

The Benefits of Stinging Nettles (*Urtica dioica*) for the environment



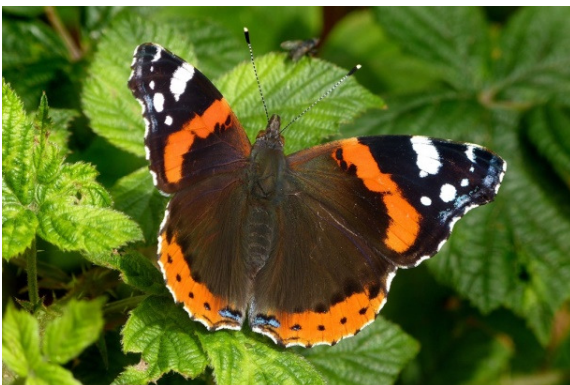
Some species of plants have beneficial effects - commonly known as 'Dynamic Accumulators' or 'mining plants' - to neighbouring plants.

These gather certain Micronutrients and Macronutrients. Among these plants are stinging nettles, which can mine for Sodium, Sulphur, Nitrogen, Calcium, Potassium, Iron & Copper, and can in turn improve neighbouring plants' defence against pest and diseases.

Clumps of stinging nettles (*Urtica dioica*) also provide food and shelter for more than 40 species of insects, which are completely or partially dependent on nettles.

They are important also for certain butterflies - for example, Red Admiral, Small Tortoiseshell, Peacock and the Comma.

Red Admiral



Peacock



Small Tortoiseshell



Comma

