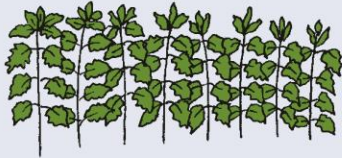


How to make nettle string

You will need:

- Tall, fresh green nettles (approx. 50cm tall)



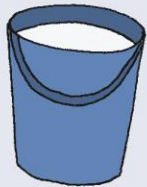
- Gardening gloves



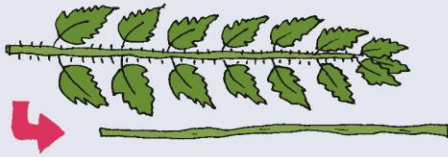
- A stone



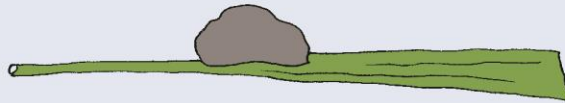
- Bucket of water



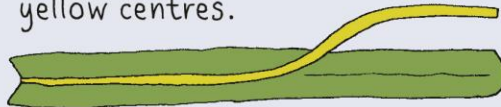
- 1 Wearing gardening gloves, pick the nettles, and rub the stems up and down to remove leaves and bristly hairs.



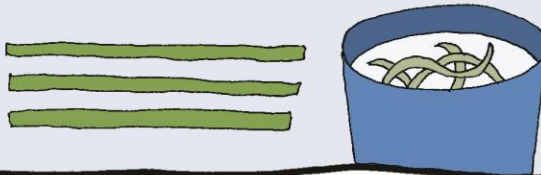
- 2 Squash the stems flat with a stone.



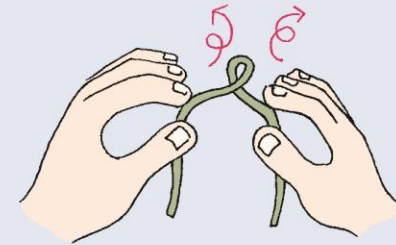
- 3 Open up each stem along its length and peel away the woody, yellow centres.



- 4 Leave the remaining fibres to dry out in the sun until they shrink. Then soak them in water until they are soft and flexible again.



- 5 Find the centre point of the fibres and pinch either side with the thumb and index finger of both hands. Twist each part in opposite directions until the fibres start to kink and form a loop.



- 6 Continue to twist, moving your fingers down the length until the fibres wrap around each other. Finish by tying a knot at the end of the cord.

