

## Herbal Spotlight - Nettle

### Backstory

Nettle is a versatile and widely used herb that has a history rooted in traditional medicine and culinary practices. This perennial plant is often considered a weed due to its stinging properties when touched, but it holds a wealth of health benefits and culinary uses that have been appreciated for centuries.

### Benefits

Nettle is rich in vitamins, minerals, and bioactive compounds that contribute to its potential health benefits. "Its leaves are abundant in fiber, minerals, vitamins, and antioxidant compounds like polyphenols and carotenoids, as well as antioxidant compounds like polyphenols and carotenoids" (Nutritional and pharmacological importance of stinging nettle ( *Urtica dioica* L.): A review Khuma Kumari Bhusal, Saraddha Khasu Magar, Ronika Thapa, Ashish Lamsal, Sagar Bhandari, Rashmi Maharjan, Sami Shrestha, Jiban Shrestha <https://pubmed.ncbi.nlm.nih.gov/35800714/>), making it a potent remedy for many ailments and illnesses.

It's known for its potential to alleviate allergies and hay fever symptoms due to its natural antihistamine properties. Nettle also has diuretic effects that might help with fluid retention and urinary tract health.

One of the remarkable qualities of nettle is its iron content, making it a valuable herbal remedy for combating anemia. Additionally, nettle has anti-inflammatory properties that have been studied for their potential in managing conditions like arthritis and joint pain.

Nettle leaves are also packed with vitamins like Vitamin A, C, and K, as well as minerals such as calcium, magnesium, and potassium. These nutrients contribute to overall health and wellness.

If supplementing with Nettle, follow recommended serving sizes and consult a medical professional prior.

### Recipes

Steep dried nettle leaves in hot, but not boiling, water to create a nourishing and earthy herbal tea.

Create a hearty and nutritious broth by simmering nettle, garlic, seaweed, and other spices and vegetables.

Blend nettle leaves, garlic, pine nuts, olive oil, and parmesan cheese to make a flavorful pesto.

Infuse apple cider vinegar with nettle leaves for a potent and nutritious addition to your salad dressings and marinades.

### **Sustainable Sourcing**

Monterey Bay Herb Co is proud to work with a sourcing partner that prioritizes ethical practices. Our sourcing partner has been growing and processing Nettle in Albania for the past 35 years. They engage with residents in rural areas providing jobs for the local community with fair wages and good working conditions.

Nettle is grown in a way that preserves the native ecosystem and enriches the land. Our sourcing partner uses intercropping with other medicinal herbs as a way to promote biodiversity and soil health.

Monterey Bay Herb Co strives to be the best sourcing partner for small businesses who harness botanicals to create wellness in our world. Our strict sourcing sustainability standards ensure that we can offer high quality ingredients that are consistently in stock and our relationships with our sourcing partners guarantee you competitive prices.