

Common Nettle

Habitat Hero

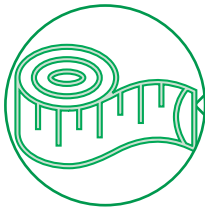


Common Name: Common Nettle
Irish Name: Neantóg
Scientific Name: *Urtica dioica*

Seen in Ireland:

Flower: July – September

Fruit: October



Size: Nettles grow to 60-100cm high.



Habitat (where they Live): Nettles are found in wetter areas, like ditches or near rivers, but can also be found in grassland and meadows.



Diet: Nettles need soil, water and air, so they can turn sunlight into food and energy to grow.



Life: Nettles can live for lots of years, but in the winter the part of the plant above soil dies back and they grow again in spring from the roots.

Common Nettle Life Cycle

The seeds rest on the soil during **Winter** and plants die down to the ground, and take a rest, when there is very little energy coming from the sun.

In **Spring** the seeds start to grow into new Nettle plants. Old plants grow again too. They get their energy from the Spring sunshine



By **Autumn** the flowers have turned into seeds. The seeds look like tiny circles. They blow away with the wind.

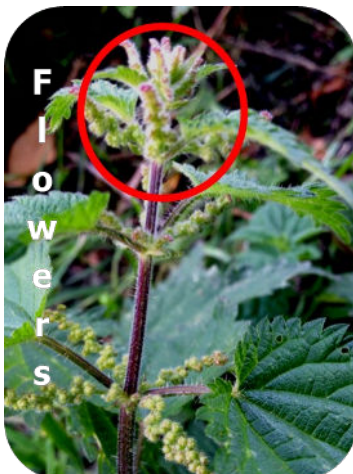
In **Summer** the Nettles grow some tiny light green flowers.

Common Nettle

Some more Facts:

- Nettles grow to 60-100cm high.
- They are well-known for their unpleasant sting.
- DO NOT TOUCH a nettle unless you are wearing rubber gloves!!
- The Common Nettle's sting comes from acid which is released when the tiny hairs break off and stick into your skin.
- They have spear-shaped, toothed leaves, which are arranged in opposites (one each side of the stem).
- Nettles are an important food plant for the caterpillars of many Irish butterflies.
- Believe it or not, Nettle Soup is very tasty, and because it is made by boiling up the nettle leaves, it does not sting at all!

Flowers



Stingers



Seeds

