



Welcome to the Hippopot News

May 2018

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

Even as late as the 1930s, around 90 per cent of medicines prescribed by doctors or sold over the counter were herbal in origin. During the First World War (1914-1918), for example, garlic were used by the ton in the battle trenches to dress wounds and to treat infections. Garlic is an excellent natural antibiotic, and was the most effective antiseptic available at the time, and sphagnum moss, gathered from the moorlands, made a natural aseptic dressing.

Featured Herb....

Common Nettle (*Urtica dioica*)



A herbaceous perennial flowering plant in the family Urticaceae. It is native to Europe, Asia, northern Africa, and North America.

The British nettle carries its stinging barbs on the stem and the underside of the leaf for protection from those animals that might eat or uproot it.

Nettles have traditionally been used for medicinal purposes by many cultures. Native Americans used the fresh leaves to treat aches and pains. European herbalists used the leaves in a similar fashion to treat gout and arthritis. Also, with the plant dried out to neutralize the acid in the sting, the leaves become a natural antihistamine. Some of these uses are now being scientifically tested, with some surprising results.

Nettles are best eaten when tender so early to mid Spring is when they're at their seasonal best.

A surprising fact: The German army used nettle fabric to make army uniforms during World War I.

Why not try this delicious recipe from Alice:

Nettle Soup

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



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.

Tea of the month:



Allergy Tea

Help to cope with seasonal allergies



A perfect tea for those who suffer from hay fever.

It contains stinging nettles and Elderflower which can help to moderate the allergic reaction to pollens. It also has Echinacea which is considered to reduce inflammation and to help to balance the immune system.

For hayfever, it is best to take this tea regularly for some weeks to get its full benefit. It can heal and strengthen the membrane lining the nose. Can be drunk at any time of the day or night.

For more information [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

Wycombe Museum café

Priory Avenue
High Wycombe
HP13 6PX

www.wycombemuseum.org.uk

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

Upcoming Events:

1 st Saturday of the month 10am – 3pm 5 th May 2 nd June 7 th July 1 st September	Marlow Market Artisan Foods and Crafts on The Causeway The Causeway, Marlow, SL7 2AA
14 th , 21 st and 28 th September 5 th and 12 th October	Living Medicine: Self Care with Food and Herbs - 5 part practical course. Hosted by Alice Nugent in Marlow For more information and to book please click HERE (Sessions can be booked separately)
Saturday 8 th September	Henley Show We are exhibiting in the Food and Wine tent.

Fund raising for Malawi Smiles:

Friday 18 th May (Marlow)	Make your own Jewellery A fun afternoon session from 2pm – 4pm. You get to take your finished jewellery home with you. Ticket price is £15 inclusive of tea and cake and all materials.
Saturday 23 rd June (Shabbington nr Thame) Saturday 7 th July (Marlow)	Malawi Smiles: A Taste of Africa An evening of African food and music in aid of orphaned girls in Malawi. Two events to choose from – click here for

	further information
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Please keep an eye out on our Facebook page for more events and workshops in 2018

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

Malawi Smiles:



Latest Update

Each year since 2014, following fund-raising activities, Alice and some supporters have traveled to Malawi to work with groups of children, most of whom have lost their parents. We are currently fundraising for the 2018 visit which is planned for August.

Here are some highlights from the trip that took place in 2017!

Thanks to all the generous donations, we were able to take a large selection of learning materials, including stationery and books. Alice and Jan used part of their personal luggage allowance, and we also paid to ship out additional materials.



The girls was so excited to see all the materials that had be brought over. They were so enthusiastic. Here you can see them using their workbooks given by a donor.



As well as helping the girls with their educational needs we also wanted to help them develop skills. Here they are learning how to make simple jewellery with wire and beads. These items can then be sold to generate an income.



For more information on Malawi Smiles please visit our website by clicking [HERE](#)



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