Cooley's Hedge Nettle

*Stachys cooleyae*

- While leaf shape and arrangement along the stem appear similar to stinging nettle, hedge nettle does not have stingers, and is from an entirely different family.
- The square-shaped stem and strong pungent smell are clues that this is a member of the mint family.
- The flowers are attractive to hummingbirds.
- This species has also been called “Woundwort” and has historically been used as medicine for injuries.

Landscape Value

Cooley's hedge nettle is a perennial herb that forms stands 2-3’ tall, and blooms from early to late summer. It is a great addition to a hummingbird or naturalized garden.

This plant prefers a moist, partial shade to full sun site, and is ideally planted along the base of a hedge of native shrubs such as red osier dogwood, black hawthorn, thimbleberry, or salmonberry.

Plant in combination with western coltsfoot, cow parsnip, horsetail, goat'sbeard, and ferns for a striking native planting.