Stinging nettle

Urtica dioica

Photographer Josh Williams

Plant Type:	Perennial	Winter deciduous
Flower Color:	White	
Flowering Time:	April to August	
Height:	4 feet	
Width:	Spread feet	
Exposure:	Shade	
Water Req.:	Moist-do not allow to completely dry out	
Habitat Value:	Butterflies	

Comments and Maintenance:

Important habitat plant in wetlands and streamside conditions. Many butterflies lay eggs and and nettles feed their caterpillars. It provides cover for many small animals and birds. It is edible and has been used for centuries for medicinal uses. Do not plant near walkways, as hairs on edges of leaves do sting.