PLANT FACT SHEET

Urtica dioica var. angustifolia Fr.

GENUS *Urtica* **FAMILY** Urticaceae

COMMON NAMES Stinging hemp, Narrow-leaved nettle

EDIBLE PARTS AND USES

Edible parts: Leaves

The young shoots are boiled, drained and seasoned. They are eaten in soup.

DESCRIPTION

A herb that keeps growing from year to year. It grows 50-150 cm high. It has stinging hairs. These can be both simple and branched. The leaves are opposite and sword shaped. They are 8-12 cm long by 2-3 cm wide. There are teeth along the edge. The flowers are small. Male and female flowers are on separate plants.

HABITAT

It is a cold temperate plant. It grows in northern China. It grows in wetlands.

NOTES

There are over (100) 500 Urtica species.

REFERENCES

https://en.wikipedia.org/wiki/List of wild edible plants in Mongolian cuisine

Hu, Shiu-ying, 2005, Food Plants of China. The Chinese University Press. p 364

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

Sachula, et al, 2020, Wild edible plants collected and consumed by the locals in Daqinggou, Inner Mongolia, China. Journal of Ethnobiology and Ethnomedicine (2020) 16:60

Zhang, Y., et al, 2014, Diversity of wetland plants used traditionally in China: a literature review. Journal of Ethnobiology and Ethnomedicine. 10:72

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/b99f5f07-23ba-4ddc-baad-f030f79d7e10