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

New shoots in spring.

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

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

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

Fibrous stalks persist through the winter.

Stinging Nettle
_Urtica dioica_

PNW Native Plant
PPNC: 309

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