PLANT FACT SHEET

Urtica gracilis subsp. gracilis

GENUS *Urtica* **FAMILY** Urticaceae

COMMON NAMES Stinging nettle, Californica nettle, Slender nettle

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are boiled and eaten.
They are also used for tea.
Caution: Leaves sting the skin until boiled.

DESCRIPTION

A herb that keeps growing from year to year. The stems are simple and erect. It grows 1-2 m high. The leaves are opposite and oblong. They can be heart shaped. There are teeth along the edge. There are fine stinging bristles on the stems and leaves. The flowers are small and green. They are in clusters in the axils of leaves.

HABITAT

It is a cold temperate plant. It grows in rich soils and on hillsides. It suits hardiness zones 4-8.

REFERENCES

Heller, C. A., 1962, Wild Edible and Poisonous Plants of Alaska. Univ. of Alaska Extension Service. p 36 (As Urtica lyallii)

Jackes, D. A., 2007, Edible Forest Gardens (As Urtica dioica subsp. gracilis)

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 889 (As Urtica dioica subsp. gracilis)

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 580 (As Urtica dioica subsp. gracilis)

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/ (As Urtica lyallii and Urtica procera)

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/dbc8abe8-8e23-4cc3-9706-7038f81d01ce