

NETTLES:

The Itchy Plant with
Superpowers!

(**Urtica**)



Have you ever brushed
against a nettle and felt that
ouch?

Those prickly plants might
seem mean, but they're
actually pretty amazing. Let's
learn about them!

Nettle: The Prickly Protector

Nettles are special plants that have tiny, stinging hairs on their leaves. These hairs are like little needles that release a special liquid when they break. That's what makes your skin feel itchy and red! But don't worry, it's not dangerous, just a little uncomfortable.

Imagine nettles as a plant's armor. Those prickly hairs help protect them from hungry bugs and animals. So, while they might not be the friendliest plants to touch, they are pretty smart for protecting themselves!

Nettle: The Secret Superplant

Even though nettles can be itchy, they have lots of hidden talents. They're actually packed with good things for us!

- **Food for Animals:** Many animals, like rabbits and deer, love to eat nettles. It's like a superfood for them!

- **Food for Us:** People can eat nettles too, but they need to be cooked first. Nettle soup and nettle tea are yummy and healthy!



- **Medicine Helper:** Nettles have been used for medicine for a long time. They can help with allergies and skin problems.



- **Helping the Earth:** Nettle roots help the soil stay healthy, and they can grow in lots of different places.

Nettle: A Gentle Giant

So, while nettles might give you a little surprise when you touch them, they're actually pretty cool plants. They protect themselves, help animals and people, and even take care of the Earth.

Next time you see a nettle, remember it's not just an itchy plant. It's a superhero in disguise! But always remember to be careful and not touch it with your bare hands.

Would you like to know how to make nettle tea or learn more about animals that eat nettles?