Do not touch this native plant.

Stinging nettle has little stingers under its leaves and along its stems that cause a burning sensation, which soon goes away, though some people have a stronger reaction than others. Immediately rinse with clear water (not soapy), and rub the area with crushed, moist leaves from plantain, sword fern, red alder, dock, salmonberry and wild rose. This plant is extremely important for butterflies and other native wildlife, and is food and medicine for people.