

# PURPLE DEAD NETTLE (*Lamium purpureum*)

**SEASONS:** *Mainly Spring*

## FORAGING TIPS

- ✦ Hairy leaves, turning purple towards top of the plant
- ✦ Opposite leaves are densely crowded together along stem
- ✦ Square stem; indicative of being in the mint family
- ✦ Purple flowers, bilateral with lips
- ✦ No toxic look-a-likes while in bloom
- ✦ Make sure tops are purple and flowering to ensure correct ID
- ✦ **Collecting:** tap each sprig upside down so ants can escape

## BENEFITS

### External

- anti-inflammatory, antimicrobial, first aid

### Internal

- antioxidant-rich, free radical scavenger, allergy relief



## PRESERVING

- ✦ **Air dry:** single layer for several days
- ✦ **Dehydrator:** 95 to 115° F for 1 to 4 hours
  - Store dried in paper bag or glass jar for 9 to 12 months

## USES

- ✦ Eat raw in salads (strong taste, use sparingly)
- ✦ Quick field poultice for first aid (minor scrapes, bleeding)
- ✦ **Tincture:** 1/4 cup chopped fresh herb + 1/2 cup high proof vodka.
- ✦ **Throat spray:** 2 tbsp tincture + 2 tbsp honey + 1 tbsp water + 1/8 tsp peppermint extract
- ✦ **Tea:** 1 to 2 tbsp dried herb in 1 cup water, steep 5 to 10 min
- ✦ **Cough drops:** Use tea instead of plain water in recipes
- ✦ **Infused oil:** 1 part dried plant covered with 2 to 3 times as much oil
  - Use infused oil in salves, lotion bars, lotion, lip balm

## LOOK-A-LIKES

### Henbit

(*Lamium amplexicaule*)



Has a square often-red stem, you can see areas of stalk between the leaf sets, scalloped hairless leaves that whorl around the stem, also a safe edible.

### Creeping Charlie/Ground Ivy

(*Glechoma hederacea*)



Low growing, sprawling, kidney shaped leaves are rounder and more scalloped, also a safe edible.