



STINGING NETTLE

Urtica dioica (hy-PER-ih-kum per-fuh-RAY-tum)

PERENNIAL | URTICACEAE FAMILY

ZONES: 2-10

EXPOSURE: FULL TO PARTIAL SUN

MATURE HEIGHT: 4 FT | SPREAD 18"

BLOOM: YELLOW | SUMMER



Medicinal



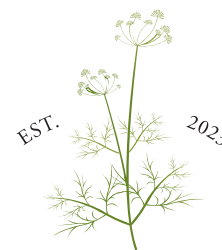
Culinary



Butterflies



Resistant



HERB & VINE

— healing plants —

A native to North America, this plant is named for the burning sensation one gets from brushing up against its leaves, armed with stinging hairs. Use as spinach substitute or in soups & stews (cooking destroys the sting).

- Therapeutic*: Roots have been used as a diuretic and as a natural treatment for prostate enlargement and other urinary disorders. Tea made from the leaves has been used to treat hay fever, diabetes, gout, and arthritis, and fresh stinging leaves are sometimes applied to arthritic joints in a process known as urtification, which is said to stimulate blood flow. Topical creams have also been developed for joint pain and various skin ailments, including eczema and dandruff.
- Culinary: young leaves are rich in calcium, iron and potassium, as well as vitamins A and C.
- Reproduces by rhizomes and seeds and can form dense colonies (some consider it a noxious weed).

Cautions: intense burning and itching sensation caused by hairs on leaves and stems. Use gloves when harvesting.



*Information is based on research of the historical uses of this herb and does not constitute medical advice. Consult a medical professional before using any herb for therapeutic purposes.

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