of stiff stems. Panicles of densely clustered spikelets appear in summer.



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### PARTS USED

Leaves

### PROPERTIES

An abrasive leaved herb rich in vitamins and minerals.

### USES

Pets

The young green shoots of this freshly growing catgrass provide your cat with a ready supply of essential vitamins and minerals often missing from the diets of cats who spend much of their lives indoors.

They instinctively seek out and eat it for its nutritional

and medicinal properties and as a natural aid to hairball removal.

Catgrass is also suitable for other pets such as dogs, guinea pigs and rabbits.

### CULTIVATION

Prefers full sun and moist, well-drained soil. For indoor pets, Catgrass can be grown in pots and brought inside for a short period at a time, or kept in a sunny window. Be sure that it doesn't dry out. Can be cut back hard to rejuvenate growth. Catgrass can be grown all year round.

### HARVEST

Fresh leaves are more potent as much of the essential oil content is lost when the leaves are dried. It is best to harvest leaves prior to flowering.

The grass is ready to eat when 7-10 cm Tall.

