



Photo by Heidi Bohan

*New shoots in spring.*



Photo by Heidi Bohan

*Saw-toothed leaves are arranged opposite and are lance to heart-shaped.*



Photo by Heidi Bohan



Photo by Heidi Bohan

Photo by Heidi Bohan

## **Stinging Nettle** *Urtica dioica*

*This herbaceous perennial grows 3-10' feet tall, from rhizomes, and grows singly or forms dense colonies.*



Photo by Heidi Bohan



Photo by Heidi Bohan

*Stems and leaves are armed with stingers that cause painful irritation. Flower clusters form at leaf nodes along the stem and turn into seeds.*



Photo by Heidi Bohan

*Fibrous stalks persist through the winter.*

© Starflower Foundation 2006



Photo by Heidi Bohan

*New shoots in spring.*



Photo by Heidi Bohan

*Saw-toothed leaves are arranged opposite and are lance to heart-shaped.*



Photo by Heidi Bohan



Photo by Heidi Bohan

Photo by Heidi Bohan

## **Stinging Nettle** *Urtica dioica*

*This herbaceous perennial grows 3-10' feet tall, from rhizomes, and grows singly or forms dense colonies.*



Photo by Heidi Bohan



Photo by Heidi Bohan

*Stems and leaves are armed with stingers that cause painful irritation. Flower clusters form at leaf nodes along the stem and turn into seeds.*



Photo by Heidi Bohan

*Fibrous stalks persist through the winter.*

© Starflower Foundation 2006