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### *Urtica urens*

**SMALL NETTLE** is an annual. Native to temperate areas in Europe and Asia it has tiny greenish-yellow flowers.

It is also known as Annual nettle, *Bosbrandnetel* (Afrikaans), Burning nettle, Bush stinging nettle, *Danadl Leiaf* (Welsh), Dog nettle, Dwarf nettle, *Etternässla* (Swedish), *Hurrieq zghir* (Maltese), *Kleine brandnetel* (Dutch), *Kleine Brennessel* (German), *Kopřiva žahavka* (Czech), Lesser nettle, *Liden Nælde* (Danish), Nettle, *Ortchie grégeaise* (Channel Islander-Jersey Norman-French), *Petite ortie* (Channel Islander-Guernsey, French), *Prhlava malá* (Slovak), *Rautanokkonen* (Finnish), Smallest stinging nettle, Stinging nettle, *Y Ddanhadlen Leiaf* (Welsh), *Žahavka roční* (Czech), and *Žihlava* (Slovak).

Small nettle has similar properties to stinging nettle (*Urtica dioica*).

Warning – gloves should be worn when collecting the plant as protection from its bristly hairs.

*Urens* is derived from Latin *uro* (to burn, scorch, parch, dry up) component meaning ‘burning or stinging’.

Introduced to North America at some point the plant was used by Shuswap Indians to make a drink – and they also bathed any of their number suffering from rheumatism in a root and stem decoction.

Medicinally, small nettle has been used in Western medicine to treat prostate problems. (At the beginning of the 21<sup>st</sup> Century another plant, *guele* (*Prosopis africana*), is actually preferred for treating prostate cancer but the medical profession has found that if it is combined with small nettle its medicinal qualities can be enhanced.)