



# MAY'S RECIPE:

## NETTLE SOUP

In England, fresh stinging nettles can be found everywhere. I let a few grow contently in a corner of the garden and use them for soup in the Spring and as fertilizer for the tomatoes when they are past their best. Pick only the top 4-6 leaves (wear gloves!) of each plant for a delightful earthy soup.

Preparation time:

10 mins

Cooking time:

20 mins

Serves: 4

Ingredients	Method
1 onion 12 ounces potatoes 1 tablespoon coconut oil	Cook the onion in the oil until golden then add the finely chopped potato and stir frequently for about five minutes.
6 ounces nettles	Add the nettles and a good splash of stock and let them sweat with the other ingredients for another 5 minutes.
2 pints vegetable stock 1 teaspoon nutmeg Juice of 1 lemon Salt and pepper Soy sauce	Add the stock and simmer for about 15 minutes. Add the nutmeg just before the end. Liquidize and add the lemon, salt and pepper if desired. Do not over season, otherwise you will overpower the simple earthiness of this soup.

### Energetics

Nettles are an excellent tonic for the Blood, with a strengthening action on the Liver, Lung and Kidney. Nettles nourish the Liver Yin as well as helping resolve Phlegm in the Lung. The potato acts as a neutral, Qi-strengthening base for the nettle's action. The main action of this soup is to nourish Blood, support the Kidney and strengthening Liver Yin.