

Nettle Pesto (Urtica dioica Stinging Nettles)

Prepared by Sherri McCalla, President of the Memphis Herb Society

Ingredients:

1 ½ cups olive oil (the light-tasting version)

½ cup chopped pecans

3 cloves garlic

1/2 cup shredded Parmesan cheese (grated might have given a better texture-start with only ¼ cup)

Two healthy handfuls of freshly picked nettles (I only used the leaves)

Directions:

Combine the olive oil, nuts and garlic in a blender or food processor and blend until creamy. Add the nettles (raw and unsteamed) half a handful at a time and blend thoroughly, until the pesto becomes a creamy paste. (Pureeing the nettles thoroughly will break up the needles and prevent the “sting”.) Add the Parmesan and stir well. Salt to taste. I really liked this served with sliced bread (Kroger’s Private Selection Rustic Pugliese Loaf was really tasty with it), but crackers are good, as well.

(this is adapted from Rosemary Gladstar’s Medicinal Herbs A Beginner’s Guide)

AS SHOWN ON THE FAMILY PLOT: GARDENING IN THE MID-SOUTH MAY 2, 2013 ON WKNO/CHANNEL 10.