

Piss Off Plant, Scaredy Cat Plant, Dogsbane

Family	Lamiaceae
Botanical	Plectranthus caninus
Parts Used	Leaves
USDA Hardiness	9 - 11 +
Light	all
Soil	Well drained
Duration	Tender Annual



Propagation	These plants root easily from cuttings or from just touching the ground. Take regular cuttings to multiply your crop & dig them up during the onset of winter to move to a greenhouse or similar shelter.
Water	Moist
Growing	They like full sun but can flourish in light shade also. They like composted soft soil and do well in hanging baskets. Both the leaves and flowers of the plant are sticky to the touch, and have a distinct odour. A cross between mint and citronella. It has been recorded that this plant has also identified its benefits in controlling unwanted flying garden pests namely greenfly and whitefly and was tested by growing it next to commercial crops which are prone to these infestation attacks - Petunia Surfinia, Million Bells, Sweet Peas, and Tomatoes to name a few and in each trial the results have been the same and the unwanted insects have avoided the area.

Medicinal Uses	Anti-microbial, Anti-inflammatory
Benefits	Used to treat gum disorders in Africa
Preparation	

Fines Herbes

Culinary Uses N/A

Historical Facts This herb is in the mint family and a native to Asia, Australia, Indonesia, Hawaii, South Africa and sub-Saharan Africa.

Additional Tips Great use as a bug deterrant and is said to keep cats and dogs out of the area that it is planted in.

Nutrition Facts N/A