

Prep Time: 2 Minutes

Cook Time: 10–15 Minutes

Total Time: 12–17 Minutes

Intensity: Low

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Ingredients

- Fresh Nettle Leaves: 1 cup, loosely packed (washed).
- OR Dried Nettle Leaves: 2 tablespoons (crushed).
- Filtered Water: 8–10 oz (1 cup to 1.25 cups).
- Optional Add-ins: A slice of lemon (helps absorb iron), a teaspoon of raw honey, or a pinch of mint for flavor.

Equipment

- Tea kettle or small saucepan.
- Teapot or heat-proof mug.
- Tea infuser, strainer, or French press.
- Gloves (if handling fresh nettles).

Instructions

1. The Boil:

Bring your filtered water to a rolling boil. The temperature should be approximately 200°F to 212°F (93°C to 100°C). A vigorous boil ensures the cell walls of the nettle leaves break down effectively.

2. The Steep (The Critical Phase):

If using a teapot or French press, place your nettle leaves at the bottom. Pour the hot water over the leaves. If using a mug, place the leaves in an infuser and pour water over them.

3. The Timing (Intensity Control):

This is where you control the “intensity” of the brew.

- Light Intensity (5–7 Minutes): Produces a mild, grassy tea similar to green tea. Best for those new to the flavor.
- Medium Intensity (10–12 Minutes): This is the standard steep. It produces a robust,

earthy flavor and a darker color.

- High Intensity/Medicinal (20–30 Minutes): This creates a strong, slightly bitter infusion. This is often used for maximum mineral extraction. If you steep this long, the tea may become slightly astringent.

4. The Strain:

If you are using loose leaves in a pot, pour the tea through a fine mesh strainer into your mug. Press the leaves gently with the back of a spoon to squeeze out the last nutrient-rich drops.

5. The Finish:

Add your optional honey or lemon. Lemon is highly recommended if you are drinking nettle tea for iron supplementation, as Vitamin C significantly increases iron absorption.

Part 3: Serving and Flavor Profile

Yield: 1 Serving

Serving Temperature: Hot, or iced (see below).

Flavor Profile:

Stinging nettle tea has a distinct profile. It is often described as:

- Earthy: Like a walk in a damp forest.
- Grassy: Similar to wheatgrass or matcha.

- Vegetal: Reminiscent of spinach water (in a good way).
- Slightly Salty: Due to the natural mineral content.

It lacks the bitterness of black tea and the sweetness of herbal fruit teas. It is a savory brew. If you find the “green” taste too strong, blending it with peppermint or spearmint is a classic herbalist trick.

Iced Nettle Tea Variation:

To make a refreshing summer drink, brew a double-strength batch (steep 15 minutes), remove the leaves, and pour the tea over a glass filled with ice. Add a sprig of fresh mint and a slice of cucumber for a spa-like beverage.

Part 4: Nutrition Facts and Health Benefits

Stinging nettle is often referred to as a “multivitamin” in plant form. While the exact nutritional profile varies based on soil quality and harvest time, the following is an approximation of the nutrients found in a strong cup (8 oz) of nettle tea.

Estimated Nutrition Facts (Per 8 oz / 240 ml serving):

- Calories: 2-5
- Carbohydrates: < 1g
- Protein: < 1g

- Fat: 0g
- Fiber: 0g (some fiber remains in the leaf, not the water)
- Caffeine: 0mg

Key Vitamins & Minerals (Approximate % Daily Value):

- Vitamin K: High (Crucial for blood clotting and bone health).
- Vitamin A (Beta-Carotene): High (Essential for vision and skin).
- Vitamin C: Moderate (Immune support).
- Calcium: Moderate (Bone health).
- Iron: Moderate (Oxygen transport).
- Magnesium: Moderate (Muscle and nerve function).
- Potassium: Moderate (Fluid balance).