

## 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.



*Stinging nettle seedling.*

**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 leaf.*



*Stinging nettle foliage and flower clusters.*



*Stinging nettle stem.*



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