

Be Nice to Nettles Day, Whitstable

Saturday 28 May

Celebrate the common nettle as part of national Be Nice to Nettles Week and discover there's more to nettles than just their sting.

Follow the Whitstable nettle trail. Whitstable Museum, Oxford Street

Displays about the many uses of nettles, hands-on activities (10.00–13.00)

Talks:

13.45 – Grasping the Nettle: an Introduction

14.30 – Knitting With Nettles

15.15 – Nettle Folklore and Uses

Call **01227 276 998** to book. Adults £2.50, Museum Friends £2, accompanied children **free**.

Herbaceous, Oxford Street

Nettle tonics, tinctures and teas

Farmers' market St Mary's Hall, Oxford Street (10.00–14.00)

Nettle products

Buzz 4 Wool and Crafts, Oxford Street

Yarns

Bridge House Arts, Oxford Street

Nettle paper and paintings

Whitstable Nutrition Centre, High Street

Medicinal nettle

Olivia's Café, High Street

Nettle soup and tea

Jane at Graham Greener, Harbour Street

Display of the nettle family

Harbour Books, Harbour Street

Books on nettles in folklore, cooking and textiles

The Cheese Box, Harbour Street

Yarg cheese

Stream Walk Community Allotment, Stream Walk

Nettles and biodiversity

The Wine Room, Tankerton

Nettle wine and beer

