

## European stinging nettle (seeds) -

Graine de vie

*Urtica dioica* L.

<https://www.en.grainedevie.net/european-stinging-nettle-seeds.html>



### FICHE TECHNIQUE

Botany

**Family** : Urticaceae

**Genus** : Urtica

**Specy** : dioica

**Author name** : L.

Details

**Type of plant** : perennial

**Height in flowers** : from 20 to 50 cm , from 50 to 100 cm ,  
from 100 to 150 cm , from 150 to 200 cm

**Hardiness (USDA zones)** : 2a (from -45,6 °C to -42,8°C) ,  
2b (from -42,8°C to -40°C) , 3a (from -40°C to -37,2°C) , 3b  
(from -37,2°C to -34,4°C) , 4a (from -34,4°C to -31,7°C) , 4b  
(from -31,7°C to -28,9°C) , 5a (from -28,9°C to -26,1°C) , 5b  
(from -26,1°C to -23,3°C) , 6a (from -23,3°C to -20,6°C) , 6b  
(from -20,6°C to -17,8°C) , 7a (from -17,8°C to -15°C) , 7b  
(from -15°C to -12,2°C) , 8a (from -12,2°C to -9,4°C) , 8b  
(from -9,4°C to -6,7°C) , 9a (from -6,7°C to -3,9°C) , 9b (from  
-3,9°C to -1,1°C)

**Environment** : moist , drained

**Sun exposure** : partial shade , full sun

**Bloom color** : green

**Bloom time** : july , august , september , october

**Difficulty** : easy

**Number of seeds per gram** : 6000

**Grams per 1000 seeds** : 0.1

### DESCRIPTION

**Family** : Urticaceae

**Latin name** : *Urtica dioica* L.

**Common name** : European stinging nettle