PLANT FACT SHEET

Urtica pilulifera L.

GENUS *Urtica* **FAMILY** Urticaceae

COMMON NAMES Roman nettle

EDIBLE PARTS AND USES

Edible parts: Leaves, Leaves - tea, Stems

The leaves are used for herbal teas.
The stems and young shoots are eaten raw in salads. They are also cooked. They are boiled then fried.

DESCRIPTION

A medium sized herb. It grows each year from seed. It is hairy. The leaves are oval or heart shaped. They may or may not have teeth along the edge. The male and female flowers are on the same plant. The male flowers are in clusters in a raceme and the female flowers are in round heads. The fruit are in rounded clusters. They are 9-11 mm across.

HABITAT

It grows in waste and disturbed ground in Mediterranean countries.

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