NETTLES

AMPLIFY
NETTLE PASTA
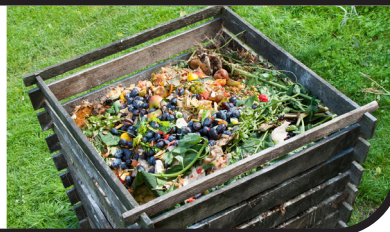
INCREASE
NETTLE SOUP

RECOVER
NETTLE TEA (GARDEN)

DIVERT
COMPOST

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