PLANT FACT SHEET

Urtica gracilis subsp. holosericea

GENUS *Urtica* **FAMILY** Urticaceae

COMMON NAMES Stinging nettle

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

REFERENCES

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

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 581

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PROVIDED BY **Food Plants International**

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/df8e1899-713d-4036-a627-2964ee686591