

## Stinging nettle

*Urtica dioica* L.

### Life cycle

Erect, rhizomatous perennial.

### Leaves

Opposite, egg- to lance-shaped with a rounded base and pointed tip.

Petiolated leaves have coarsely toothed margins, smooth surfaces to a few hairs beneath and long, stinging hairs on the lower surface. Contact with

stinging hairs can cause a skin irritation.

### Stems

Four-angled, herbaceous stems are usually erect and unbranched, up to 6 feet tall and covered with stinging hairs. Contact with stinging hairs can cause a skin irritation.

### Flowers and fruit

Inconspicuous, green to yellow flowers are formed in clusters in the upper leaf axils. The seed is enclosed in a single-seeded, tan, egg-shaped fruit.

### Reproduction

Seeds and rhizomes that form extensive colonies.



Stinging nettle seedling.



Stinging nettle leaf.

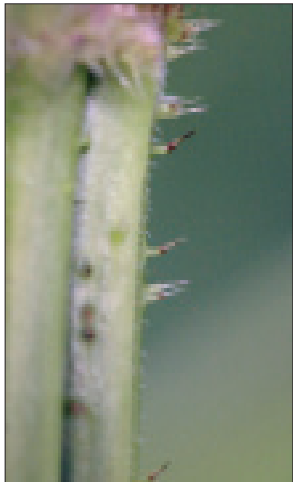
## Stinging nettle *continued*



Stinging nettle foliage and flower clusters.



Stinging nettle stem.



Close-up of stinging hairs on stem of stinging nettle.

**Urticaceae (Nettle family)**