

# Hedge nettle

Lamiaceae

*Stachys rigida*



## In the Garden

Bugle hedgenettle is a low perennial growing from 2-3'.

Commonly found in moist places growing in the understory of our oak woodlands.

Both butterflies and hummingbirds will use the flowers for nectar, Checkerspot larvae will use the foliage for food. Use in a cool flower bed that gets some water. Mix with Yerba Buena, Lilies, or Huecheras to add interest to your garden.

Its roots form a dense mat that makes it useful for north or east slope planting.

- Sun:** Part Shade, Shade  
**Water:** Light, Moderate, High  
**Soil:** Clay, Rocky  
**Other:** Attracts Butterflies, Attracts Birds

**Ecological Value:**  
Great for butterflies.

**Historical Uses:**  
No Historical Uses found.

**Native Distribution:**  
Native to California and is also found outside of California, but is confined to western North America.

**Elevation:**  
Between 0 and 8,000 feet

**Plant Communities:**  
Northern Coastal Scrub, Coastal Sage Scrub, Redwood Forest, Douglas-Fir Forest, Yellow Pine Forest, Red Fir Forest, Mixed Evergreen Forest, Foothill Woodland, Wetland-riparian

**Habitat:**  
Generally moist places, sometimes dry hillsides.



# Whitestem hedge nettle

Lamiaceae

*Stachys albens*



**Sun:**

**Water:**

**Soil:**

**Other:**

**Ecological Value:**

**Historical Uses:**

**Native Distribution:**

Communities: Foothill Woodland, Coastal Sage Scrub, Yellow Pine Forest, Red Fir Forest, Lodgepole Forest, wetland-riparian

**Elevation:**

## In the Garden

This herbaceous perennial grows to 4 feet tall and has an elaborate flower display during the summer. This could be a good plant for under your bird bath!

This plant can spread rapidly with lots of water.

Don't let the name of this plant scare you away. Hedge nettles are safe to touch while "stinging" nettles are not.

**Plant Communities:**

**Habitat:**

# Shortspike hedgenettle

Lamiaceae

*Stachys pycnantha*



**Sun:** Full Sun, Part Shade

**Water:** Light, Moderate, High

**Soil:** Clay, Loam, Sand, Rocky

**Other:** Attracts Butterflies, Attracts Birds, Attracts Bees,  
Erosion Control

**Ecological Value:**

Provides nectar for butterflies.

**Historical Uses:**

No Historical Uses found.

**Native Distribution:**

Native to California and is also found outside of California, but is confined to western North America.

**Elevation:**

**Plant Communities:**

Foothill Woodland, Mixed Evergreen Forest, Closed-cone Pine Forest, Yellow Pine Forest, Wetland-riparian

**Habitat:**

Moist areas such as edges of ponds.

## In the Garden

This low-growing perennial herb is part of the mint family. Delicate looking, but very hardy, Shortspike hedge nettle is great as a ground cover. It grows 1 -2 ft tall.

Can be cut back pretty hard, as it is a fast grower. Blooms from June to Sept.

Prefers moist conditions. It's roots form a dense mat making it a cute choice for north or east slope planting and erosion control.

Both butterflies and hummingbirds will use the flowers for nectar.