PLANT FACT SHEET

Laportea canadensis (L.) Wedd.

GENUS *Laportea* **FAMILY** Urticaceae

COMMON NAMES Wood nettle, Canadian wood nettle

EDIBLE PARTS AND USES

Edible parts: Leaves

The young leaves and shoots are cooked and eaten. The leaves have stinging hairs that lose their sting after cooking.
The leaves can be used for tea.

DESCRIPTION

A herb. It has stinging hairs. The leaves are alternate and have long stalks. The leaves have teeth around the edges.

HABITAT

It is a temperate plant. It grows in rich moist soil in woods and along stream banks. It suits hardiness zones 3-8.

NOTES

Leaves contain vitamins A and C, as well as iron and protein.

REFERENCES

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PROVIDED BY **Food Plants International**

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/87fe0d9f-1abb-4136-a53b-26f0babf0e28