



Ouch!
No touching!



center
—for—
native
plants

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Stinging Nettle

Urtica dioica

Nettle Family

- Perennial, medicinal herb
- Spreads via rhizome
- The sting comes from formic acid contained in the tiny hairs arming the stems. When the tip pierces skin, acid is injected and can cause itching/burning
- Tender young shoots can be boiled and eaten like spinach (cooking destroys the acid compounds)
- Nettle fibers were used for many years to make rope, paper and cloth

