Nettle Goma-ae:

1 to 1 1/2 Gallon bag of nettle tops
1 T soy sauce
1 T sugar
3 T roasted white sesame seeds.

Toast sesame seeds until a few pop, grind and combine with soy sauce and sugar.
Blanch nettles for 1 minute in simmering water. Drain and let cool, remove larger stems.
Squeeze out excess water. Cut nettle wad into bunches, toss with the dressing.
To freeze, freeze nettles after blanching and sqeezing. Dress after thawing and sqeezing out excess moisture.