

STINGING NETTLES

Urtica dioica



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Dakota: čhaŋičahpehu
Anishinaabe: mazaanaatigoons

ABOUT

Stinging nettles are herbaceous perennial plants with an angular, almost-square stem and leaves arranged opposite on the stem. The dark green leaves grow up to 8" and all parts of the plant may be covered in sharp hairs that cause an irritating or stinging effect. Nettles get clusters of light green, feathery flowers that later become heavy clusters of seeds.

HARVEST / PREP

- Younger leaves are best for teas, so collect in early spring or at the top of the plant later in the season

BENEFITS

- Contain anti-inflammatory properties
- High in protein