

QUALITY CONTROL:

Handling:

- Wash hands before harvesting or handling plants.

Harvesting and processing:

- Harvest only stem portions containing green and undamaged leaves
- Make small bundles using elastic bands
- Store bundles in shade to prevent heating while out harvesting
- Rinse and inspect bundles for insects or damage leaves and hang to dry
- Use a fan to move air
- Once crispy dry, strip leaves in to clean container

Storage:

- Store crispy dry leaves in a sealed clean plastic bag
- Dirty containers will not be accepted and the product in it may be rejected
- Store in a dry room away from moisture
- Do not store in a shed that has been used for storing gas and oil.

BUYING REQUIREMENTS (THIS IS INTENDED TO PROVIDE GENERAL STANDARDS. REQUIREMENTS MAY VARY FROM BUYER TO BUYER. PLEASE CONFIRM WITH YOUR BUYER BEFORE HARVESTING):

- Product must be crispy dry.
- Producers must have a wild harvesters association Membership Card.
- Identify general harvest area.
- No foreign smell (ex: gas, oil)
- No foreign material (ex: Different kinds of bark, dirt, rocks)
- No mold.

All bags, boxes and containers may be inspected to determine if product meets a buyers specifications.

PRICING:

- Call NFDC prior to shipping or traveling to buying depot.



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NON-TIMBER FOREST PRODUCTS INFORMATION BROCHURE



(FROM HARVESTING PRACTICES)

STINGING NETTLE



HARVESTING STINGING NETTLE

SCIENTIFIC NAME:

- *Urtica dioica* L

CREE NAME:

- Masan, Musan, Musanusuk, assan, masanah (Itchy weed)

COMMON NAMES:

- Stinging Nettle
- Common Nettle

PLANT SPECIES IDENTIFICATION:

Flowers

- In drooping clusters from spaces between leaf and stem
- Sexes on separate plants or in separate spikes on same plant
- Greenish, inconspicuous flowers
- No pedals
- (Four sepals) part of a plant inclosing the petals

Leaves

- Occur opposite on branch
- Narrowly lanced to heart shaped
- 4-15 cm long
- Saw toothed bearing stinging hairs
- Stalks slender 1-6 cm long

Fruit

- Flattened
- (Lens-shaped achene) a small dry one-seeded fruit that does not open to free the seed.
- 1-2 mm long

Plant Reproduction:

- A perennial herb growing up to two meters tall from an extensive network of roots with square stems.

Habitat:

- Common to moist woodlands, thickets, open areas, stream banks and disturbed Sites. Wide spread across our region

PRODUCT USES:

- Tender young nettle plants can be boiled and eaten like spinach or in soups and stews.
- The acid is destroyed by cooking or drying.
- Young plants can also be used to make nettle tea, wine or beer.

Aboriginal Uses:

- Traditionally the Cree used Nettle leaf tea as a blood purifier.
- Remedy for kidney stones
- Phlegm in the lungs
- Diarrhea
- Worms

SPECIES SUSTAINABILITY:

Practice selective harvesting by leaving 50% of the stems behind allowing for natural growth of the plants in your harvest areas.

HARVESTER CERTIFICATION:

- **NFDC** is working on providing organic certification on selective NTFP'S in each community harvest area.
- **Buyers may not purchase** Stinging Nettle from producers who does not follow the **HARVESTERS CODE OF ETHICS (Copy available at the NFDC Centre).**

Notes:

Stinging nettle is covered with tiny hollow, pointed hairs. The swollen base of each hair contains a tiny droplet of formic acid, and when the hair tip pierces you, the acid is injected into your skin. This can cause itching and burning for a few minutes to a couple days. Rubbing nettle stings with the plants own roots is said to help to relieve the burning.