



# BRENNNESSEL

*nettle*



## DISTRIBUTION

- native to temperate regions (Europe, Asia, North Africa)
- prefers moist, nutrient-rich soils
- common in disturbed areas (roadsides)

## GROWING & HARVESTING INFORMATION

- **growing conditions:** moist, fertile and nitrogen-rich soils; partial shade to full sun
- **planting:** seeds, root division, or transplanting
- **maintenance:** low maintenance
- **time:** spring to summer
- **method:** wear gloves and cut the top 10-15 cm of the young shoots



## KEY CHARACTERISTICS

- nutrient-rich superfood
- anti-inflammatory and antioxidant effects
- supports urinary and prostate health
- allergy relief
- promotes hair and skin health



## NICE TO KNOW

- medicinal plant of the Year 2022 (Germany)
- historical textile use
- natural fertilizer and pest repellent
- stinging hairs act as natural micro-needles



# NETTLE BREAD



## INGREDIENT LIST

500 grams flour  
300 ml water  
50 ml oil  
1.5 teaspoons salt  
1 packet of yeast  
Nettle

## PREPARATION STEPS

- the nettle must be finely chopped.
- the remaining ingredients are mixed and kneaded thoroughly. Then add the chopped nettle 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.

