

Stinging Nettle

Habitat:

Nettles flourish in thickets and moist soil in forest openings.

Harvest Calendar:

Early spring: leaves and stems. Pick the entire above-ground portion (with gloves) until the plant is 8 to 12 inches high. Spring to summer: new growth at the end of the stems. Do not harvest old or bug infested leaves.

Food Use:

Nettles should be collected with gloves, and steamed or dried before eating. Steamed nettles have a spinach flavor and appearance. Nettle leaf can be added to just about anything and you can use it like you would spinach. Try it topped with lemon, garlic, and olive oil.

Steamed Nettles

- 4 cups fresh nettles
- 1/2 cup Parmesan cheese, grated

Place nettles in a steamer basket over boiling water. Cook 3 to 5 minutes. Top nettles with Parmesan cheese and serve immediately. Serves 2.

Source: Discovering Wild Plants Alaska, Western Canada, The Northwest. By Janice J. Schofield 1989



Benteh Nuutah

Valley Native Primary Care Center

Wellness Center

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