

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

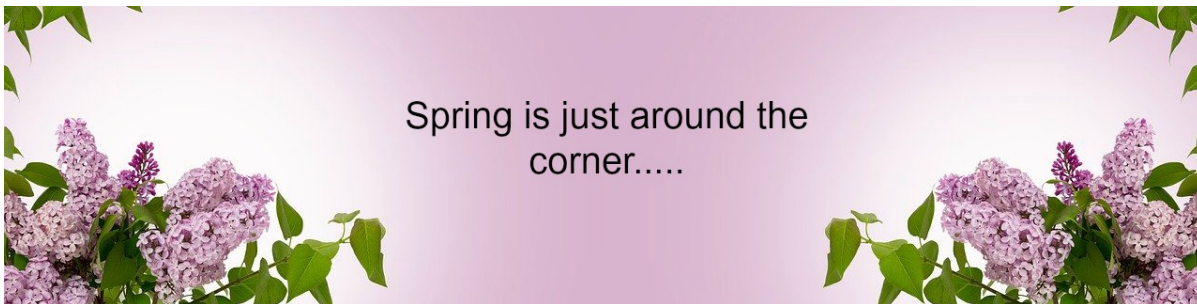
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Welcome to the Hippopot News

February 2020

History of Herbal Medicine - Did you know.....



Known as "the season of renewal," spring is the perfect time to support our liver, kidneys, and lymphatic systems, as these systems tend to have less flow and more stagnation over the winter season.

As we come into spring the countryside begins to be covered with fresh, medicinal herbs like chickweed, dandelion, nettles and more. This is a gift from our rainy winters and a symbol of transition into spring. It's no accident that these health-supporting herbs are a part of spring's bounty, as our bodies are meant to be nourished in harmony with the Earth's seasons.

Have you heard of 'cleavers'?



You may find this flourishing in your garden during springtime, but did you know that it is a herb not a weed? It is a lymphagogue (herbs that support lymph flow). Our lymphatic system is often overlooked but is fundamental to immune function, the absorption of nutrients and it works hard to cleanse the body as well.

In 1652, Nicholas Culpepper wrote this of cleavers: "It is a good remedy in the Spring, eaten (being first chopped small, and boiled well) in water-gruel, to cleanse the blood, and strengthen the liver, thereby to keep the body in health, and fitting it for that change of season that is coming."

It is so easy to use - you can add cleavers to any of your cooked dishes, just as you might add some chopped fresh basil or oregano.

Featured Herb....

Nettle

Urtica dioica



Nettle, or stinging nettle, is a shrub that comes from northern Europe and Asia. The plant boasts pretty, heart-shaped leaves and yellow or pink flowers, but the stem is covered in tiny, stiff hairs that release stinging chemicals when touched.

As our theme this newsletter is spring, we had to feature Nettle as it is known as an earthy spring tonic that's been used for over 2,000 years to support joint health and promote whole body wellness.

It's very high nutritional content has made it a popular food source steamed and eaten like spinach (it does lose the "sting" when cooked), taken as a tea made from the dried leaves for general tonic properties for good health.

Stinging nettle's leaves and root provide a wide variety of nutrients, including:

- **Vitamins:** Vitamins A, C and K, as well as several B vitamins
- **Minerals:** Calcium, iron, magnesium, phosphorus, potassium and sodium
- **Fats:** Linoleic acid, linolenic acid, palmitic acid, stearic acid and oleic acid
- **Amino acids:** All of the essential amino acids
- **Polyphenols:** Kaempferol, quercetin, caffeic acid, coumarins and other flavonoids
- **Pigments:** Beta-carotene, lutein, luteoxanthin and other carotenoids

What's more, many of these nutrients act as antioxidants inside your body.

It can be steamed and eaten like spinach (it does lose the "sting" when cooked), and be taken as a tea made from the dried leaves for general tonic properties for good health.

Shakespeare makes mention of nettle when his character Hotspur warns, " 'Tis dangerous to take a cold, to sleep, to drink, but I tell you, out of this nettle, danger, we pluck this flower, safety"

Nettle can be found in abundance in the great outdoors so why not try this recipe for **Nettle Soup**.

Ingredients:

Around 150g nettle tops

30-35g knob of butter

1 onion, peeled chopped

1 large or 2 smallish leeks, trimmed, washed and finely sliced

2 celery sticks, chopped

1 clove garlic, peeled and chopped

1 medium potato cut into small cubes

1 litre vegetable (or chicken) stock

Sea salt and freshly ground pepper

Optional:

6 heaped tbsp thick, plain yoghurt, to finish

1 small bunch chives, to finish

Method:

- With gloves and scissors pick the tender tops of nettles, wash them thoroughly.
 - Melt the butter in a large pan over medium-low heat, add the onion, leek, celery and garlic, cover and sweat gently for 10 minutes, stirring a few times, until soft but not brown.
 - Add the potato and stock, bring to a simmer and cook for 10 minutes.
 - Add the nettles, stirring them into the stock as they wilt, and simmer for five minutes or so, until the potato and the nettles are tender (very young nettle tops will need only two to three minutes).
 - Season with plenty of salt and pepper.
 - Then blend the soup.
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Tea of the month:



Serenity

Love is in the air this month so share the joy of tea together!



Serenity Tea - enjoy peaceful moments

After a hectic day, Serenity Tea has the ability to restore the nervous system from stress and anxiety.

One of the valuable herbs in this blend is Skullcap. It is known to be a nerve tonic, and has a deeper action on the nervous system.

Drink and relax into the evening forgetting the troubles of the world!

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

Priory Avenue

High Wycombe

HP13 6PX

www.wycombemuseum.org.uk

**** NEW FOR 2020 ****

Seed1

9 High Street

Marlow

SL7 1AU

www.seed1.co.uk

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

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

Upcoming Events:

Marlow Market



Artisan Foods and Crafts on the Causeway

The Causeway, Marlow SL72AA

1st Saturday of the month

Please keep an eye on our Facebook Page for other exciting events.

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

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.

A 5 part practical course - sessions can be booked separately (we recommend that you always start with Self Care 1: Basics)

Self Care 1: **Basics** (14th March)

Self Care 2: **Digestive Discomforts** (25th April)

Self Care 3: **Sleep, Anxiety & Fatigue** (16th May)

Self Care 4: **Skin & First Aid** (13th June)

Self Care 5: **Coughs, Colds & Allergies** (11th July)

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



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:



Saturday 28th March at 7pm

St Lawrence Church
West Wycombe

Tickets £10 per person

To purchase tickets please call:

Alice 07818 421913
or email alice.nugent@btinternet.com

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