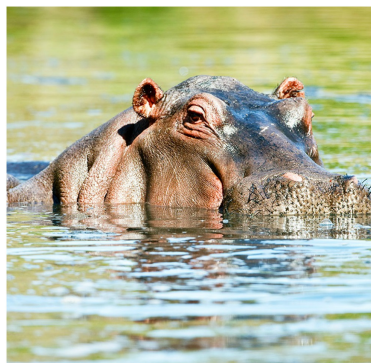


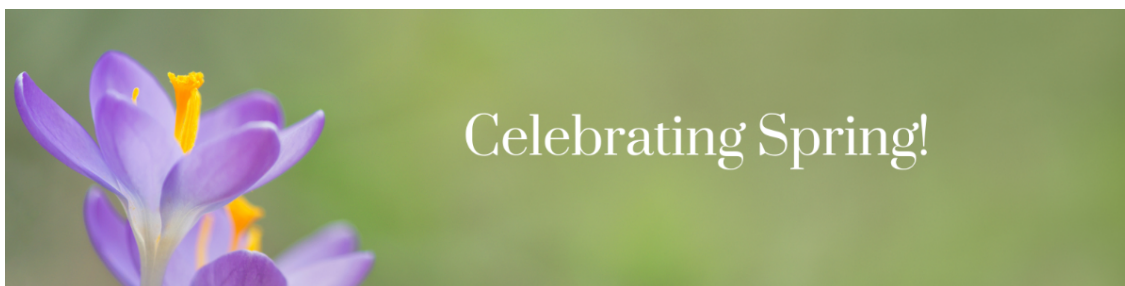
What's new from the Hippopot Tea....

[View this email in your browser](#)



Welcome to the Hippopot News

April 2021



Dear Hippopot fans

After a long hard winter of lockdown, we are finally in Spring which is known as the "season of renewal".

As we take the first tentative steps along the roadmap out of lockdown let us unite together to serve our planet. I would encourage you all to try to grow some herbs this season, for cooking and making your own fresh herbal teas. All you need is a pot!

Our countryside is coming to life with an array of medicinal herbs appearing such as dandelion, nettles, chickweed, and more so I have included a lovely recipe for Dandelion Biscuits for you to try.

Stay Safe!

Alice

Featured Herb....



Milk Thistle is a plant named for the white veins on its large prickly leaves. It is a flowering herb related to the daisy and ragweed family and native to Mediterranean countries. Some people also call it Mary thistle and holy thistle.

One of the active ingredients in milk thistle called silymarin is extracted from the plant's seeds. Silymarin is believed to have antioxidant properties and traditionally it has been used for problems with the liver and gallbladder.

It is one of the key ingredients of our new Balance Tea which you can read about further on in this newsletter.

Spring Recipe Idea:

Dandelion Biscuits



Ingredients

Approx. 20 Dandelion flower heads
125g softened butter
100g caster sugar
One egg
Zest of 1 lemon, plus 1 tbsp of its juice
180g plain flour
20g cornflour
1/4 tsp baking powder
Pinch of salt

- Prepare the Dandelion flowers: wash them and then remove the yellow petals by pinching firmly and pulling (a little green is alright but too much may result in a bitter taste).
- Cream the sugar and butter until fluffy. Add the egg and lemon zest.
- Sift in the dry ingredients and combine well. Add in the lemon juice and Dandelion petals and mix.
- Dollop spoonfuls of the mix onto a baking tray and cook for approximately 12 minutes at 180C (gas four) until golden.
- Cool the dandelion biscuits on a wire rack and enjoy with a cup of Hippopot tea!
- Try different combinations of flavours with this biscuit. How about Marigold Petals and Orange, Lavender or Rose Petal?

Don't forget to take some pictures and share them with us on social media.

Tea of the month:



****NEW****

Balance Tea

For Detox and Tonic



From time to time we need to help the body to restore its natural balance. Stress and over-indulging in unhealthy food and drink all contribute to our bodies becoming congested. Balance Tea is a restorative tonic that can help cleanse the system.

Drink regularly to get the full benefit.

Dandelion, artichoke and milk thistle are the main herbs that help with regeneration, nourishing and strengthening. It also contains Nettle leaves which are rich in vitamin C, chlorophyll, iron and calcium.

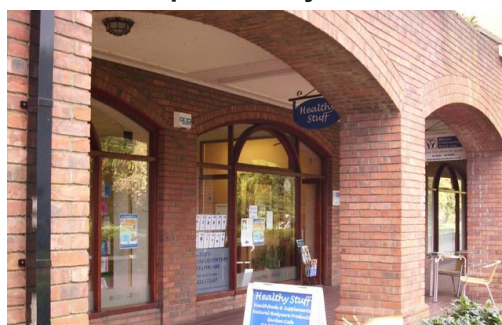
These herbs are complimented by stevia leaf, apple pieces, blackberry leaves, sultanas, orange peel, safflower, peppermint, lemon myrtle, lemon peel, strawberry pieces, blue cornflower blossoms, marigold blossoms and rose petals.

For more information please [CLICK HERE](#)

Where can I buy Hippopot Tea?

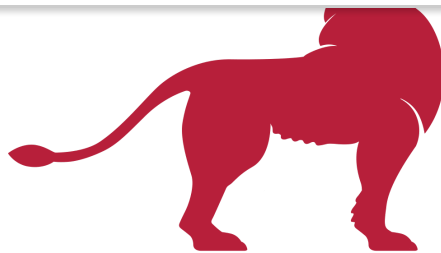
Our current stockists are:

Marlow Complementary Health Centre



11 Liston Court, High Street
Marlow, SL7 1ER

Wycombe Museum café



WYCOMBE MUSEUM

Priory Avenue, High Wycombe
HP13 6PX

Seed1



2 Cherry Tree House, Dean Street
Marlow, SL7 3AA

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



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

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

We currently have a **Special Offer** on postage:



Upcoming Events:

Marlow Market

1st Saturday of the month

Artisan Foods and Crafts on the Causeway

Henley Market

2nd Saturday of the month

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

1-2-1 Herbal Medicine Consultations

We are taking a cautious approach to face-to-face consultations and for the foreseeable future, Alice will continue to undertake consultations over zoom.

Alice is keen to speak to people who are suffering from symptoms of 'Long Covid' as herbal medicine can offer great help and support, especially for inflammation and coughs.



To book please:

Call: 01628 472328

Email: admin@hippopot.co.uk

Again please keep an eye on our social media for updates.

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:

Our plans to travel to Malawi were yet again put on hold for 2021 but we are pleased to say that we are now planning our trip for 2022.

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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