

# Urtica urens L., 1753 (Petite ortie)

Identifiants : 3408/urture

Fiche réalisée par Patrick Le Ménahèze ([Le Potager de mes/nos Rêves](#))  
Dernière modification le 25/09/2020

- **Classification/taxinomie :**
  - **Famille :** Urticaceae ;
- **Synonymes français :** ortie brûlante, ortie ;
- **Nom(s) anglais et/ou international(aux) :** burning nettle, dog nettle, dwarf nettle, English stinging, lesser nettle, lesser stinging, small nettle , ou qian ma (cn transcrit), urtiga-branca (pt,br), urtiga-menor (pt,br), urtiga-queimadeira (pt,br), ortiga (es), etternässla (sv) ;
- **Rapport de consommation et comestibilité/consommabilité inférée (partie(s) utilisable(s) et usage(s) alimentaire(s) correspondant(s)) :** Partie(s) comestible(s)μ{{0(+x)μ : feuillesμ0(+x)μ.  
**Utilisation(s)/usage(s)μ{{0(+x)μ culinaire(s) :** les jeunes feuilles sont consommées comme potherbe, elles sont également mélangées avec de la viande comme relishμ{{0(+x)μ.



Précautions à prendre :

néant, inconnus ou indéterminés.

- **Liens, sources et/ou références :**

dont classification :

- ["The Plant List" \(en anglais\)](#) ;
- [INPI \(recherche en anglais\)](#) ;

dont Google (recherche de/pour) "Urtica urens" : [pages](#), [images](#) | "Petite ortie" : [pages](#) ;

dont livres et bases de données : 0"FOOD PLANTS INTERNATIONAL" (en anglais) ;

dont biographie/références de "FOOD PLANTS INTERNATIONAL" :

Bindon, P., 1996, *Useful Bush Plants*. Western Australian Museum. p 260 ; Bodkin, F., 1991, *Encyclopedia Botanica*. Cornstalk publishing, p 1001 ; Cribb, A.B. & J.W., 1976, *Wild Food in Australia*, Fontana. p 133 ; Curtis, W.M., 1993, *The Student's Flora of Tasmania. Part 3 St David's Park Publishing, Tasmania*, p 639 ; Dashorst, G.R.M., and Jessop, J.P., 1998, *Plants of the Adelaide Plains & Hills*. Botanic Gardens of Adelaide and State Herbarium. p 48 ; Dogan, Y. et al, 2013, *Wild Edible Plants sold in the Local Markets of Izmir, Turkey*. Pak. J. Bot. 45(S1): 177-184 ; Facciola, S., 1998, *Cornucopia 2: a Source Book of Edible Plants*. Kampong Publications, p 243 ; *Flora of Australia, Volume 3, Hamamelidales to Casuarinales*, Australian Government Publishing Service, Canberra (1989) p 72 ; *Flora of Australia Volume 49, Oceanic Islands 1*, Australian Government Publishing Service, Canberra. (1994) p 66 ; *Food Composition Tables for use in Africa* FAO <http://www.fao.org/infoods/directory> No. 710 ; Harris, S., Buchanan, A., Connolly, A., 2001, *One Hundred Islands: The Flora of the Outer Furneaux*. Tas Govt. p 244 ; Hussey, B.M.J., Keighery, G.J., Cousens, R.D., Dodd, J., Lloyd, S.G., 1997, *Western Weeds. A guide to the weeds of Western Australia*. Plant Protection Society of Western Australia. p 228 ; Hu, Shiu-ying, 2005, *Food Plants of China*. The Chinese University Press. p 365 ; Jardin, C., 1970, *List of Foods Used In Africa*, FAO Nutrition Information Document Series No 2.p 109 ; Kepe, T., 2008, *Social Dynamics of the Value of Wild Edible Leaves (Imifino) in a South African Rural Area*. Ecology of Food and Nutrition, 47:531-558 ; Lamp, C & Collet F., 1989, *Field Guide to Weeds in Australia*. Inkata Press. p 317 ; Lazarides, M. & Hince, B., 1993, *Handbook of Economic Plants of Australia*, CSIRO. p 243 ; Lentini, F. and Venza, F., 2007, *Wild food plants of popular use in Sicily*. J Ethnobiol Ethnomedicine. 3: 15 ; Long, C., 2005, *Swaziland's Flora - siSwati names and Uses* <http://www.sntc.org.sz/flora/> ; Low, T., 1991, *Wild Herbs of Australia and New Zealand*. Angus & Robertson. p 92 (Drawing) ; Low, T., 1991, *Wild*

*Food Plants of Australia. Australian Nature FieldGuide, Angus & Robertson. p 98 ; Low, T., 1992, Bush Tucker. Australia's Wild Food Harvest. Angus & Robertson. p 150 ; ?ukasz ?uczaj and Wojciech M Szyma?ski, 2007, Wild vascular plants gathered for consumption in the Polish countryside: a review. J Ethnobiol Ethnomedicine. 3: 17 ; Luczaj, L. et al, 2013, Wild edible plants of Belarus: from Rostakinski's questionnaire of 1883 to the present. Journal of Ethnobiology and Ethnomedicine 9:21 ; MacKinnon, A., et al, 2009, Edible & Medicinal Plants of Canada. Lone Pine. p 312 ; Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 77, 223 ; Paczkowska, G. & Chapman, A.R., 2000, The Western Australian Flora. A Descriptive Catalogue. Western Australian Herbarium. p 566 ; Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. <http://www.scs.leeds.ac.uk/pfaf/> ; Redzic, S. J., 2006, Wild Edible Plants and their Traditional Use in the Human Nutrition in Bosnia-Herzegovina. Ecology of Food and Nutrition, 45:189-232 ; Royal Botanic Gardens, Kew (1999). Survey of Economic Plants for Arid and Semi-Arid Lands (SEPASAL) database. Published on the Internet; <http://www.rbgekew.org.uk/ceb/sepasal/internet> [Accessed 13th June 2011] ; Shava, S., 2000, The Use of Indigenous Plants as Food by a Rural Community in the Eastern Cape: an Educational Exploration. Masters Thesis Rhodes University. p 67 ; Skinner, G. & Brown, 1981, C., Simply Living. A gatherer's guide to New Zealand's fields, forests and shores. Reed. p 15 ; Sp. pl. 2:984. 1753 ; Swaziland's Flora Database <http://www.sntc.org.sz/flora> ; Tasmanian Herbarium Vascular Plants list p 58 ; Uphof, ; van Wyk, B., 2005, Food Plants of the World. An illustrated guide. Timber press. p 372 ; Wehmeyer, A. S., 1986, Edible Wild Plants of Southern Africa. Data on the Nutrient Contents of over 300 species*