PLANT FACT SHEET

Urtica urens L.

GENUS *Urtica* **FAMILY** Urticaceae

COMMON NAMES Small nettle, Lesser Nettle

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds

The young leaves are eaten as a potherb. They are also mixed with meat as a relish. They are also used in omelettes.
The seeds are roasted and eaten.

DESCRIPTION

An erect annual herb. It is branched. It grows 60 cm high. The stems are soft and 4 angled. The leaves are broadly oval and deeply toothed. The leaves are 1-4 cm long. They are armed with sharply pointed stinging hairs. The flowers are small. They are in short clusters arising from the base of the leaves.

HABITAT

It grows in temperate regions. In Tibet in China it grows between 2,800-2,900 m altitude. It can grow in arid places. In Argentina it grows from sea level to 1,500 m above sea level. Tasmania Herbarium.

PRODUCTION

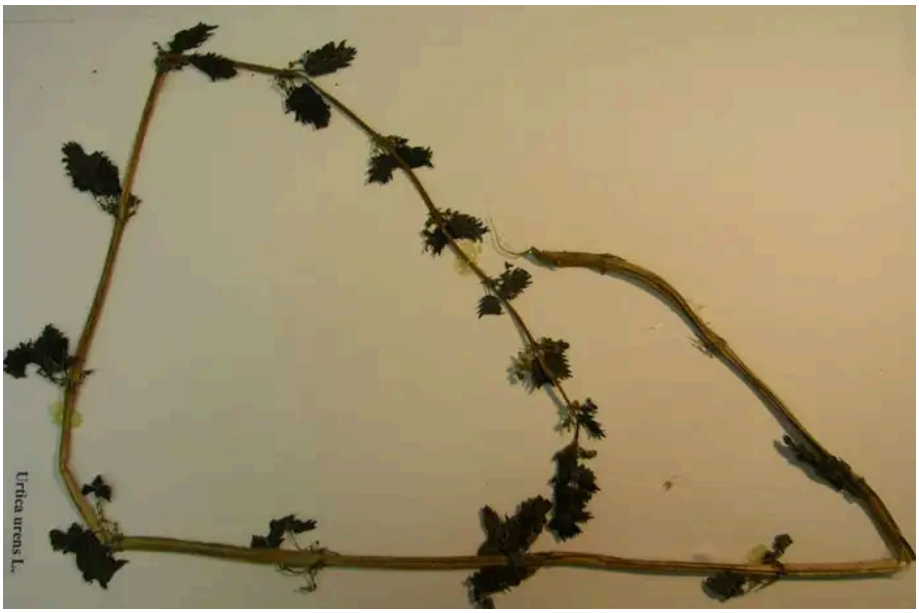
Cultivation

Plants can be grown from seed.

NOTES

There are over 500 Urtica species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

REFERENCES

Akinola, R., et al, 2020, A Review of Indigenous Food Crops in Africa and the Implications for more Sustainable and Healthy Food Systems. Sustainability 2020, 12, 3493;

Andrare, G. M. M., et al, 2023, Plantas Alimenticias Nao Convencionais (PANC) Nos Levantamentos Etnobotanicos do Brazil. Novos Cadernos NAEA v. 25 No. 2 p 223

Benitez, G., et al, 2023, Wild Edible Plants of Andalusia: Traditional Uses and Potential of Eating Wild in a Highly Diverse Region. Plants 2023, 12, 1218 p 26

Bindon, P., 1996, Useful Bush Plants. Western Australian Museum. p 260

Biscotti, N. et al, 2018, The traditional food use of wild vegetables in Apulia (Italy) in the light of Italian ethnobotanical literature. Italian Botanist 5:1-24

Blanco-Salas, J., et al, 2019, Wild Plants Potentially Used in Human Food in the Protected Area "Sierra Grande de Hornachos" of Extremadura (Spain). Sustainability 2019, 11, 456

Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 1001

Bonet, M. A. & Valles, J., 2002, Use of non-crop food vascular plants in Montseny biosphere reserve (Catalonia, Iberian Peninsula). International Journal of Food Sciences and Nutrition (2002) 53, 225–248

Bvenura, C. and Afolayan, A. J., 2017, Tackling food and nutrition insecurity using leafy wild vegetables: The nutritional compositions of some selected species.

