

Stinging Nettle



©T. Neuffer

Urtica dioica

PNW Native Plant

Springtime is the best time for nettles! Harvest when they are young, short and tender.

medicine

Cultural Uses

Harvest in the spring when the shoots are tender, no taller than about 1 foot, before they flower. Stay away from industrialized areas where they get contaminated with heavy metals. The whole plant is useful. Nettle leaves, flowers and seeds are great nutritional food and medicine. The stem is used for fiber. Gloves and scissors are a must! Some great preparations are cooked, juiced and they make a very healthy tea.

General

Perennial, armed with stinging hairs. Leaves are opposite, narrowly lance-shaped to oval or heart shaped. Flowers are greenish, tiny and numerous.

Full sun to shade

Moist rich soils

Ecology

Meadows, thickets, stream-banks, open forest; often growing in large quantities in disturbed habitats.

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