



Spring 2024 recipes – Nettles and cleavers

It's the time of year when seedlings are being planted out at the farm and the excitement builds for what's to come in terms of vegetables and herbs we can cultivate. While we're waiting for them to come, we can look to the hedgerows and our gardens where wild abundance is already on offer.

At this time of year fasting, detoxing and partaking of new green leaves is vital to our health. Here are some recipes that include some potent plants that can give us what we need, and they are at our doorsteps and free.

Soup

- 3-5 pre-cooked cubed potatoes
- 7-10 nettle tops
- 1 onion chopped
- 1 leek chopped
- 1 celery stick chopped
- 1ltr of soup broth
- 2 tbsp of apple cyder vinegar or lemon
- 1 tbsp. olive oil
- 1 cup of frozen nettle cubes for colour!



Put the olive oil in a pan and heat it up.

Add the potatoes, onions, leeks and celery and stir until golden brown.

Add the soup broth and the nettles. Cook for 20 minutes then whizz it up and add the vinegar.

Top the soup with garlic and olive oil croutons or some dry fried sunflower seeds, pine nuts or pumpkin seeds and a splash of olive oil.

Wild Pesto

- 1 handful of cleavers (also known as 'sticky weed' or 'sticky willy')
- 2 handfuls of wild garlic
- 5 Nettle tops without the stems
- 1 cup of olive oil
- ½ cup of nuts (pine, almond, cashews)
- Some lemon juice
- A pinch of chili sauce or chili flakes, if you like it a bit spicy!
- Whiz it up and enjoy on pizza, pasta, salad, puff pastry, anything really!



Smoothies

From 'Kitchen and Other Stories' by Chef Tripi

Smoothie 1

6-8 Nettle tops, washed

A large hand full of fresh cleavers, washed

1 cup of apple juice or

1 kiwi

½ cup of water

Blend it and enjoy as a smoothie or strain the pulp out and enjoy as a juice.

Smoothie 2

1 cup of cleavers, roughly chopped

1 cup chopped pineapple

1 cup chopped cucumber

1 cup of mango

Apple juice or cold green tea

Blend until smooth.

Juices

From 'Kitchen and Other Stories' by Chef Tripi

Juice 1

3-4 leaves of kale

½ to 1 stick of chopped celery

4 Nettle tops

A hand full of clean cleavers

Put it into a blender and whiz it up well.

Strain and drink it fresh.

Juice 2

2 organic apples

2 sticks of celery

1 chopped carrot

Thumb sized pieces of peeled ginger.

Hand full of washed cleavers

Whiz it up and strain. Enjoy as a detox drink.

