



## Cat grass

Cat grass (catgrass) is a name used to describe a number of different types of grass which are popular with cats. There are several types of grass suitable for cats which include:

Dactylitis Glomerata  
Avena sativa)  
Barley  
Wheatgrass

Cats love it!



## Peppermint

(Mentha balsamea)

This aromatic herb has historically been used to help soothe upset stomachs, reduce gas, reduce nausea, and help with travel sickness. There is no reported toxicity for dogs although very high doses may result in liver or kidney problems



## Lemongrass

(Cymbopogon citratus)

Lemongrass has a catnip-like effect on most cats. Whether potted indoors or planted in an outdoor garden, a nibble-friendly patch of lemongrass is a safe cat treat.



## Basil

(Ocimum basilicum)

This dog-approved leafy herb, well-known for its delicious role in pesto, has antioxidant, antiviral, and antimicrobial properties. The next time you're cooking with fresh basil, sprinkle a pinch of the chopped herb atop your dog's dinner.





## Licorice Root

Not only do many cats like the taste of licorice, this herb can be used as a natural anti-inflammatory or cortisone to soothe allergies, endocrine and digestive issues, and respiratory problems. Licorice root also has anti-inflammatory properties that can be helpful for arthritic kitties, and also supports liver detoxification.



## Oregano (Origanum vulgare)

Oregano (*Origanum vulgare*) Best recognized as added flavour for pizza, oregano is high in antioxidants and flavonoids and is reported as an antimicrobial. This non-toxic herb has been used to help with digestive problems, diarrhea, and gas.



## Parsely

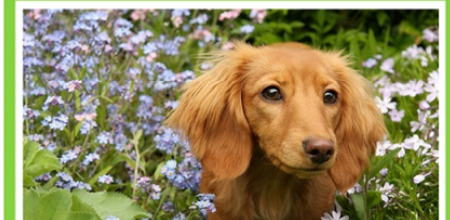
(*Cymbopogon citratus*)

Parsely isn't just for seasoning your pasta. It is a herb which can provide your dog with some indispensable nutrients. Flavonoids, antioxidants, vitamins... It can settle stomach pain and even refresh their breath!



## Rosemary (*Rosemarinus officinalis*)

This good-for-dogs herb is high in iron, calcium, and Vitamin B6. Rosemary has also been shown to act as an antioxidant. Dogs love to rub against rosemary bushes – thus releasing its strong smelling essential oils on the coat of the animal.





## Oregano

(Origanum vulgare)

Oregano (Origanum vulgare) Best recognized as added flavour for pizza, oregano is high in antioxidants and flavonoids and is reported as an antimicrobial. This non-toxic herb has been used to help with digestive problems, diarrhea, and gas.



## How to use herbs for dogs

- Used fresh or dried:
- a pinch for toy dogs under 4.5kg's
- a bigger pinch for small dogs under 9kg's
- two pinches to a teaspoon for dogs under 22 kg's
- two pinches to two teaspoons for large dogs under 45 kg's
- up to a tablespoon for giant dogs over 45 kg's



## Oregano

(Origanum vulgare)

Oregano (Origanum vulgare) Best recognized as added flavour for pizza, oregano is high in antioxidants and flavonoids and is reported as an antimicrobial. This non-toxic herb has been used to help with digestive problems, diarrhea, and gas.



## Planting for your Dog

Our dogs need fresh plants for their general health. Fresh plants are rich in essential nutrients – mineral salts, natural vitamins and chlorophyll. These are all very necessary for general good health. Dogs rub themselves through bushes and grass, and both love to lie under shrubs. Plants don't have to be eaten to be of benefit. Their volatile oils are absorbed through the skin of the animal.



**R24.95**  
**ORGANIC SEEDLINGS**

Starke Ayres Garden Centre Rosebank - Tel: 021 685 4120/1  
Starke Ayres Garden Centre Sunningdale - Tel: 021 554 8450/1

**f**

**STARKE AYRES**  
**GARDEN CENTRE**  
www.starkeayresgc.co.za  
- ESTABLISHED 1877 -

**Talborne Organics**  
Growing Goodness

**Cat Thyme**  
(*Teucrium marum*)

Cat thyme (*Teucrium marum*) is not actually thyme at all, but a germander. It is a mounding, tender perennial with grey-green leaves tipped by pink flowers that bloom in the summer. Cat thyme has a similar effect to catnip on susceptible kitties.