



Nettle Tea



Nettle tea is a fantastic hot or cold as iced tea. It is a gentle diuretic which flushes out toxins from the kidneys and bladder. Full of vitamin A, C, K iron, potassium and silicon, it is also known for its anti-inflammatory qualities.

The best times to harvest are between March and October with the older leaves being sweeter and the younger leaves more bitter.

Instructions

- Collect leaves using gardening gloves and a pair of scissors
- Store the leaves in an envelope or brown paper bag if you have one (keeps them fresh)
- Wash nettle leaves in a colander and add to a pot or cup
- If using a kettle bring water to boil and pour into cup half filled with fresh leaves – leave for 5 minutes
- Alternatively add a cup full of leaves and four cup of water to and bring to a boil, turn hob off and let it sit for 5 minutes
- Strain the concoction using a sieve to remove the leaves or if you like a stronger brew leave the leaves in the cup – this will depend on your own personal taste
- Add sweetener (sugar, honey or stevia to taste)
- Nettle tea works best first thing in the morning
- Sit back, put your feet up and enjoy!

