



Everything Herbal by Cheryl Jabz ♡

Herbs for Health ♡ Home ♡ Body ♡ Garden ♡ Kitchen

Simple. Natural. Made with Love. ♡



*A true
herbal ally for
wellness & vitality.*

NETTLE LEAF

Flavor & Common Uses

Nettle leaves have a mild, earthy flavor with green, slightly grassy notes—some compare it to spinach with a hint of cucumber.

When dried and brewed, nettle has a gentle, mineral-rich taste that is smooth and soothing.

COMMON USES



Tea & Infusions:

Brew as a nourishing tea to support allergies, joint comfort, and overall wellness.



Cooking:

Use fresh cooked leaves in soups, stews, omelets, pestos, and green smoothies.



Tinctures & Extracts

Used in herbal tinctures for long-term support of seasonal allergies, joints, and urinary health.



Hair Rinses:

Nettle tea rinses are traditionally used to promote healthy scalp and shiny hair.



Topical Poultices:

Crush fresh leaves and apply as a poultice to soothe minor aches, skin irritations, or insect bites.

GOOD TO KNOW

- ♥ Harvest young leaves in spring for the best flavor.
- ♥ Always cook or dry nettle leaves to neutralize their sting.
- ♥ Pairs well with lemon balm, peppermint, dandelion, and ginger.
- ♥ A wonderful herb for daily wellness and seasonal support.



IMPORTANT PRECAUTIONS: Talk with a healthcare professional before using if you: Take diabetes medication, Use blood pressure medicine, Have kidney disease, Are pregnant, Use blood thinners (vitamin K content).



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