

# 'How to' use the weeds in your garden - Nettles (*Urtica dioica*)



Nettles are a great activator for your composting bin. Get your gloves on and harvest them from your garden, cutting at the bottom of the stem and add straight to the pile. Keep the roots out!

You can make a liquid feed from them. Get yourself a metal bucket, weed the nettles out of the garden. Add them and a cup of water to the bucket. Chop them up with a shears, place a cover on the top - a newspaper is fine - as darkness helps the leaves ferment. Leave in a shaded corner for 3 weeks. Dilute the liquid that forms at the bottom of the pail 1:10 with water in a watering can and water your veg. Compost what is left in the bucket.



Drink them! Make a fly cup, wash the leaves, rip them up and add them to the pot. Pour boiling water over the leaves and steep for 4 mins.



Eat them! Make a bowl of soup. Here is a tasty recipe !

## **Nettle Soup**

2 onions peeled & chopped  
350g fresh nettles leaves, washed & ripped up.  
40g butter  
2 potatoes peeled & chopped  
500ml hot water with 2 tablespoons veg bouillon or  
2 cubes of vegetable stock.  
Salt and pepper to taste.

Soften the onions in the butter. Add the peeled, chopped potatoes and cook on with a lid on the pan for 5 mins or until the potato is softened. Stir often to stop them sticking. Pour over the stock and add the nettles and cook for 7 mins. Whiz the soup using a hand blender until smooth. Add more liquid if it's too thick, season and serve.

Make some herby oatcakes to go with the soup (you can harvest herbs in the Cooper Park).

## **Herby Oatcakes**

150ml water  
10g butter  
2tbsp olive oil  
252g oatmeal  
Pinch of salt  
Pinch of bicarbonate of soda  
3 x 10cm sprigs of finely chopped rosemary leaves

Pre heat oven to 180°C / Gas mark 4  
Boil water, butter and oil in a pan until the butter is melted. Take off the heat. Add all other ingredients and mix. Roll out mixture to preferred thickness and cut into preferred shapes. Place in oven and cook for 15-20mins, turning the oatcakes over half way through cooking. Turn out onto a cooling rack.  
Eat straight away or store in an airtight container to keep fresh.

For more ideas on how you can use these wonderful leaves go to:

<https://www.gardenersworld.com/plants/10-uses-for-nettles/>

