

Stinging Nettle Uses

Vinegar Extract

Harvest young tender nettle leaves and tops

To make a vinegar extraction:

fill a jar, any size, 3-4 of the way with nettle tops and young leaves. Fill the jar the rest of the way with raw apple cider vinegar. Mix everything together and cover with a plastic lid (vinegar will corrode a metal lid and contaminate your extract) set in a cool dark place for 4-6 weeks, shaking occasionally.

Uses for nettle extract:

Mineral supplement. Mix 1-2 T. nettle vinegar into 8 oz water and drink before each meal.

As a hair rinse. Very helpful for dandruff and other scalp issues, removes product build up and balances scalp PH. Mix 1-4 T nettle extract with 2 cups water and apply to wet, clean hair. Massage into scalp thoroughly, let it sit for 2-5 minutes a rinse thoroughly.

To Make a Nettle Tincture:

Fill a jar 3-4 full of fresh or dried nettle leaves and tips fill the jar with 80-100 proof vodka. Let it sit in a cool dark place for 4-6 weeks, shaking the jar occasionally. After 4-6 weeks strain the vodka from the leaves and store the tincture in a dark dropper bottle for 2-4 years.

Uses for nettle tincture:

As a mineral supplement, to combat allergy symptoms, to ease joint inflammation and for urinary track support.

1-2 droppers full in 8 oz water 1-3 times daily.

To Make a Nettle Infusion.

Fill a jar $\frac{3}{4}$ of the way with dried nettle leaves. Fill the jar the rest of the way with oil of your choice. I like Jojoba or Caster oil best. Let sit in a cool dark place for 4-6 weeks (or longer) then strain the leaves from the oil.

Benefits of Stinging Nettles

Anti-inflammatory

Rich in minerals

Rich in vitamin C &K

Uses for nettle infused oil:

Make moisturizing tallow lotion using my recipe [HERE](#) for its anti-inflammatory and anti-aging properties.

To Make a Nettle Fertilizer:

Stuff 5-gallon buckets full of Nettle plants before they bloom. Stems leaves and all! Don't bother washing them. I often do this later in the season after the leaves and tips are no longer tender enough for tinctures and extracts. Fill your buckets to the top with rainwater or well water, place lids on and set in a warm sunny place and let the plants ferment! Stir occasionally. It's ready after 2-4 weeks, depending on how warm your weather is. You will know it is ready when the water is very dark and very stinky. Strain out the fermented plants and add them to your compost pile to give it a boost of bacteria. The remaining water is your fertilizer.

How to use Nettle fertilizer

For young annual plants and seedlings dilute the nettle fertilizer 1:10. 1 part fertilizer to 10 parts waters. For established annual plants I dilute 1:5 and for perennials like berry bushes, fruit trees and grapes I dilute 1:2. Use weekly if possible. But even a couple doses during the growing season are beneficial. The addition of fermented fertilizers like this also adds beneficial bacterial to your soil!

