

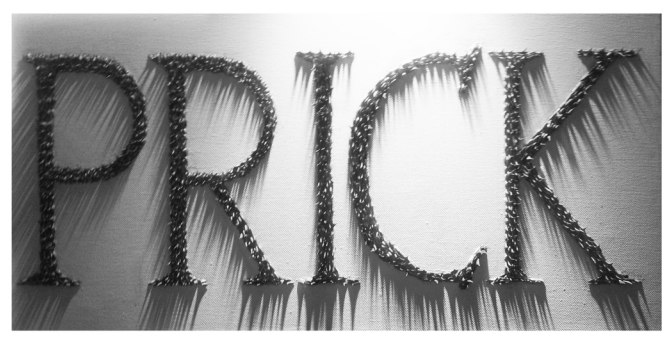
Guaranteed to last!



Try our new range of invasives!



The Exotic Seed Company Ltd



'PRICK'

Thorns from *Rubus Fruticosus*
and acrylic on canvas

Hands reach out to pick

An unexpected prick

From hidden thorn

Flesh is torn

The pain makes you feel sick!

Heat the oil in a large saucepan over a medium heat. Add the onion, carrot, leek and potato, and cook for 10 mins until the vegetables start to soften. Add the stock and cook for a further 10-15 mins until the potato is soft.

Add the nettle leaves, simmer for 1 min to wilt, then blend the soup. Season to taste, then stir in the butter and cream, then garnish with a nettle leaf.

Mmmmm...delicious!