

Welcome to the Hippopot News

December 2020



Dear Hippopot fans

This Christmas is going to be different for all of us. Let us make this festive season extra special with all the challenges. Let's all fight for the souls of humanity by bringing a smile, light and love to everyone we come across.

I would like to thank you all for supporting us in the last few years as Hippopot herbal teas grow from strength to strength.

Wishing you the best of Christmas and a promising 2021.

Alice

Featured Herb....

FENNEL

Foeniculum vulgare



Fennel is a member of the carrot family, though it's not a root vegetable. The base of its long stalks weave together to form a thick, crisp bulb that grows above ground. Above the bulb, at the tip of the stalks, it has light, feathery leaves that resemble dill.

Here are some interesting facts you may not be aware of...

- The Ancient Greeks considered fennel as a godly food, and it was believed that the vegetable distributed godly knowledge through charcoal in the vegetable's stalks.
- Fennel bulbs are very high in vitamin C, and are high in potassium, fibre and manganese, and contain many other vitamins and minerals.
- The seeds and extracted oil are suggestive of anise in aroma and taste and are used for scenting soaps and perfumes and for flavouring candies, liqueurs, medicines, and foods, particularly pastries, sweet pickles, and fish.
- In the Middle Ages it was draped over doorways on Midsummer's Eve to protect the household from evil spirits. As an added measure of protection, the tiny seeds were stuffed into keyholes to keep ghosts from entering the room.
- Fennel is one of the primary ingredients of **absinthe**, an alcoholic mixture which originated as a medicinal elixir in Switzerland and became, by the late 19th century, a popular alcoholic drink in France and other countries.

Please note - **Pregnant women** should not use the herb, seeds, tincture, or essential oil of fennel in medicinal remedies.

Recipe Idea:

Spicey Fennel Roasted vegetables

Ingredients:

1 butternut squash cut into cubes
5 organic carrots cut in half length wise
1 tsp cumin seeds
1 tsp fennel seeds
1 tsp dried coriander seeds
2 garlic cloves

1 fresh chilli finely chopped
½ tsp salt
¼ tsp fresh ground pepper
2 tbs olive oil



Method:

1. Preheat oven to 175° C
2. Put the butternut cubes and carrots into an ovenproof baking dish
3. Combine cumin seeds, fennel seeds, coriander, garlic, chilli, salt, pepper and olive oil in a mortar and pestle, crush the seeds to bring out the flavours.
4. Pour the seasoning on the vegetables and mix thoroughly until they are well coated
5. Roast for 30 minutes and stir the vegetables
6. Cook for further 20 minutes until completely cooked
7. Serve straight away.



Tea of the month:



Herb Chai

Aromatic and uplifting



Herb Chai Tea is a very refreshing, uplifting, and pleasant tea to drink anytime of the day.

It is very versatile and can be drunk hot or cold.

The rich flavours of these aromatic herbs are not to be missed. The taste is sweet with the woody fragrance of cinnamon and the combination of cardamom's complex flavours adds a minty quality with a subtle taste of sweetness. It keeps you feeling well and full of energy.

Aniseed and cardamom are both good for the digestive system, while ginger can stimulate the circulatory system.

For more information please [CLICK HERE](#)

Where can I buy Hippopot Tea?

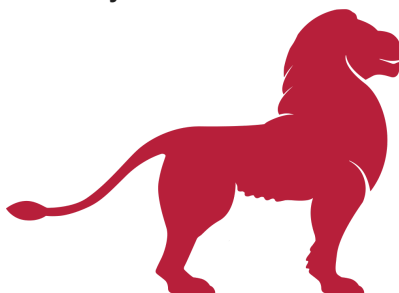
Our current stockists are:

Marlow Complementary Health Centre



11 Liston Court
High Street
Marlow
SL7 1ER

Wycombe Museum café



**WYCOMBE
MUSEUM**

Priory Avenue
High Wycombe
HP13 6PX

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.

Healthy and Wise



84 High Street

Harpenden

AL5 2SP

****NEW**** Online Stockist - First Choice Produce



You can find out more [here](#).

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

We have also extended our special offer on postage:

Spend £26 or more and receive free postage plus a complimentary 'chest rub'.



Upcoming Events:

Marlow Market

5th December



Artisan Foods and Crafts on the Causeway

[Click for more information](#)

We are also supporting a number of virtual events this year:

Beaconsfield School Christmas Market



[Click for more information](#)

Marlow Life Virtual Christmas Market



[Click for more information](#)

Chinnor Local Virtual Christmas Market



[Click for more information](#)

Christmas Virtual Market Event



[Click for more information](#)

Please keep an eye open on our Facebook Page in case we add in any other last minute events

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

Gift Ideas

[Make Your Own Hamper](#)



Browse our online shop and put together your own selection of goodies.

****New**** - We now stock Filter Bags - A convenient way to avoid drips and mess! Use one in a teapot, or directly in a cup.

Once you have placed your order please email us using [this link](#) and let us know that you are making up a DIY hamper. We will then supply you with a tray, cellophane wrapper, and ribbon for you to make up your hamper at home ready for Christmas, free of charge.

Don't forget that if you spend £26 or more then you will also benefit from free postage and a complimentary 'Chest Rub'.

Browse our shop now

1-2-1 Herbal Medicine Consultations

For the foreseeable future, Alice will be undertaking consultations over zoom.



To book please:

Call: 01628 472328

Email: admin@hippopot.co.uk

Course Dates - Living Medicine:



Due to Covid-19 restrictions, our Living Medicine courses are all on hold. We know this is disappointing and will aim to launch new dates as soon as able to.

Please regularly check our [Facebook Page](#) and [Instagram](#) feed, where we will be posting updates.

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 planning our trip for 2021 providing we are able to safely travel. Hopefully we will be able to share our plans in our next newsletter.

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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