



BRENN.NESSEL

## Stinging Nettle Urtica Dioica

The stinging nettle was already being used back in the Middle Ages for food, beer brewing and making clothes. It is one of our most valuable wild plants. The ingredients are so varied that it is even used for medicinal purposes. The stinging nettle has a holistic effect on the body and the flexibility of the joints. Moreover it is used for detoxification and the strengthening of the immune system, for allergies and skin problems, for stress and depression. It is also used as a beauty tonic for skin and hair. We have in our backyards an example of tasty food containing a outstanding amount of vitamins, minerals and proteins. The benefits can be right next door!

The aim of the Association Brennpunkt Brennessel is to establish the stinging nettle as a healthy and local delicacy and to promote biodiversity.

Information on current promotional events, and recipes is available on:  
[www.brennpunkt-brennessel.ch](http://www.brennpunkt-brennessel.ch)