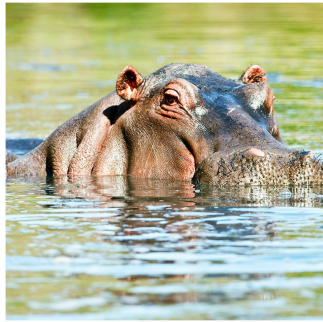


What's new from the Hippopot Tea.....

[View this email in your browser](#)



Welcome to the Hippopot News

August 2020



It seems like so much has happened since our last newsletter and the world is looking a slightly different place.

I hope you have weathered lockdown and you and your families have all stayed safe and healthy.

We have continued to supply our customers with Hippopot Tea via the post and we really appreciate all the support we have received.

There is still so much uncertainty so in this issue we wanted to focus on helping you reduce your stress and anxiety.

Featured Herb....

Lemon Balm
Melissa officinalis



Lemon balm (*Melissa officinalis*) is a **lemon**-scented evergreen herb that comes from the same family as mint. The herb is native to Europe, North Africa, and West Asia, but it's grown around the world.

Its botanical name *Melissa* (the Greek word for bee) as bees are attracted by its scent.

Lemon balm has traditionally been used to improve mood and cognitive function, but the potential benefits do not stop there.

Here are some great reasons you should consider growing it in your garden:

- It is said to soothe symptoms of stress, help you to relax, and boost your mood.
- Can be used to help reduce symptoms of anxiety, such as nervousness and excitability.
- Combining lemon balm with valerian may help relieve restlessness and sleep disorders such as insomnia.
- Apply lemon balm topically at the first sign of a cold sore.
- If you experience frequent abdominal pain and discomfort, lemon balm may have a positive effect on your digestion.
- There is research to suggest that lemon balm can be used to relieve menstrual cramps and premenstrual syndrome (PMS).
- It may help ease headache pain especially if it is happening because of stress. Its relaxing properties can help you to unwind, release tension, and relax your muscles. It is also thought that ingesting the herb can help to open up and relax tight blood vessels, which can contribute to headaches.

Fresh or dried leaves can be used to make herb teas, while leaves will give a lemony kick to salads, sauces, vinegars, and fish dishes – they are best used fresh, rather than cooked. Dried leaves are added to potpourris and herb pillows.

We love this quote from The London Dispensary (1696):

'An essence of balm, given in canary wine every morning, will renew youth, strengthen the brain, relieve languishing nature and prevent baldness'

**How about trying this rather delicious recipe for
Oranges with Lemon Balm**



The citrus taste of Lemon balm makes it the perfect herb to accompany oranges flavoured with Grand Marnier.

4 oranges

140ml (1/4 pint) sweet white wine

15-30ml (1-2tbsp) honey

15 ml (1 tbsp) Grand Marnier

1 tbsp chopped Lemon balm

Whole Lemon balm leaves, to garnish

1. Peel the oranges, removing all the white pith. Cut the oranges into slices and arrange on a serving dish.
2. Mix the wine, honey to taste and Grand Marnier together in a small bowl, stir in chopped Lemon balm and microwave on HIGH for 2 minutes.
3. Stir to dissolve the honey and cook on MEDIUM for 5 minutes or until slightly reduced and syrupy.
4. Pour over the oranges and chill thoroughly.
5. Garnish with whole Lemon balm leaves.

Tea of the month:



Soothe Tea

Calming with natural sweetness



This is a naturally sweet tea with a definite taste of vanilla. It can be helpful in relieving stress and anxiety.

You can drink this tea at any time to help you relax. It nice served cold on a summer day.

This tea is particularly suitable for children, when it is time for them to calm down, or when they seem irritable.

Ingredients include:

Chamomile flowers, catnip, lemon balm, oatstraw, apple pieces, hibiscus blossoms, rosehip peel, vanilla.

For more information please [CLICK HERE](#)

Where can I buy Hippopot Tea?

Our current stockists are:

Marlow Complementary Health Centre



11 Liston Court

High Street

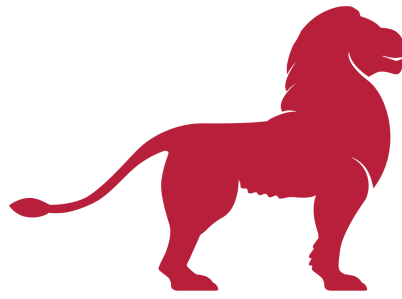
Marlow

SL7 1ER

www.healthy-stuff.co.uk

Want to try before you buy? Every Thursday the centre has free tasting.

Wycombe Museum café



WYCOMBE MUSEUM

Priory Avenue
High Wycombe
HP13 6PX

www.wycombemuseum.org.uk

Seed1



10 Liston Court
Off Marlow High Street
Marlow
SL7 1ER

www.seed1.co.uk

Marlow's first zero-waste, plastic-free shop - bring your own packaging! Tea is sold loose.

* NEW* Healthy and Wise



84 High Street
Harpenden
AL5 2SP

You can also see our entire range and buy directly from our
[online tea shop](#)

We have also extended our special offer on postage:



Upcoming Events:

Marlow Market - 1st Saturday of Month



Artisan Foods and Crafts on the Causeway
The Causeway, Marlow SL72AA

See you THIS SATURDAY

To find out more about our events please keep an eye on our Facebook Page:

[Click here to visit and like our Facebook page](#)

1-2-1 Herbal Medicine Consultations

Finally, after many weeks of not being able to open the Hippopot Sanctuary, I am pleased to say that I am now taking bookings for 1-2-1 Herbal Medicine consultations.

I want to ensure everyone that I am adhering to the strict rules and guidelines.



To book please:
Call: 01628 472328
Email: admin@hippopot.co.uk

Course Dates - Living Medicine:

An Introduction to SELF CARE with FOOD & HERBS

Unlock the healing potential of your kitchen or garden with our award-winning course.

We are really pleased to announce that we are able to go ahead with our next course starting in September.

This is a 5 part practical course. Sessions can be booked separately but we recommend that you always start with Self Care 1: Basics.

Dates will be:

- Self Care 1: **Basics** (19th September)
- Self Care 2: **Digestive Discomforts** (10th October)
- Self Care 3: **Sleep, Anxiety & Fatigue** (21st November)
- Self Care 4: **Skin & First Aid** (16th January 2021)

Self Care 5: **Coughs, Colds & Allergies** (27th February 2021)

The sessions run in Marlow on Saturdays from 10:00 am to 1:00 pm.

*Please note that numbers will be restricted so we can adhere to Covid-19 guidelines.



During the morning we will taste and identify herbs grown in the Hippopot garden, explain how plants work in our bodies and how to use them, learn practical remedy making from teas, creams and tinctures to cooking healthy dishes and assess your own health and diet. It's all about the pleasure of sharing knowledge, growing, eating and transforming a food or herb into a simple remedy!

CLICK HERE for more information and to book

Malawi Smiles:

It was with a heavy heart that we had to cancel our planned trip for this year, which was due to take place in July.

We are now busy planning our trip for 2021 and will be issuing more information in our next newsletter, hopefully.

In the meantime, if you would like to give you support please click on the 'Donate Now' button. Every penny counts!

Donate Now



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