

HOT HOT HEAT!

## Where to Eat Nettles Right Now in Vancouver

Monday, March 31, 2014, by Nikki Bayley



[Nettle picking Photo via *Wildebeest*]

Nettles are springing up on menus across the city right now with chefs putting their gloves on to **grab the first greens** of the season which are treasured for their grassy, nutty flavours. Nettles are renowned for their healthy properties; they're **great to eat if you're anaemic**, nettles have four times the amount of iron than spinach and seven times more calcium. If you've never tried them before - don't worry, the cooking process neutralizes the plant's sting. In no particular order, here are the Vancouver restaurants where you can eat and drink nettles right now.

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### LA PENTOLA DELLA QUERCIA

La Pentola is featuring a nettle risotto, Chef Lucias Syme is a big nettle fan, "...this wild and interesting superfood has a subtle but deep flavour that I think our guests will really enjoy."

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