

Dragonfly's Nook

PLANTS ♦ CRAFTS ♦ GOOD VIBES

Grow a kinder, greener tomorrow ♥

STINGING NETTLE

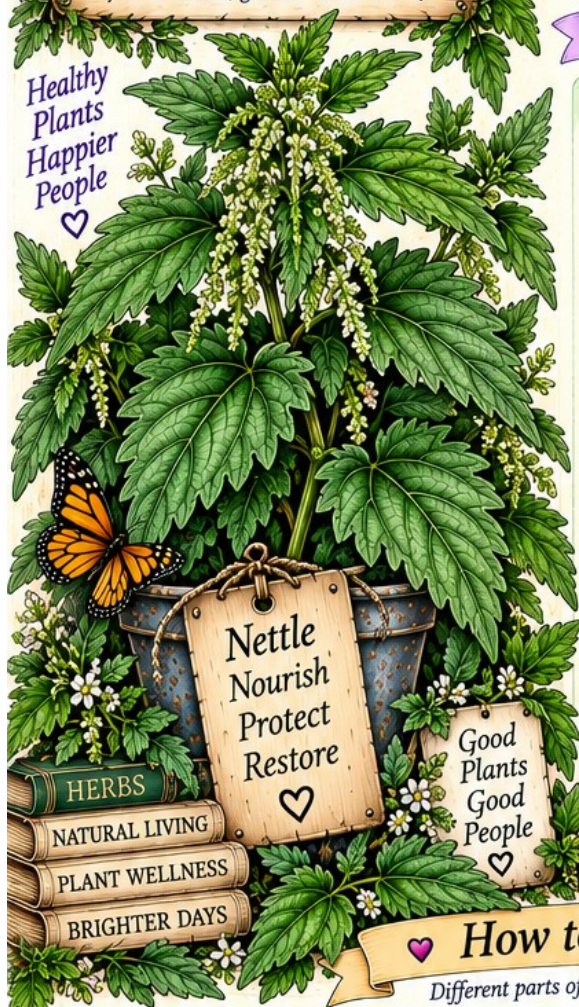
(*Urtica dioica*)

Native Plant
Big Benefits

Resilient Roots ♥ Remarkable Benefits ♥

A powerful native herb with a long history of healing.

Healthy Plants
Happier People
♥



Medicinal Benefits

- ♥ Rich in vitamins and minerals – High in vitamins A, C, K, and many B vitamins, plus iron, calcium, magnesium, potassium, and silica (1).
- ♥ Powerful anti-inflammatory – May help reduce inflammation and ease symptoms of arthritis and allergies (2, 3).
- ♥ Supports seasonal allergy relief – May help block histamine response and reduce hay fever symptoms (4).
- ♥ Supports urinary tract and kidney health – Traditionally used to promote healthy kidney function and reduce water retention (5).
- ♥ Nutrient-dense – One of the most mineral-rich plants, often used to combat fatigue and support overall vitality (6).
- ♥ May support blood sugar balance – Some studies suggest it can help improve insulin sensitivity (7).
- ♥ Supports hair, skin, and nail health – Rich in silica and antioxidants (8).

A humble plant with extraordinary power. ♥

Plant Information

- ☀ Type: Perennial herb (native)
- ↑↓ Height: 2 – 6 feet
- ↔ Spread: 1 – 3 feet (can spread by underground rhizomes)
- 🌸 Bloom Time: Mid to late summer (small greenish flowers)
- ☀ Sunlight: Full sun to partial shade
- 💧 Soil: Moist, rich, well-draining soil
- 💧 Water: Moderate to high (keeps soil consistently moist)
- ❄ Hardiness Zones: 3 – 9 (very cold hardy)

Tough, tenacious, and full of goodness! ♥

Good for the Garden

- ♥ Important host plant for butterflies, including red admirals and comma butterflies
- ♥ Supports beneficial insects and pollinators
- ♥ Helps improve soil with deep roots
- ♥ Great for natural, wild, or medicinal gardens
- ♥ Grows easily and returns year after year

A vital plant for a healthier ecosystem. ♥

How to Use Stinging Nettle

Different parts of the plant can be used in many beneficial ways!

Leaves

(most commonly used)



- ♥ Use fresh (cooked) or dried
- ♥ Brew into tea or infusions
- ♥ Add to soups, stews, and smoothies
- ♥ Use in herbal blends, capsules, or tinctures
- ♥ Rich in nutrients and gentler when cooked or dried (heat neutralizes the sting)

Nourishing, mineral-rich leaves for everyday wellness. ♥

Stems

(less commonly used)



- ♥ Fibrous stems can be dried and used for natural cordage, twine, or even fabric (historically used for nettle fiber)
- ♥ Young, tender stems may be cooked like asparagus
- ♥ Best harvested in spring before they become woody

Strong roots, strong traditions. ♥

Roots

(used in traditional medicine)



- ♥ Traditionally used to support prostate health (BPH) (9)
- ♥ May help support urinary function and hormone balance
- ♥ Often used in extracts or capsules

Deep medicine from the ground up. ♥

Popular Ways to Enjoy Nettle



Nettle Tea
(nutrient boost)

In Soups & Stews
(like a green)

In Smoothies
(adds nutrients)

Tincture
(concentrated)

Dried Leaf
(for teas & blends)

Capsules
(convenient)

From garden to cup to capsule — nettle fits beautifully into your life. ♥

Healthy Plants
Healthy People
Brighter Days
♥

Important Note

- ♥ Handle fresh nettle with gloves — the tiny hairs can cause skin irritation (a temporary stinging sensation).
- ♥ Cooking, drying, or steeping in hot water neutralizes the sting.
- ♥ Generally safe for most people, but consult a healthcare provider if you are pregnant, nursing, taking blood thinners, or have kidney conditions.

Selected Studies & Sources

1. Upton, R. (2013). *American Herbal Pharmacopoeia*.
2. Chrubasik, S. et al. (2007). *Phytotherapy Research* – anti-inflammatory effects.
3. Brattström, A. (2009). *Phytotherapy Research* – arthritis relief.
4. Kavalipati, N. et al. (2015). *Planta Medica* – allergy support.
5. Tahri, A. et al. (2000). *Phytotherapy Research* – diuretic effects.
6. Gülçin, I. (2012). *Food Chemistry* – antioxidant activity.
7. Akbay, P. et al. (2003). *Journal of Ethnopharmacology* – blood sugar.
8. Pugh, N. D. et al. (2001). *Journal of Ethnopharmacology* – skin and hair.
9. Safarinejad, M. R. (2005). *Phytotherapy Research* – prostate health.

(Full citations available upon request)