

# PICKING, DRYING, AND USING NETTLE

An important part of wild-harvesting is drying, pulverizing, storing, and using the wild vegetables. Just picking large yields of herbs and storing them for years is not what we want. It is very important to have these herbs processed in as short time as possible.

## Brief historical look at domestic use of wild herbs

The ancients saw nature as a supermarket, drug store and cosmetics shop. What people used to do is the following:

In spring, summer and autumn people occasionally went out to collect herbs. These were dried at home. Throughout the year the herbs were used for food and as tea herb. It is preferable to use fresh herbs or freshly dried herbs for food. When necessary, herbs were used in a medicinal way. Some herbs were used as a bath herb, to clean the body better. They made sure that there were enough supplies for the whole winter. In spring, when new herbs could be picked, all herbs were used as bathing herbs. At the end of the winter and early spring, people often took a herbal bath, as part of a spring cleansing process. It used to be normal to undergo a cleaning process in spring. Washing with herbs is an extra way of cleaning the body with all kind of antioxidants, and it ensures that there is no surplus of herbs.

This good household use of herbs has been completely renounced in modern society. We can choose to apply the good practices of the past ourselves. In this way we save money and provide ourselves with all kinds of extra antioxidants, while the risk of getting diseases is reduced. Maybe, this habit fits more to humans than working in offices to earn salary to be able to buy the industrial equivalent of natural products in stores.

## Nettle powder in 6 steps

Because collecting herbs fit to our existence, I want to challenge everyone to gather enough nettle for this year for a whole year or half a year. Nettle is a good plant to start, because is widely available, can be used as tea or vegetable, has beautiful medicinal effects, and it is a tea herb. Dried nettle powder is an expensive supplement and here is how to make it yourself.

Because now in autumn, nettle plants in the northern hemisphere are still there till late November / beginning december, but in the winter will be less available. From next year's spring on, about 5-6 months, we can pick new nettle again.



- Take a bicycle, and a pair of gloves and paper bags or plastic bags.
- Pick nettle tops on the spot you prefer,
- Dry them in the house in 3 to 4 days, close to a heater, or dry them in a oven at 50 degrees Celcius.
- Pulverize them in a blender,
- Put them in a well-closable jar, and,
- Enjoy one or two teaspoons of nettle daily.

## Why pulverize?

People sometimes ask me why I make a powder of herbs. If you powder nettle, a jar can be filled more efficiently. If you have collected a few dozen herbs, it doesn't take up too much space when they are powdered. In addition, it is ready for use.

You may prefer to crumble nettle as tea leaves, though, if you want to add nettle to a smoothie, a powder is more convenient. In addition, many teas consist of powders. You can easily make a tea from nettle powder. In an organic shop, nettle powder is sold as a natural supplement.



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