



# Stinging Nettle Pesto

With a wild flavor that can brighten most any meal or be spread on homemade rosemary bread, Stinging Nettle Pesto is a joy to make. Join renowned forager and author **Langdon Cook** as we hike to a local park to forage our own stinging nettles, learn about their habitat, health benefits, and proper foraging techniques. Afterwards, we'll return to the kitchen to learn about how to process our stinging nettles including cooking, drying and freezing. Finally participants will make an invigorating Stinging Nettle Pesto pasta with enough leftovers to bring some home to share.



Transportation available for folks walking off the Seattle Ferry.

Activity #231810

Day	Time	Date	Price	Section #
Wednesday	10:00a–2:00p	4/13	\$39	01

**BIMPRD - Outdoor Programs**  
Register online at [www.biparks.org](http://www.biparks.org)  
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