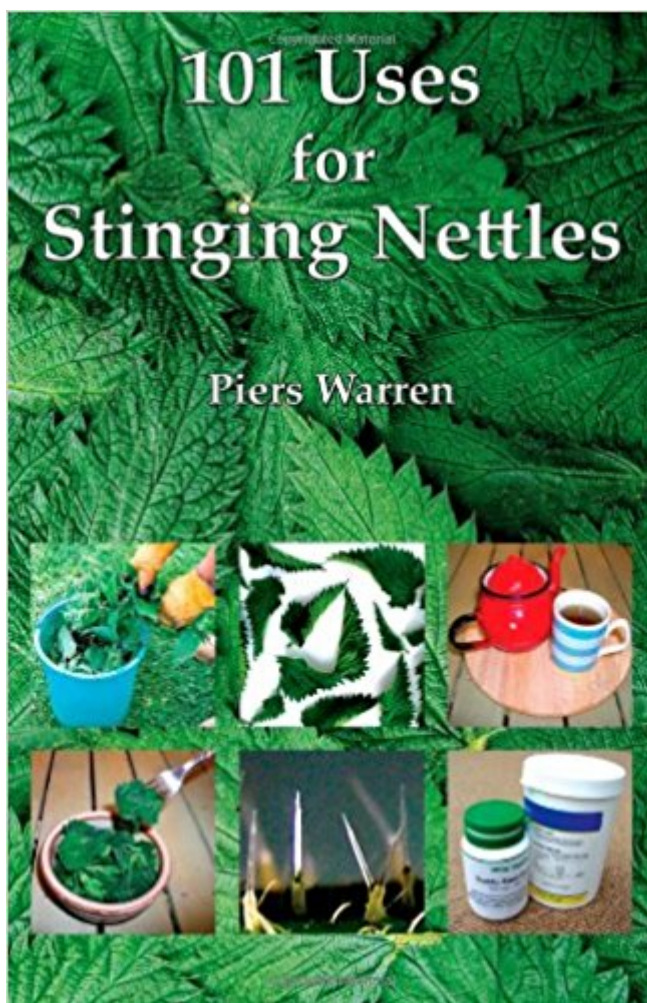


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# 101 Uses For Stinging Nettles



## Synopsis

Stinging nettles are, for many of us, nothing more than persistent weeds with a painful sting. But apart from having an important role in the web of life, nettles are an incredibly useful plant to mankind. They have been put to myriad uses by our ancestors, and many of these are still valid today. Already stinging nettle products are growing in popularity in the field of alternative medicine, as their wide range of health benefits becomes better known. This unique book explores the diverse uses of this fascinating plant - in the garden and the kitchen, for their medical and fibrous properties and so on. It is packed with practical suggestions, as well as a guide to the botany of stinging nettles, and how to collect and store them. For example, you will discover how to use nettles to: make a liquid plant fertiliser brew an unusual beer make a dandruff treatment protect beehives flavour an omelette make friendship bracelets repel flies naturally make green or yellow fabric dyes keep yourself warm in the winter and much more ... The many health benefits of taking nettles in various forms include relief from: hay fever and other allergies; acne and other skin conditions; arthritis and rheumatism; asthma; stress; high blood pressure; depression; enlarged prostate gland. The book also features Digital Nettle Art!

## Book Information

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## Customer Reviews

I expect your first question is 'Are there really that many uses for stinging nettles?' The answer most definitely is yes; and more besides, depending on how you categorise them. Your second question might be 'Why on earth write about the uses of stinging nettles?'

Well I have two very good reasons: the first is that from a practical point of view these are uses that you may be able to put to your benefit; the second is that stinging nettles are a good example of the valuable natural resources that surround us, yet are often ignored. We are becoming aware that disappearing rainforests contain many plants that can be of great use to mankind &#x96; in combating disease for example &#x96; and let&#x92;s hope we are realising this before it is too late. But in our own back yards we also have many useful plants, most of which we think of as weeds and destroy. With our increasingly disposable and environment-damaging lifestyles it is important to value the resources that nature has given us. Everything has its place in nature, and, even if you don&#x92;t end up enjoying a nettle omelette, or gargling nettle juice to ease your sore throat, I hope you will think of nettles with a little more affection and respect after reading this book. Stinging nettles, like wasps, are often thought of as unnecessary evils of the natural world, but they are vital elements of the web of life. If we look into the past we see that our ancestors indeed made much use of stinging nettles (and many other wild plants too) and most of these uses are just as valid today. Above all, nettles are extremely good for us. They are packed with vitamins, minerals and fibre, and have many healing properties.

I'd give it 5, except that I don't believe there are 101 - many are variations of the same thing. I will be giving a few of these a try - like tea. Mostly the nettles get fed to the cows. But we have such a nice big crop (ouch, I'm very sensitive to the sting) that we could do more with them. A local cheesemaker makes a gouda with nettles that is pretty tasty. We'll see if I actually get brave enough to eat them like a vegetable.

Out of the 101 uses, I can use 40 of them. Although I have the nettle plant on my property I bought 2 seed packets of them to speed up the process of having more. Using the nettle leaves with a touch of mint makes an excellent tea.

Who'd have thought that there would be so many uses for this weed? I was surprised. Not just because of the many uses pointed out, but for the ideas I now have for putting this information to use for entertainment and profit. There should be a book like this about dandelions, thistle, and some of the other nuisances I have in my yard each year.

Outstanding book! These nasty weeds I used to roundup, I have found to be one of the most healing plants yet. I now use nettle for everything. Our horses shine like no other. We use it for

healing as well as for nutrition. I find myself looking in my friends yards seeing if they have the pesky weed for me to harvest. Its great on chicken too!

I have a large patch of Stinging Nettles close by the house. I knew there were some uses like compost and tea but I did not know that Nettles could be used for so many different things. Some ideas in the book, are too much for me to try. Good book, recommended to all who think that Stinging Nettles are just a weed. They are so much more!

Informative on many uses off nettles I was not aware of thus giving me more options on how to use the herb.

Lots of good information

A collection of uses for the more common nettles. After a brush-clearing event by workers who hadn't cleaned their equipment, my lot was blessed with common *Urtica dioica* every spring since. These block out the foxtails and mustard that previously took over the yard, and are much easier to remove. They are a pretty, dark green, look like tall mints. They feed many insects, especially ladybug larvae. The died-down stems are nutritious for the soil and compost. Small butterflies like them. The lot is rural and away from traffic, and we haven't used any pesticides or herbicides, etc for many years, so I think the nettles grown here will be fairly clean. When I was a child, I read a fairy tale about a princess who had to use nettles to reverse an evil spell by using their fibers to make sweaters for her brothers. Indeed, nettles have been used as a fiber source, similarly as flax. Do the nettles sting? Yes, a bit itchy, too, but nothing serious, and doesn't last long. No rash, nothing like poison ivy at all. Rose thorns hurt more. I haven't tried boiling the nettles as a "spinach green", but I have see that mentioned in many other places. One day...

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