

# *Grace's Stinging Nettle Soup*

## Ingredients

- A large colander full of young stinging nettle tops, properly identified and respectfully harvested
- Olive oil
- One large yellow onion, roughly chopped
- Two fresh cloves of garlic, crushed with the blunt end of the knife and allow to stand in room temperature for 15 minutes while you prep other veggies
- (Optional) a few sprigs of wild garlic (a.k.a. onion grass), roughly chopped
- Four celery stalks, roughly chopped
- One head of cauliflower, roughly chopped
- 8 cups of vegetable broth, or a mix of broth and water
- Sea salt + pepper to taste
- (Optional) your favorite hot pepper

## Preparation

- Gather stinging nettles while they are young, and please be sure to harvest them respectfully and wisely. Access the wisdom of your local herbalists and plant-lovers to learn how, if you do not know already! Bring a healthy glug of olive oil to temperature over medium heat, and add your roughly chopped onion.

Saute until onions begin to turn translucent. Add celery, stir for a bit. Add cauliflower, garlic, wild garlic and hot pepper (both optional). Stir and allow vegetables to heat up. Pour in your vegetable broth. Bring the soup to a happy simmer and turn off heat when the cauliflower is soft and can be easily pierced through with a knife. Remove from the heat, add your heaping pile of young nettles to the soup and stir until the residual heat of the broth turns the nettles from dark green to a bright green. Use an immersion wand or vitamix to blend the soup to a puree. Serve hot with a garnish of wild garlic and perhaps a bowl of brown rice or cast iron cecina. Delicious!