



Nettle Cordage Steps:

1. Harvest Nettles.
 - a. Preferably in early Autumn after they have gone into seed.
 - b. With as few branches as possible
 - c. With 'long' growth
 - d. Use gloves....(can be done without)
2. Prepare for bark removal
 - a. Remove leaves, needles and branches with upwards 'pulls'
 - b. 'Crush' Stems. Either between thumb and finger or simply walk on them!
 - c. Split stem on one side all the way from bottom towards the top
3. Bark removal
 - a. About 2/3rd of the way up the stem, open split and break the inner pith 'away' from the bark.
 - b. Carefully remove pith towards the bottom of the bark
 - c. Repeat up higher on the stem till as much useful length of bark is removed. Make sure no inner pith/wood is left on the bark to be used
4. Set aside (hang or lay on flat surface) to dry (24hrs). Though the bark can be used to make cordage straight away cordage will be stronger if you dry the bark out first.
5. Making cordage...
 - a. If you have dried out the bark, soak the bark on water for a few minutes.
 - b. Take a bundle of bark that will be roughly half the width of the cord you want to make
 - c. You will make the cordage by twisting the bundle of bark. You will hold the bark with one side in each hand held between the thumb and fingers
 - d. Begin twisting the bark bundle backwards in one hand and forwards in the other about 2/3rd of the way along its length



- e. A kink will form in the twisted fibres. When this happens, hold this twisted kink in one hand. The two ends of the bark bundle will now be facing the same direction



- f. You will make the cordage by continuing to twist the two ends of the bark bundle individually in the same direction that they are twisted at present. This will force the two ends to begin to twist around each other and cordage is being made!
6. When one of the ends of the bundle begins to run out (remember we started our twist 2/3rd of the way along...so one will run out before the other) simply start twisting another bundle of bark with the same thickness in with the tapering end that is running out and continue twisting as above.
7. Stop when you have enough cordage!