



ROOTED IN NATURE...A COMMITMENT TO OURSELVES

WHAT'S HAPPENING...

Sometimes the days are getting warmer and then other days I feel that I might turn into an ice cube...I thought we were moving into April not March! I am hopeful though. Tiny baby nettles are starting to sprout, the chickens are foraging even in 30 mph winds and temps in the 20s and baby lambs (pictured below: Loretta, Moe & Shirley) are on the farm! Spring is definitely right around the corner.

In honor of spring this month's newsletter is inundated with all things that celebrate April showers. Check out a spotlight on one of my favorite spring herbs the stinging nettle and try out the nettle pesto recipe.

There's also upcoming "Spring Cleaning" classes I will be teaching this month that will be held at the glorious Natural Food Co-op in Litchfield, MN.

New this year...an herbal CSA! That's right folks just like the veggie CSA you may belong to this year you can get an herbal CSA too. More details are below if interested. An update on the online store...a wee bit harder to make happen than expected. I'm attempting to get an ETSY store up and running so hopefully next month products will be available online! Finally, posted below there's some cool new classes, events and grand openings in the Hutchinson area hosted/taught by some awesome individuals. Be sure to check them out and support LOCAL!

Peace, gratitude and think spring!

-Katharine



CLASSES & EVENTS



Herbal Clean-Up Series @ Natural Food Co-op in Litchfield, MN

w/ Katharine

April is the month where we focus on cleaning up our communities celebrating both Earth Day & Arbor Day. Why not focus on our bodies too?! Come for part 1, part 2 or both in this herbal series where we explore how local herbs can help assist us in a spring cleaning for our bodies.

Part 1: Lymphatics...Herbs to Move out the Junk

Wednesday April 12th 6-7pm @ Natural Foods Co-op Litchfield, MN

\$15 RSVP nfm@hutchtel.net or (320) 693-7539

Come join us for an evening in Part 1 of our Herbal Clean-Up Series. Here we will learn about the wonderful world of lymphatic herbs and how they can stimulate our body's own internal cleaners in the lymph system. Learn how you can use gentle herbs to help eliminate waste and toxins in our bodies that help stimulate our bodies natural clean-up crew.

Part 2: Alteratives...Restoring our Bodies

Tuesday April 25th 6-7pm @ Natural Foods Co-op Litchfield, MN

\$15 RSVP nfm@hutchtel.net or (320) 693-7539

In Part 2 of our Herbal Clean-Up Series we will learn how alterative herbs can be used as tonics to help gently ease our systems back to a state of effective functioning. Alteratives are often used for longer periods of time and gently remove our body's metabolic waste. Come for the evening to learn effective ways you can fit these gentle herbs into your life everyday.

Wild foraging classes coming in May!

SPOTLIGHT:

The Stinging Nettle



Nettles. If you are a country dweller you might know these "weeds" as those persnickety plants that give you the itches. Fear not folks these plants are actually super nutrient dense and packed full of all sorts of vitamins and minerals. One cup of cooked nettles can actually provide you with 30-40% of your recommended daily amounts of vitamin A and calcium along with 20% of your dietary fiber needs. And the itchy part....no worries. It might be a little cumbersome harvesting but after they're cooked they won't sting you. When nettles are cooked have the chemicals responsible for their sting dismantled and the sting is gone. What you are left with is a lovely bunch of steamed or stewed greens with all those powerful nutrients just waiting to get into your body and help.

Below is a recipe using nettles for a delicious spring pesto. If you're feeling like you just want to start with baby steps you can check out my blog post featuring the simple but wonderful nettle tea here.

RECIPE CORNER

Nettle Pesto

This pesto was made at the Cooking with Wild Herbs and Plants Class at the Litchfield Natural Foods Coop. It was a lovely bunch of folks with most finding the pesto surprisingly delightful. Add into your pasta, smother on some toasted bread...endless opportunities to make this condiment shine!

Makes 4-8 servings

Ingredients

1 cup fresh baby nettles, blanched in hot water (save the water you blanch them in for boiling noodles if making a pesto pasta!)

1-2 cloves of garlic, minced

1/2 cup sunflower seeds

2 tablespoons lemon juice (optional)

1/2 cup olive oil (or enough to your desired pesto consistency)

salt & pepper to taste

Put the sunflower seeds into a food processor and blend until roughly chopped. Add garlic, nettles and salt and begin blending. While blending slowly incorporate the oil, stopping occasionally to scrape down the sides. Once almost completely combined add in the lemon juice and finish blending. Taste, add more salt if needed. Once pesto is pureed prepare your favorite pasta accordingly and combine. Add parmesan cheese if you are a cheese person.

HERBAL CSA DETAILS

What's an Herbal CSA?

Long before Advil and Bengay our ancestors had to rely on the flora and fauna in our natural environments to help us survive. Herbalism is a continuation of that tradition...keeping alive the remedies that helped our ancestors recover from infections, fevers...you name it. Your herbal share uses many herbs that are probably in your own backyard or local woods that can clean up wounds, reduce inflammation—even provide relief to those nasty mosquito bites.



With your herbal share you pay in advance for a share and then at a specified time you pick up your box of goodies. This will happen one to three times per season depending upon which share you choose.

Options Available:

There are three types of shares available for the 2017 season. The contents of your herbal share depends upon what type of share you pick. Below are the three types:

Mini First Aid Kit: (\$35)

1 time delivery. The bare bones essentials to keep your family nourished of injuries, bites & rashes.

First Aid Starter Kit: (\$75)

1 time delivery. A step above the Mini Kit an expanded share that will provide an even greater amount of remedies for first aid help.

Herbal Forager's Seasonal Share (\$225)

3 deliveries of nourishment. Each season you will receive a slightly different theme. Summer is focused on first aid remedies, early fall is aimed toward boosting the immune system and your last share is devoted to self-care.

Interested?

The last day to sign up for the 2017 season is May 31st 2017.

For full information on the contents, logistics, and how to sign up for the Herbal CSA, go [here](#) or contact Katharine at urbannettleherbs@gmail.com

LOCAL EVENTS & PLACES TO CHECK OUT!

Need gardening advice...join Rebel Soil & Prairie Drifter Farm for "Jump Start Your Garden Class"

My friends Joan & Aimee are going to be teaching this class that focuses on techniques and tip for organic gardening. Class will be held at the Litchfield Co-op. Both Joan and Aimee are seasoned pros at vegetable production and great speakers. May 11th from 6-7:30. Cost is \$15 for co-op members and \$18 for non-members. Click [here](#) to sign up.



Looking for cool music this summer...York Farm hosting a Concert Series

This summer treat yourself to some awesome outdoor music at York Farm in Hutchinson, MN. A great place for weddings or events York is doing a concert series in conjunction with Bella Lue Photography. Click [here](#) for more information. The first concert will be Thursday May 4th featuring Bad Bad Hats...a spunky Minneapolis band.



Opening of SOL in Dassel, MN

This cute spot has it all...quite literally! Featuring a whole host of classes this pretty little space is definitely a spot you'll want to support. Owners Adam and Sundee are amazing folks and have created a wonderful collection of classes including yoga, tai chi and Spanish classes for kids. Don't miss out! Click [here](#) for more information.

