

Nettle Spring Tonic Vinegar

BY ELISE HIGLEY



GLASS OR
PLASTIC LID

ENOUGH FRESH STINGING NETTLE
LEAVES TO LOOSELY FILL A
QUART-SIZE GLASS CANNING JAR

ENOUGH RAW, ORGANIC APPLE
CIDER VINEGAR TO COMPLETELY
COVER THE NETTLE LEAVES

When Spring arrives and the Nettles start to show themselves on our farm, I love to harvest bucketfuls to make a Spring tonic.

YIELD: 1 quart

SHELF LIFE: Use within one year.

1. Chop the Stinging Nettle leaves and place them in the canning jar.
2. Add enough raw apple cider vinegar to completely cover the chopped leaves. If your canning jar has a

metal lid, place parchment paper between the lid and the jar.

3. Shake daily, making sure the herbs remain submerged under the vinegar.
4. Within a few days, you can start to use the vinegar and use this wonderful Spring tonic diluted with water or in recipes such as bone broth, salad dressing, etc. After 4 weeks, strain and bottle. Discard herbs in the compost.



HERBS
with ROSALEE

Elise Higley



Elise Higley is a folk herbalist, wife, mother, grandmother and farmer.

With her background in Western Herbalism at California School of Herbal Studies and her husband Jeff's background in organic farming, they blended their dreams and created a full-fledged herb farm in 2013. Together they own and operate Oshala Farm. Located in Applegate Valley, Oregon, Oshala Farm has over 80 medicinal herbs in cultivation.

Elise's teachers and mentors include Cascade Anderson Geller, Rosemary Gladstar, Karen Aguiar, Teri Jensen, Lily Mazzarella, Autumn Summers, David Hoffman, Shana Lipner-Grover, Jon Carlson and, of course, the plants themselves! In her downtime, (9pm-5am) she helps with the Breitenbush Herbal Conference and TerraVita Herbal Symposium and works on agricultural advocacy with Our Family Farms.

You can find more from Elise at her website, OshalaFarm.com.

You can also find Elise on [Instagram](#) and [Facebook](#).

