

Urtica dioica
Family: *Urticaceae* – nettle, meaning "burn"
Parts Used: leaves and roots

Nettle has such a wide range of healing due to the high amounts of absorbable vitamins and minerals. It makes a nutrient dense food and potent medicine but also packs a sting if you aren't protected when harvesting.

Properties

Astringent, alterative, diuretic, nutritive, hemostatic, hypotensive, tonic.

Energetics: cooling, drying
Systems Affected: respiratory, urinary

Uses

- Enhance immunity, protect against infection and illness.
- Expel mucus from lungs, stomach, and urinary tract.
- Can relieve allergies, asthma, hay fever and mucus conditions in the lungs.
- High source of digestible iron and chlorophyll, making it a blood tonic that can aid in treating anemia.
- Cleansing and purifying to all body systems.
- Builds and nourishes blood, nerves, bones, joints, and skin (best used with horsetail).
- Blood purifying and cleansing, regenerate blood and form new corpuscles. Useful after childbirth, surgery, and hemorrhaging.
- Women's health; reproductive system support, fertility issues, induce menstruation, regulate bleeding, relieve bloating, menopausal issues, and edema.
- Fatigue and exhaustion, used to build and fortify energy.
- Useful for "growing pains" in children, and "creaky" joints in the elderly.
- Nourishes the mind, aiding the body with memory and Alzheimer's help.
- Strengthens hair, skin, and nails.
- Soothe irritation and speed healing in burns, cuts, wounds, and rashes.
- Stem internal bleeding, heavy menstruation, and hemorrhoids.
- Reduce blood sugar levels and stimulate circulation and can lower blood pressure.
- Fresh root decoction and leaf is good for dissolving kidney stones.
- Prevention and treatment of urinary tract infection
- Increase milk flow in nursing mothers.
- Joint pain and inflammation, gout
- Prostate enlargement (root)

- Bacterial and fungal infections (root).

Herb Preparations

- Food; steam leaves, add to soups, casseroles, pesto, etc. Young tender leaves of spring are best for food.
- Tea (2 teaspoons dried plant per 8 oz. water) 3-4 cups a day as needed.
- Tincture (¼ to 1 teaspoon up to twice a day)
- Powder, sprinkle, capsules - 2 capsules up to four times a day.
- Juiced
- Poultice, compress
- Herbal oil, salve
- Honey, syrup

Wildcrafting/Harvesting

Found in waste places, woods, riverbanks, farms, roadsides, field edges, and even gardens. Wear pants, long sleeves and heavy gloves when gathering nettles to avoid direct contact with the plant.

- Gather young nettles in the spring for a nutrient rich food, when they are two to four inches in height. They will grow back and can be harvested over and over again.
- Mature nettles can be gathered in May or June for more medicinal properties, right before the plant blossoms.
- Roots can be gathering in late fall.

Safety

Be careful when harvesting since the plant hairs inject an irritant under the skin that causes burning, itching and pain. Heat, mashing, and drying destroys the "stinging" hairs. Do not take the root if pregnant.

If you get stung, rub the area with any of these plants: mint, plantain, dock, sage, comfrey, plantain, and nettle juice.