

## 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.



**LOOK NORTH**

15 Moak Crescent  
Thompson, Manitoba  
R8N 2B8

Phone: 204-778-4138  
Fax: 204-778-4313  
Toll free: 1-800-561-4315

## NON-TIMBER FOREST PRODUCTS INFORMATION BROCHURE



(FROM HARVESTING PRACTICES)

## STINGING NETTLE



## HARVESTING STINGING NETTLE

### SCIENTIFIC NAME:

- Urtica dioica L

### CREE NAME:

- Masan, Musan, Musanus, 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 lanceolate 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.

### Indigenous Uses:

- The Cree use 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.