

Nettle (Stinging)

Botanical Name: *Urtica dioica*

Family: Urticaceae

Energetics: Cooling, nutritive, astringent

Taste: Earthy, slightly bitter

Actions: Nutritive tonic, diuretic, anti-inflammatory, blood tonic, support for urinary and joint health

Overview

Stinging Nettle is a highly nutritive herb traditionally used for supporting urinary health, joint comfort, blood health, and general tonic purposes. It is rich in minerals, vitamins, and antioxidants.

Uses

Internal Uses

- Supports urinary tract and kidney function
- Anti-inflammatory for joints and musculoskeletal health
- Nutrient-rich tonic for anemia and general health
- Mild diuretic effect

External Uses

- Infused oils or poultices for joint aches
- Hair rinses for scalp health

Medication Interactions

- May interact with diuretics or blood pressure medications
- May affect blood sugar levels

Contraindications

- Pregnancy: use with caution
- Children: generally safe in teas or infusions
- Allergy to Urticaceae family

Caution & Safety

- Use gloves when handling fresh leaves
- Moderate intake recommended
- Monitor for digestive upset

Herbal Pairings

Blends Well With

- Dandelion Root (urinary and liver support)
- Nettle + Red Clover (blood and nutrient synergy)
- Ginger (anti-inflammatory support)

Avoid Combining With

- Diuretics or blood pressure medications without guidance

Possible Side Effects

- Mild digestive upset
- Allergic reactions in sensitive individuals
- Mild diuretic effect may affect electrolyte balance

Forms & Dosage

Tea / Infusion

- 1–2 tsp dried leaves per cup water
- Steep 5–10 minutes
- 1–3 cups daily

Tincture (1:5)

- 2–4 mL, 1–2 times daily

External / Infused Oil

- Apply poultices or hair rinses as needed



Stinging Nettle is a nutritive, anti-inflammatory herb ideal for urinary, joint, and general tonic support. Use gloves when harvesting fresh leaves.

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