

Learning in the Leaves

Foraging- Nettles



Distinguishing Features

- Stinging nettle will grow in dense clusters
- Stalks can reach 5-8 feet at maturity
- Leaves are about 2-5 inches long with jagged edges, found in opposing pairs along the upper half of the stalk.
- Leaves are pointed at the tips, with a heart-shaped base and indented veins.
- The plant will have small “hairs” up the stalk and stems. (This is where the sting comes from!)
- Young plants will have smaller, heart-shaped leaves with a purple-ish hue, while the mature plants have longer, pointed leaves that appear very green.

Eating Options – Nettle Soup

Ingredients:

1 tbsp Olive Oil
1 Chopped Onion
1 carrot diced
1 leek washed and finely sliced
1 large potato
1L vegetable stock
400g of stinging nettles
50g butter, diced
50mil double cream

1. Heat the oil in a large saucepan over a medium heat. Add the onion, carrot, leek and potato, and cook for 10 mins until the vegetables start to soften. Add the stock and cook for a further 10-15 mins until the potato is soft.
2. Add the nettle leaves, simmer for 1 min to wilt, then blend the soup. Season to taste, then stir in the butter and cream. Serve the soup drizzled with extra oil and scattered with dead nettle flowers, if you have them.