



Greenmarket Recipe Series

Garlicky Nettle Pesto

Recipe from the blog *Hogwash: Thoughts on Food and Life*

Time: 25 minutes active time

Makes: 1 generous cup

Ingredients:

*1/2 pound nettles

*4 large garlic cloves, smashed

1/2 cup toasted pine nuts

1/2 teaspoon salt

Freshly ground pepper

1 tablespoon freshly squeezed lemon juice

1 1/4 cups extra virgin olive oil

*1/3 cup grated Parmesan cheese

** ingredients available seasonally at your friendly neighborhood Greenmarket*

Bring a large pot of salted water to a simmer for the nettles. Add the nettles directly from their bag and cook, stirring continuously, for 2 minutes. (This denatures their sting.) Dump into a colander to drain. When the nettles are cool enough to handle, wrap them in a clean dishtowel and wring out as much moisture as possible, like you would for spinach. You'll have about a cup of cooked, squished nettles.

In the work bowl of a food processor fitted with the paddle attachment, whirl the garlic, pine nuts, salt, and pepper to taste until finely chopped. Add the nettles, breaking them up as you drop them in, and the lemon juice and whirl until finely chopped. With the machine running, add the oil in a slow, steady stream, and process until smooth. Add the cheese, pulse briefly, and season to taste with additional salt, pepper, or lemon juice.

For over 30 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit www.growNYC.org.

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Greenmarket Recipe Series

Greenmarket Poetry Series, curated by Stacey Harwood

Nettles

Like neighbors not invited to the wedding
these show up anyway: fat stalks
dull hairy leaves
they stand at the edge of the garden and cry *I burn!*
Ugly, but tenacious,
they make themselves useful: in teas,
poultices, cures for baldness and rheumatic complaints.
From us, such homely uses are all they can hope for,
but they too have their dream:
to be the chosen food of their beautiful loves
the peacock
small tortoiseshell
and red admiral caterpillars.

by Katha Pollitt

from [*Antarctic Traveller*](#) by Katha Pollitt (Knopf, 1982). Used with permission. Katha Pollitt is an American poet, essayist and critic.



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