

Recipes



Hops - *Humulus lupulus*

Tips for Use:

- Aside from culinary and medicinal uses, hops can be used in flower arrangements, wreaths, corsages and more. See HSA's Pinterest page: <https://www.pinterest.com/HerbSocietyAmer/hops/>
- Hops are traditionally grown for use in beer. More and more, locally crafted micro-breweries take advantage of the range of flavors produced by the various cultivars of hops. There are many online resources for learning about hops varieties, cultivation on a small scale and even brewing recipes.
- Hops are also beneficial to your skin and hair as a calming and cleansing ingredient. Hops are high in natural oils and tannins, which help reduce inflammation and naturally remove toxins and surface bacteria. They are well suited for all skin types especially helpful for troubled skin and mature skin. Hops are also relaxing to your whole body and used in the bath can calm and soothe tired minds and muscles. – Janice Cox

Hopped-Up Bruschetta

If you have trouble finding fresh hops, basil flowers make a worthy substitute. Once the basil plant has gone to flower, its pungency increases and its herbaceousness becomes slightly bitter and hop-like. 3-4 servings

1/2 small garlic clove
Kosher salt
1 large tomato, chopped
1/2 small onion, sliced
2 Tbsp. extra-virgin olive oil

2-3 fresh hop flowers (not pellets) or basil flowers, torn
1/4 tsp. freshly ground black pepper
6-8 pieces toasted country bread

Mince and mash the garlic to a paste with a pinch of salt. Combine garlic paste with 1/2 tsp. salt, the tomato, onion, oil, hop flowers, and pepper. Top the toasts with the tomato mixture and serve.

*Ian Knauer
Bon Appetit, Hopped Up, bonappetit.com*

Sleep Pillow

Scented pelargonium leaves
Lavender buds, dried

Sweet woodruff leaves, dried
Hops cones, dried

Blend one cup (or one part) each of the following dried herbs: scented pelargonium (especially rose-scented cultivars), lavender buds, sweet woodruff and hops.

Fill small cotton or muslin sachet bags or other flat bags that can be secured and tucked inside a pillow. Be sure to remove twigs that could poke through the bags. Fabric bags or small pillows can be sewn or created with hem tape and an iron as well.

Other herbs can be substituted or even add to those listed, such as catnip, lemon balm, rose petals, rosemary and sweet marjoram. Chamomile can be added as well but may

trigger an allergic response in some individuals prone to hay fever. Or, simply fill a pouch with just hops flowers alone and place in your pillowcase.

HSA Educator

Calming Hops Body Butter

This is a rich skin soothing body butter. It can be used to soothe classic dry skin spots such as elbows, knees, feet and hands. Coconut oil is easily absorbed into your skin. Calendula and hops help reduce inflammation

1 Tablespoon dried hops flowers

1 Tablespoon dried calendula petals

1 /2 cup coconut oil

1 Tablespoon cocoa butter

Mix together all ingredients and gently heat until the coconut oil and cocoa butter is melted. Let the mixture cool completely and sit for a few days for the oil to become infused with the herbs. Gently reheat the mixture and strain out all solids and pour into a clean container. To use: Massage a small amount of the oil into your skin. Yield: 4 ounces

*Janice Cox, Natural Beauty at Home
HSA Business Member, www.JaniceCox.com*

Lavender Hops Bath Salts

Taking a warm bath is a wonderful way to de-stress and relax. These bath salts are made with two well-known herbal relaxers hops and lavender. The scent from both of these plants are soothing and can make you feel a bit sleepy, making it ideal for a nighttime bath. (Tying up the salts in a piece of cotton fabric will make it easier for you to clean your tub as you do not want bits of dried herbs floating around.)

2 cups Epsom salts

1 /2 cup baking soda

1 /4 cup sea salt

1 Tablespoon dried lavender flowers

1 Tablespoon dried hops

Mix together all ingredients and place inside a square of cheesecloth or cotton fabric. To use: As you fill your tub place your cotton bundle in the water and let it dissolve and steep. You can give it a gentle squeeze to make sure all the ingredients have been infused into your bathwater. Soak in the fragrant water for 20 minutes.

Yield: 16 ounces

*Janice Cox, Natural Beauty at Home
HSA Business Member, www.JaniceCox.com*

Soothing Hops Sugar Scrub

It is important to keep your skin fresh and clean. Clean skin will absorb more moisture and look younger and healthier. Once a week using a good all over skin scrub will help keep your skin glowing. Sugar is a good choice as it is less dehydrating and can be used by all skin types. Hops are added to help naturally remove surface toxins and bacteria.

1-cup raw sugar
1 /4 cup almond oil
1 /2 teaspoon vitamin E oil
1 Tablespoon dried hops

Mix together all ingredients and pour into a clean container. To use: Stand in the shower or tub and massage a tablespoon or two of the scrub all over your body to gently exfoliate and moisturize your skin. Rinse well afterward. If you feel you need more moisture, follow up with more almond oil or your favorite body lotion.

Yield: 8 ounces

*Janice Cox, Natural Beauty at Home
HSA Business Member, www.JaniceCox.com*

**Do you have a recipe using hops to share?
Please send it to Educator@herbsociety.org**