

## Herbal Spotlight - Hibiscus

### Backstory

Hibiscus, with its vibrant flowers and distinctive tangy flavor, has a rich history that spans cultures and continents. Known botanically as *Hibiscus sabdariffa*, this flowering plant has been cultivated for centuries for its culinary and medicinal uses. Its colorful blooms and potential health benefits make it a beloved addition to various cultures and traditions.

### Benefits

Hibiscus is celebrated for its potential health-enhancing properties. One of its well-known uses is as a refreshing herbal tea. Hibiscus tea is rich in antioxidants, particularly anthocyanins and vitamin C, which contribute to its vibrant color and potential health benefits. The high levels of antioxidants are known to, “play an important role in the prevention of chronic and degenerative diseases that are associated with oxidative stress” (A review on phytochemistry and therapeutic uses of *Hibiscus sabdariffa* L Ghazala Riaz, Rajni Chopra <https://pubmed.ncbi.nlm.nih.gov/29597091/>).

This tea has been studied for its potential to lower blood pressure, reduce cholesterol levels, and support cardiovascular health.

The compounds found in hibiscus may also have anti-inflammatory effects, contributing to overall well-being. Additionally, hibiscus tea is known for its potential to aid digestion, alleviate menstrual discomfort, and promote healthy skin.

Scientific studies show Hibiscus to “exhibit a broad range of therapeutic potential including antioxidant, antimicrobial, antityrosinase, anticancer, antihyperlipidemia, antiulcer, anti-inflammatory, and hepatoprotective activities” (*Hibiscus cannabinus* L. (kenaf) studies: Nutritional composition, phytochemistry, pharmacology, and potential applications Yan Yi Sim, Kar Lin Nyam).

If supplementing with Hibiscus, follow recommended serving sizes and consult a medical professional prior.

### Recipes

Brew dried hibiscus petals in hot water to create a tart and refreshing herbal tea. It can be enjoyed hot or cold, sweetened with honey or other natural sweeteners.

Create a unique salad dressing by infusing hibiscus tea into vinegar or olive oil. This adds a touch of tanginess and a beautiful hue to your salads.

Make a delightful sorbet by blending hibiscus tea with sweeteners and freezing the mixture. It's a cool and flavorful dessert option.

## **Sustainable Sourcing**

Monterey Bay Herb Co is proud to work with a sourcing partner that believes in preserving the ecosystems that nurture hibiscus while ensuring fair working conditions for those who cultivate and harvest it. Our sustainable sourcing practices ensure that our hibiscus is cultivated and processed in a manner that respects both the environment and the livelihoods of those involved. Our commitment to transparency, quality, and sustainability guarantees that you receive the finest hibiscus products while contributing to the health of our planet and communities.

Our sourcing partners are located in Egypt and are vertically integrated. Egypt has an ideal climate for growing Hibiscus. Herb Co's Hibiscus products are certified Organic and Fair Trade. The fact that our sourcing partner owns and manages the land that the Hibiscus is grown on, ensures that the utmost care is taken to grow a high quality, sustainable ingredient that is fully traceable throughout the supply chain.

Monterey Bay Herb Co strives to be the best sourcing partner for small businesses who harness botanicals to create wellness in our world. Our strict sourcing sustainability standards ensure that we can offer high quality ingredients that are consistently in stock and our relationships with our sourcing partners guarantee you competitive prices.