



Nettles: *Urtica dioica*



Common Name: Nettles

Latin Name: Urtica dioica

Other Names: Stinging Nettle, Ortiga

Taxonomy: Urticacea

Native Habitat: Europe. Also found in U.S. and Canada. Temperate regions worldwide.

Planetary Influence/Correspondence:

Energetic Quality:

Botanical Description: Looks like a giant mint plant. Coarse leaves, creeping yellow roots, ovate leaves with pointed tips. Deeply serrated leaves. Square stems. Male and female flowers grow on separate plants.

Parts Used:

Pharmacological Constituents: Histamine, formic acid, chlorophyll, flavonoids, sterols, sterols, iron, vitamins A-K

Ethnobotanical/Historical Use:

Actions/Properties:

Indications:

Contraindications:

Methods of Preparation and Dosage: Root: decoction of ½ tsp / 1c water

Leaves: Overnight infusion is a favorite way to make it. 1 Tbs. or more per cup of boiling water. Steep overnight. Standard infusion - follow above instructions but leave for 25-30 mins. Drink up to 1c 3x/day for nutritive benefits.

Tincture- preserves histamines, good for allergies, but strips away nutritive value.

Spiritual/Magical/Religious Use:

Wildcrafting/Cultivation:

Miscellaneous Information: