

## HARVEST OF THE MONTH

### Nettles



#### ABOUT NETTLES

- Nettles are found around the world and have been used in a variety of ways, including as food for thousands of years.
- One half cup of cooked nettles are an excellent source of Vitamin K and can be used as a substitute for cooked spinach in recipes.
- Nettles are also low in calories, high in fiber and are a good source of calcium.

#### 1/2 cup of cooked nettles provide:

- 19 Calories
- 3.3 g Total Carbohydrates
- 3 g Fiber
- 214 mg Calcium (16% DV)
- 222 µg Vitamin K (185% DV)

#### USES :

- Once blanched or dried to inactivate their sting, nettles can be enjoyed in a variety of ways: cooked, sautéed, in soup, as a tea, blended into a pesto or sauce.

Sources:  
<https://www.fs.fed.us/database/feis/plants/forb/urtdio/all.html#:~:text=S tinging%20nettle%20fibers%20were%20used,%2C%20fishing%20nets%2C%20and%20rope>  
<https://fdc.nal.usda.gov/fdc-app.html#/food-details/169819/nutrients>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6100552/>

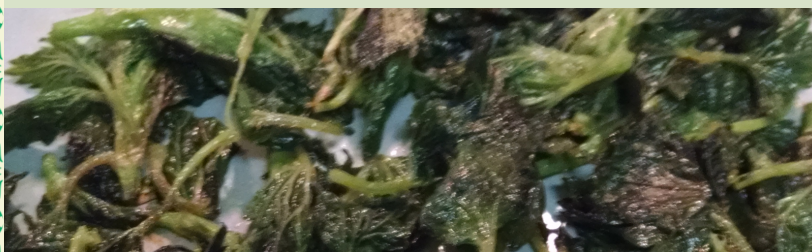
## SIMPLE SAUTEED NETTLES

#### INGREDIENTS :

- Young Nettle Leaves
- Oil
- Optional Seasonings: garlic, garlic powder, onions, ramps, chives, salt, pepper

#### STEPS :

1. Rinse and drain nettle leaves.
2. Sauté nettles with oil in a pan.
3. Add in optional seasonings, if desired.



#### THINGS TO REMEMBER

- Wear gloves and long sleeves when gathering and rinsing nettles to prevent skin irritation.
- Avoid nettles if pregnant or nursing as there is not enough information on their safety.
- Nettles have larger amounts of Vitamin K and may interact with blood thinning medications.

For more Information Contact a  
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