

The Yoga Lodge on Whidbey Island Newsletter
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Sesame Nettle Spread

About Spring Nettles

Spring Nettles are one of my favorite early spring greens and one of nature's super foods for this particular season. They are abundant in my yard. Nettles cleanse the body and blood. They are wonderful for curing the inflammatory response of spring time hay fever and arthritis. Nettles are high in calcium, iron, magnesium, chromium, potassium, and zinc, as well as vitamins A, B, C, D and K. They are rich in carotene, chlorophyll and contain protein.

Collecting Nettles: Make sure to wear gloves! Use scissors to cut or pinch off the leaf bud and uppermost 2-3 leaves. Wash and use just the leaves. Let the nettles sit overnight or blanch or steam them to remove the formic acid from the stinging hairs.

The Recipe – Sesame Nettle Spread - A Yoga Lodge Original!

Blanch about 4 cups of early spring nettles to remove their stinging hairs. Drain.

While the nettles are in process, in 2 teaspoons of coconut oil or ghee, sauté:

- 2 cups of fresh organic spinach
- 1 Tablespoon of organic fresh ginger, peeled and sliced or grated.

Place the sautéed spinach, ginger and 2 cups of the drained nettle leaves in a bowl.

Add:

- 1 teaspoon organic toasted sesame oil,
- 1 teaspoon organic tamari
- ½ teaspoon rice vinegar

Use a mixing wand to make a paste or spreading consistency. Add more oil or tamari if necessary.

Spread on toast or use as a sandwich spread. My particular favorite is an avocado and sesame nettle spread sandwich. Quantity: enough spread for about two sandwiches.