

Stinging nettle

Urtica dioica

Minnesota C-Value: 1

Wetland Indicator Status: FAC+

Native



Leaves: Opposite, with stinging hairs, ovate-lance shaped, coarsely toothed. Stipules are also lance shaped. Short stalked.

Stems: 2.5-7.5 feet tall. Unbranched with stinging hairs. Ribbed and hollow.

Flowers and fruit: Small, green, branching flower clusters emerging from axils of leaves.

Plant communities: Moist woods, thickets, ditches, streambanks.

Comments: Very distinct plant that usually grows in large colonies. Sometimes confused with Wood nettle (*Laportea canadensis*) which also has stinging hairs, but has alternate, wider leaves. False nettle (*Boehmeria cylindrica*) looks like stinging nettle, but with long-stalked leaves and no stinging hairs.