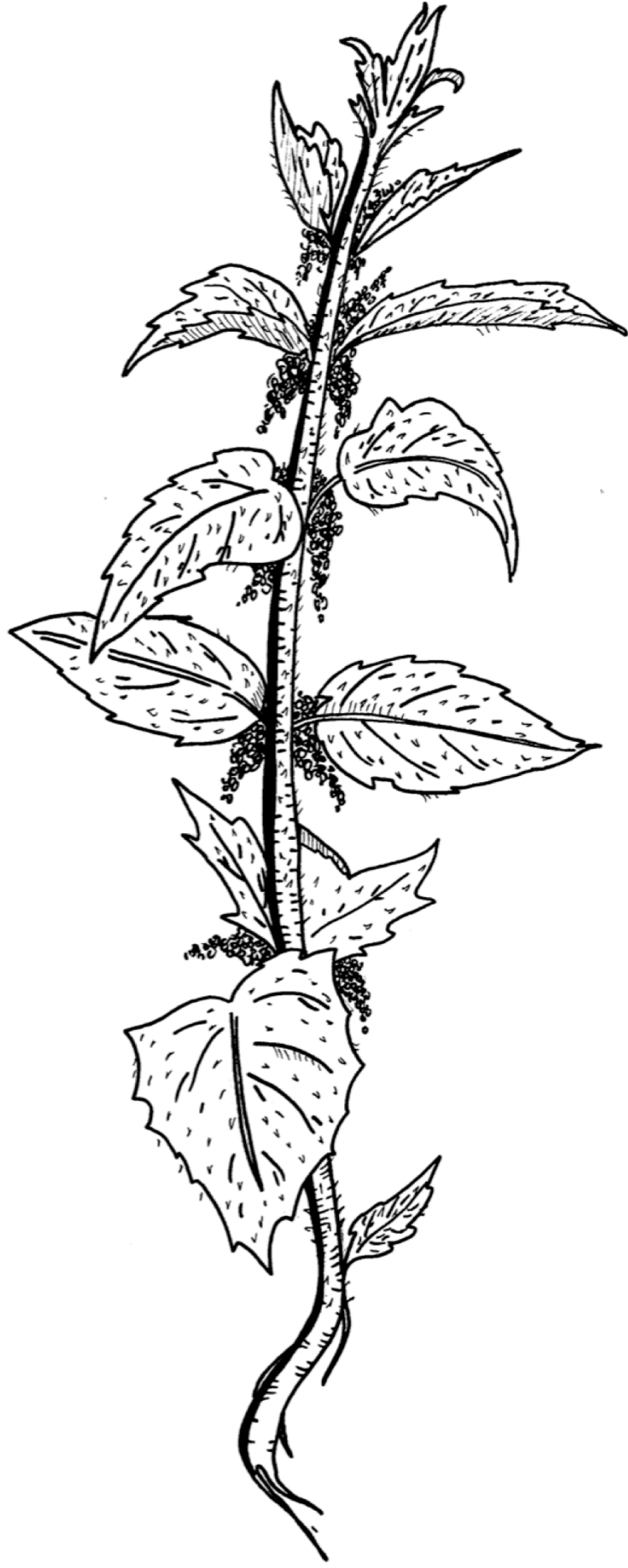


IRISH PLANT LORE :

THE NETTLE

NEANTÓG



Urtica dioica

Image by J. Herrera

MEDICINE ♦ FOOD ♦ FIBER ♦ DYE

Medicinal Uses:

“Three nettles in May keeps all diseases away” – traditional rhyme (Allen 85).

- ✧ Blood Cleanser
- ✧ Helps to clear measles rash
- ✧ Rheumatism
- ✧ Colds and lung issues
- ✧ Rubbing a nettle sting with dock leaf eases the pain.

