

Cream of nettle soup

Ingredients

200g of young nettle tops
40g of butter or olive oil
1 chopped onion
2 tsps chopped wild garlic leaves or chives
40g flour
1 pint of chicken or vegetable stock
salt and fresh ground pepper to taste
75ml of crème fraiche
nutmeg
squeeze of lemon

Method

Wash and chop nettle tops. Boil in minimum amount of water until softened (about 5 minutes).
Remove from heat. Puree nettle and cooking liquid in a blender or sieve.
Heat oil or melt butter in saucepan. Sauté onion until soft.
Add wild garlic or chives. Stir in flour to blend.
Add stock gradually until the mixture is smooth.
Add nettle puree and season to taste. Heat to boiling.
Reduce heat and simmer gently for 15 minutes.
Whisk in crème fraiche. Adjust seasoning and heat.
Sprinkle with nutmeg if desired. Serve with squeeze of lemon juice.



We're on nature's side. We support responsible forest management by printing on Take 2 Silk paper, made from 72 per cent post-consumer waste from an FSC-certified source, using vegetable inks.



What's on for Nettle Weekend

Saturday 22 and Sunday 23 May

There's more to nettles than just their sting. Butterflies love them, clothes are made from them and they can even cure aches and pains.

Celebrate nettles across the Museum and our Wildlife Garden with a range of talks, displays and activities. Tuck into nettle-based food, get your hands on a range of nettle gifts and take part in the nettle quiz.

Free, all ages welcome

Part of national Be Nice to Nettles Week



The Natural History Museum Cromwell Road, London SW7 5BD www.nhm.ac.uk



Talks in the Darwin Centre

Saturday, next to the Attenborough Studio

- 12.00 Grasping the Nettle:
An Introduction to Nettles and Nettle Weekend
- 13.00 History of Nettles and Food, and Nettles in Food Today
- 14.00 Nettle: The Herb that Hurts and Heals

Sunday, in the Attenborough Studio

- 12.30 Nettles: The Eco Fibre Combating Poverty in Nepal
- 14.30 Nettles: Folklore, Fables and Food
- 15.30 From Sting to Spin: A History of Nettle Fibre

Displays and events, 10.00 to 17.00

Wildlife Garden

- Nettles and Biodiversity: The Value of Nettles to Wildlife
- nettle feely box
- seed/fruit identification
- Tasty Nettles
- nettle beer demonstration
- Nettles as a Fertiliser
- British nettles – display in pots of nettle family
- display in pots of life on nettles

Yurt on the west lawn

- Nepalese Nettle and Fashion – John Dunsmore Nepalese Textile Trust and Nepal Leprosy Trust
- Fibre Extraction and String-Making from Stinging Nettles – Gillian Edom
- dyes from nettles – Vauxhall City Farm Spinners and Dyers
- nettles at the Archway Clinic of Herbal Medicine
- Nettles: A Very Green Spring Tonic – Belinda Murray, Medical Herbalist, Herbaceous (Sunday)

Angela Marmont Centre for UK Biodiversity

Come behind the scenes of the Angela Marmont Centre for UK Biodiversity and meet the nettle family. See historic nettle specimens and nettles from around the world.

Discover more on nettles . . .

- The Stinging Nettle Family: Not Just Nettles
- Great Dodder *Cuscuta europaea* as a Parasite on Nettles
- Nettles in Close Up
- *Urticaceae* Illustrated
- Fossil Nettles
- Giant Himalayan Nettle *Girardinia diversifolia* From Forest to Fibre
- Nettle as a Fashionable Fibre – Students of Woven Textiles Department, National College of Art and Design, Dublin
- Nettle Paper
- Nettle as a Dye Plant
- Nettle Sting for Joint Pain: A Tale in the Sting
- The Impact of Phosphorus Nutrition on *Urtica dioica* Growth and Nutrition

Nettle food and drink

Nettle tea is served throughout the day in all Museum cafes and The Restaurant

The Restaurant and Deli Cafe

12.00–15.00 Nettle soup

West lawn

12.00–17.00 Nettle cream teas and cakes

Nettle shopping

10.00–17.00 Nettle products in the Museum Shop and in the yurt