Ciftcioglu, C. G., 2015, Sustainable wild-collection of medicinal and edible plants in Lefke region of North Cyprus. Agroforest Syst. Springer

Cordero, S. E., Abello, L. A., & Galvez, F. L., 2017, Plantas silvestres comestibles y medicinales de Chile y otras partes del mundo. CORMA p 254

Cribb, A.B. & J.W., 1976, Wild Food in Australia, Fontana. p 133

Curtis, W.M., 1993, The Student's Flora of Tasmania. Part 3 St David's Park Publishing, Tasmania, p 639

Dashorst, G.R.M., and Jessop, J.P., 1998, Plants of the Adelaide Plains & Hills. Botanic Gardens of Adelaide and State Herbarium. p 48

Denes, A., et al, 2012, Wild plants used for food by Hungarian ethnic groups living in the Carpathian Basin. Acta Societatis Botanicorum Poloniae 81 (4): 381-396

Dogan, Y., et al, 2004, The Use of Wild Edible Plants in Western and Central Anatolia (Turkey). Economic Botany 58(4) pp. 684-690

Dogan, Y., 2012, Traditionally used wild edible greens in the Aegean Region of Turkey. Acta Societatis Botanicorum Poloniae 81(4): 329-342

Dogan, Y. et al, 2013, Wild Edible Plants sold in the Local Markets of Izmir, Turkey. Pak. J. Bot. 45(S1): 177-184

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 243

Flora of Australia, Volume 3, Hamamelidales to Casuarinales, Australian Government Publishing Service, Canberra (1989) p 72

Flora of Australia Volume 49, Oceanic Islands 1, Australian Government Publishing Service, Canberra. (1994) p 66

Food Composition Tables for use in Africa FAO http://www.fao.org/infoods/directory No. 710

Fox, F. W. & Young, M. E. N., 1982, Food from the Veld. Delta Books. p 360

Geraci, A., et al, 2018, The wild taxa utilized as vegetables in Sicily (Italy): a traditional component of the Mediterranean diet. Journal of Ethnobiology and Ethnomedicine (2018) 14:14

Guo, C., et al, 2022, An Ethnobotany Survey of Wild Plants Used by the Tibetan People in Gyirong Valley, Tibet, China. Journal of Ethnobiology and Ethnomedicine 18:67 p 11

Hancer, C. K., et al, 2020, Traditional Knowledge of Wild Edible Plants of Biga (Çanakkale), Turkey. Acta Societatis Botanicorum Poloniae / 2020 / Volume 89 / Issue 1 / Article 8914

Hankiso, M., et al, 2023, Ethnobotany of wild edible plants in Soro District of Hadiya Zone, southern Ethiopia. Journal of Ethnobiology and Ethnomedicine. 19:21

Harris, S., Buchanan, A., Connolly, A., 2001, One Hundred Islands: The Flora of the Outer Furneaux. Tas Govt. p 244

http://nordicfood lab/org/blog/2102/9/wild-edible-plants-an-overview

http://www.botanic-gardens-ljubljana.com/en/plants

Hussey, B.M.J., Keighery, G.J., Cousens, R.D., Dodd, J., Lloyd, S.G., 1997, Western Weeds. A guide to the weeds of Western Australia. Plant Protection Society of Western Australia. p 228

Hu, Shiu-ying, 2005, Food Plants of China. The Chinese University Press. p 365

Ibadullayeva, S., et al, 2011, Protection of some rare and endangered vegetable plants in the flora of the Nakhichevan AR. International Journal of Biodiversity and Conservation Vol. 3(6), pp. 224-229

Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 109

Kaliszewska, I & Kolodziejska-Degorska, I, 2015, The social context of wild leafy vegetables uses in Shiri, Daghestan. Journal of Ethnobiology and Ethnomedicine, 11:63

Kayabasi, N. P., et al, 2018, Wild edible plants and their traditional use in the human nutrition in Manyas (Turkey). Indian Journal of Traditional Knowledge. Vol. 17(2), April 2018, pp 299-306

Kepe, T., 2008, Social Dynamics of the Value of Wild Edible Leaves (Imifino) in a South African Rural Area. Ecology of Food and Nutrition, 47:531-558

Full reference list (50 more) at https://www.echocommunity.org/en/resources/1fdb1f68-0717-4381-bab2-b6035edc3948

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/1fdb1f68-0717-4381-bab2-b6035edc3948