Nettle as Food:

- ✧ Leaves can be made into tea, alcoholic tonic and cooked into food.
- ✧ *Brachán neantóg* – porridge made of nettle and oatmeal
- ✧ High in vitamins C & A.
- ✧ High in protein, calcium, potassium, magnesium and iron.

Myths and Magic

- ✧ Sometimes symbolizes desolation in connection to their tendency to grow over abandoned areas.
- ✧ Thick patches of nettle mean that there are fairy dwellings nearby.
- ✧ When nettle and comfrey grow together it means a monastery once existed in that place.

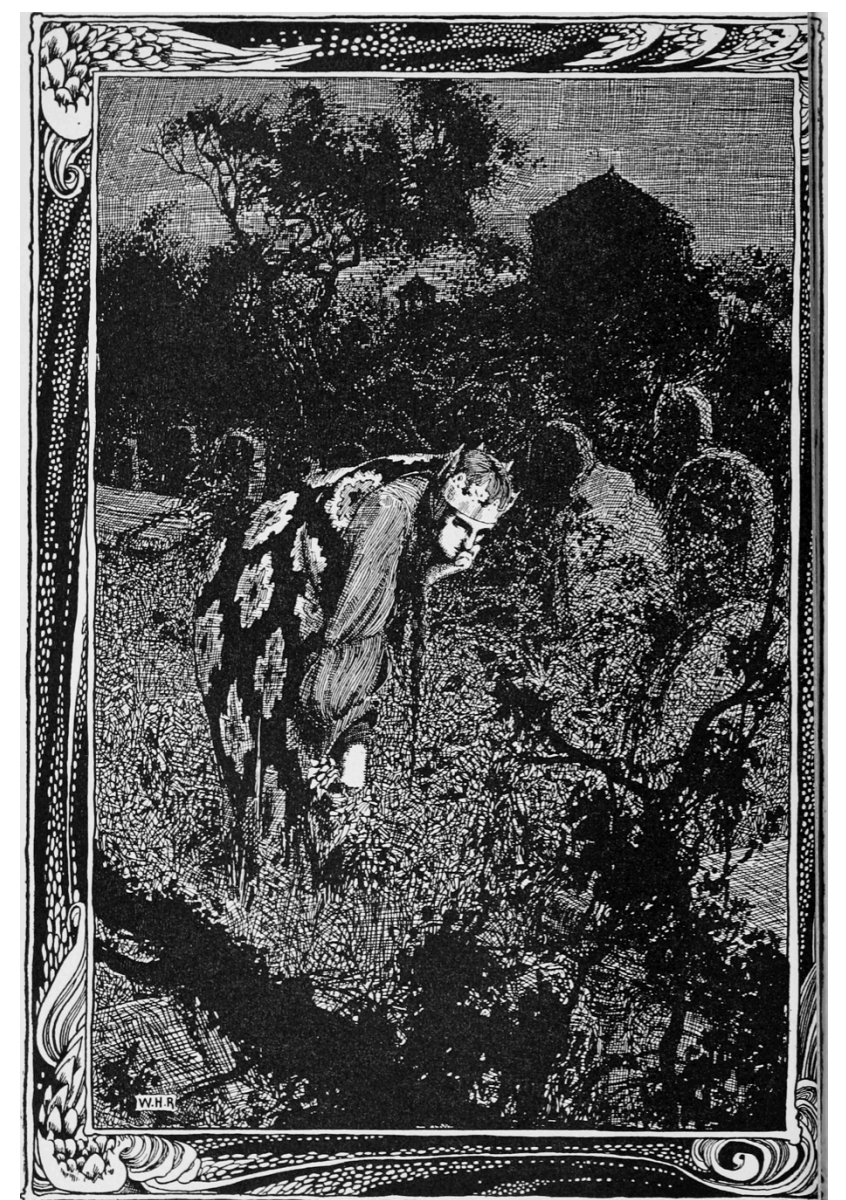


Image source: https://commons.wikimedia.org/wiki/File:She_picked_the_stinging_netles.jpg