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Clinopodium nepeta

[Synonyms : *Calamintha glandulosa*, *Calamintha largiflora*, *Calamintha nepeta*, *Calamintha nepeta* subsp. *glandulosa*, *Calamintha nepetoides*, *Calamintha officinalis*, *Clinopodium calamintha*, *Melissa nepeta*, *Satureja calamintha*, *Satureja calamintha* subsp. *glandulosa*, *Satureja nepeta*, *Thymus glandulosus*]

LESSER CALAMINT is a perennial. Native to Europe it has small pale purple or white flowers.

It is also known as *Ackermelisse* (German), Basil thyme, *Bergmelisse* (German), *Echte Bergminze* (German), *Erbin Bach* (Welsh), Field balm, *Fliskuni* (Greek), *Kammilta* (Maltese), *Kleine Bergminze* (German), *Marulka šantovitá* (Czech), *Nepitella*, and *Stenkyndel* (Swedish).

Nepeta is made up of the genus name *Nepeta* meaning ‘like plants in that (catnip) genus’. Some authorities consider lesser calamint to be a sub-species.

Medicinally, it has been used in the past indiscriminately with common calamint (*Clinopodium acinos*) although many European herbalists considered it to be superior in quality.