



HERBS

Medicinal and Culinary
Seedlings ~ Fresh-Cut ~ Dried

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Genus: **Urtica**
Plant Family: **Urticaceae**

Species: **dioica**
Common Name: **Stinging Nettle**

Garden Care

Best propagated by rhizome division. Best if grown on edge away from main garden to avoid unintended contact. Drying and cooking nettles inactivates its sting.

Herbal Actions

Action	Detail
Alterative	Supports the body in healthy cellular metabolism and its natural process of detoxification, cleansing and elimination. Also known as a blood cleanser.
Antirheumatic	Relieves the pain and discomfort of musculoskeletal inflammation through a variety of actions.
Anti-inflammatory	Alleviates inflammation.
Diuretic	Increase secretions and elimination of urine from the body.
Galactagogue	Encourages the production and secretion of breast milk.
Astringent	Tightens or constricts bodily tissue, namely the mucus membranes and skin.

Type of Plant

Herbaceous
Perennial

Parts Used

Leaves
Root
Seeds

Contraindications

Consult a medical practitioner prior to consuming herbs as medicinals; especially if combining with prescribed pharmaceuticals, you are pregnant or nursing, or when providing to children.
Can cause irritation to the skin.

Habitat

Water Medium
Sun
Part Sun/Shade
PH Average

Preparations

Tincture
Edible
Infused Oil
Vinegar