



# learning the good life

www.wickedstepmothersworld.co.uk  
JUNE /JULY 2010

**DIGITAL PHOTOGRAPHY** – move beyond auto mode  
Tuesday 8th June

**MAKE A RUSTIC BENCH OR STOOL** - using local  
coppiced hazel  
Friday 11th June

**PAPER MAKING** - create your own individual paper  
Saturday 26th June

**AN INTRODUCTION TO BEEKEEPING** - a taster  
Sunday 27th June

**SUMMER FLOWERS** – garlands, swags and globes for  
summer entertaining  
Tuesday 29th June

**EXPERIMENTING WITH MIXED MEDIA** – an art  
workshop Wednesday 30th June

**SUMMER COOKING** - The Seasonal Kitchen - Delicious,  
easy to prepare recipes using seasonal produce



Go to [www.learningthegoodlife.co.uk](http://www.learningthegoodlife.co.uk)  
for more information and the 2010 Calendar.

## the kitchen - nettle soup

1 lb potatoes  
½ lb young nettles  
2 oz butter  
1½ pts chicken or vegetable stock  
sea salt & black pepper  
4 tablespoons sour cream

Cook the peeled, chopped potatoes for 10 minutes  
in salted water. Drain. Wash & chop coarsely the  
nettles (only pick the new, young tops, using gloves!)  
Melt the butter in a saucepan, add the nettles and

stew gently for a few minutes. Add the potatoes and heated stock, bring to the boil and simmer for 10 minutes or until tender. When all is soft, cool slightly and purée in a blender, adding seasoning and the sour cream.

### [bring a friend](#)

Book a workshop and bring along a friend [at no extra cost](#)



### [the garden](#)

[National Be Nice to Nettles Week](#)  
from 13th -24th May Look after your nettles too.

The nettle supports over 40 species of insect including some of the most colourful butterflies , is delicious and nutritious, the tea is said to be an antidote for hay fever and nettles are a good addition to the compost heap.

[www.nettles.org.uk](http://www.nettles.org.uk)

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