



# Purple Dead Nettle

*Lamium purpureum*



## Is It Edible?

Yes! You can eat the young leaves and flowers raw or cooked.

They're best in smoothies, soups, and salads..



## Benefits:

- Rich in vitamin C, iron, and fiber
- Anti-inflammatory (helps with swelling)
- Can support your immune system



May help with seasonal allergies



## What Is It?

Purple Dead Nettle is a wild plant with fuzzy, heart-shaped leaves and tiny purple flowers. It grows in early spring and loves sunny spots like fields, gardens, and sidewalks.



## Fun Facts:

- It's called 'dead' nettle because—unlike stinging nettle—it doesn't sting!
- Bees love it! it's one of the first food sources for them in spring.
- It's actually part of the mint family, though it doesn't taste minty.



## How to Make Purple Dead Nettle Tea

### Ingredients:

- 1 tablespoon fresh purple dead nettle leaves (young, and clean)
- 1 cup boiling water
- Optional: Honey or lemon
- Let steep for 5–10 minutes
- Strain, then sweeten with honey or lemon if you'd like
- Sip and enjoy!



Note. Always make sure you've correctly identified any wild plant before eating it!