

# Wild hops

*Humulus lupulus* (Family Cannabaceae – hemp family)



The female flowers of the hop can be used to make a sleeping tea; the lupulin it contains can have a sedative and sleep-promoting effect. Young shoot tips can be used like asparagus.



Hops are a very fast-growing climbing plant that sometimes overgrows entire bushes.



The smell of hops (and also beer) can be reminiscent of the smell of cannabis – this is not surprising, after all, hops also belong to the cannabis family!



Some phytohormones in hops can have an oestrogen-like effect in the human body; it is said that women who pick hops have already had their menstrual cycles postponed.