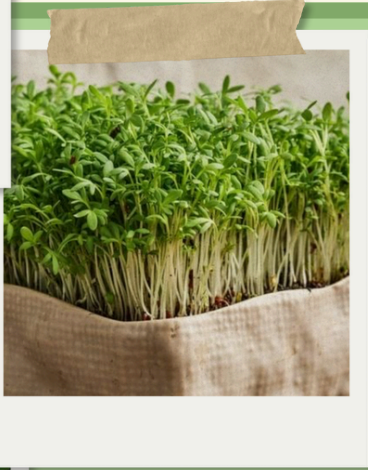




BÄRLAUCH, KRESSE, BRENNNESSEL

Moravian garlic, Cress, Nettle (young)



DISTRIBUTION

- **Moravian garlic:** It is widespread in almost all European countries, including Great Britain, and can be found in large quantities in moist deciduous and riparian forests or near flowing water in shady or semi-shady places.
- **Cress:** It grows around bird feeders, in gardens and yards, as well as on roadsides and rubbish dumps.
- **Nettle:** It is distributed worldwide, growing on nitrogen-rich soils.

KEY CHARACTERISTICS

Moravian garlic: People have been taking advantage of the aromatic flavour and healing properties of this plant for centuries. Wild garlic has diuretic, diaphoretic, antibiotic, blood-purifying and anti-inflammatory effects and alleviates gastrointestinal complaints such as flatulence, bloating or diarrhoea. It stimulates the appetite, lowers cholesterol levels and can be used effectively against bronchitis.

Cress: This extremely healthy little plant has a high content of folic acid, iron, calcium and vitamins. It stimulates the appetite, banishes springtime tiredness and alleviates digestive problems. Especially in winter, when fresh and vitamin-rich vegetables are scarce, home-grown garden cress is an ideal source of vitamins and its fine flavour can be enjoyed within a few days of sowing.

Nettle: The stinging nettle is best known for its stinging hairs, which can be extremely unpleasant for humans. The stinging hairs, which are found on the shoots and leaves, serve as protection against predators. The stinging nettle has been used as a medicinal plant since ancient times.

GROWING & HARVESTING INFORMATION

Moravian garlic: If possible, the leaves should be harvested before the flowering period, when their flavour is delicate and fresh and they are easily recognisable by their strong leek-like smell. A certain amount of caution is required, however, as every year a few cases of confusion with highly poisonous leaves of the autumn crocus or lily of the valley are reported.

Cress: Growing garden cress is extremely simple and straightforward. The seeds can be cultivated in a tray placed near a window. It does not need any fertiliser or direct sunlight and germinates after a few days.

Nettle: You should harvest the stinging nettle as a young plant so that you don't 'burn' yourself on the stinging hairs; you should wear gloves. If you are working without gloves, you should handle the stalk carefully from the bottom upwards and grip it firmly.



HERB BREAD



INGREDIENT LIST

500 grams flour

300 ml water

50 ml oil

1.5 teaspoons salt

1 packet of yeast

herbs (e. g.: Wild Oregano, Nettle, Ground Elder, Moravian Garlic, Cress)

PREPARATION STEPS

- the herbs must be finely chopped.
- the remaining ingredients are mixed and kneaded thoroughly. Then add the herbs to taste and shape the bread.
- the bread should rest for about 60 minutes before being baked in the oven at 180 degrees Celsius for about 30 minutes.

