

SUMMER 2026 ~ SUMMER 2027



HEDGEROW
by
agua

HEDGEROW by agua is our range of seasonal house made products, blended onsite, using techniques drawn from herbalism and aromatherapy and delivered through the medium of massage. The organic ingredients are locally and sustainably sourced from indigenous flora with a history of use in medicinal and wellbeing remedies, providing sustainable treatments, knowledge and support for our guests, team and community.

The HEDGEROW by agua calendar offers seasonal advice on local wild plants, and how to safely use them for your wellbeing.

To complement our signature Hedgerow by agua treatments, our certified organic collection is available in-spa and via room service for in-house guests. The range supports rest and recovery with a selection of balms, oils, essences, and salt blends, all crafted with botanical ingredients to extend the Hedgerow experience beyond the treatment room.

CORE BOTANICALS



Lemon Balm (*Melissa Officinalis*)

Lemon Balm is delicious, refreshing and full of antioxidant Rosmarinic acid. It is highly valued for promoting longevity, improving memory function and lifting your mood.



Rosemary

(*Rosmarinus Officinalis*)

Rosemary has long been valued as a rejuvenating brain tonic since ancient Egyptian times. It is still used today as one of the best herbs for memory function and boosting circulation.



Marigold (*Calendula Officinalis*)

Marigold has been valued for its proven anti-inflammatory benefits in supporting digestion since ancient Rome. Today it is widely used as a first aid remedy, with its antimicrobial and astringent properties helping to prevent infection and aid skin healing.

St. John's Wort

(*Hypericum Perforatum*)

St. John's Wort blooms during the summer solstice, reaching its peak on 24 June, St. John's Day. It can be used to ease nerve pain as well as being applied to abrasions and inflammatory skin conditions.



Peppermint

(*Menthe Piperita*)

Peppermint has long been valued for its benefits to the digestive system. It can relieve nausea, spasms and bloating, and offers the advantage of being both warming and cooling to the body. Peppermint oil can be used as an inhalant for colds, catarrh and sinusitis, and can be added to lotions for muscular pains and aching feet.



Comfrey (*Symphytum Officinale*)

Comfrey's old name of 'knit bone' is a nod to its historical use for supporting the healing of broken bones. Today, it can be used to help treat bruises, dislocations and sprains.

HARVESTING CALENDAR

A guide for harvesting in the British Isles.

PLANT	Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec
	LEMON BALM							🍃	🍃	🍃		
MINT						🍃	🍃	🍃	🍃			
ROSEMARY					🍃	🍃	🍃	🍃	🍃			
COMFREY					🍃	🍃						
ST JOHNS WORT						🌸	🌸					
MARIGOLD						🌸	🌸	🌸	🌸			
DOG ROSE					🌸	🌸	🌸	🍊	🍊	🍊		
ELDER					🌸	🌸		🍇	🍇			
THYME				🍃	🍃	🍃						
DANDELION	🌿	🌿	🍃	🌸	🌸					🌿	🌿	🌿
NETTLE		🍃	🍃	🍃	🍃		🍃	🍃	🍃			
CLEAVERS												
BURDOCK			🍃	🍃	🍃							
CHAMOMILE						🌸	🌸	🌸	🌸			
LIME BLOSSOM						🌸	🌸					
AGRIMONY					🌸	🌸	🌸	🌸				
RIBWORT PLAINTAIN	🍃	🍃	🍃	🍃	🍃	🍃	🍃	🍃	🍃	🍃	🍃	
YARROW					🌸	🌸	🌸	🌸	🌸	🌸		
MULLEIN					🌸	🌸	🌸	🌸	🌸			

🌸 Flowers 🍃 Leaves 🍊 Hips 🍇 Berries 🌿 Roots

TOP TIPS FOR HARVESTING SAFELY:

Be considerate. Do not take the first or last of any crop in the wild.

Harvest in the morning for vitality and best flavour and avoid wet weather.

Flower oil and flavour concentration is best soon after the buds appear, but before they bloom.

Avoid harvesting plants close to industrial sites, busy roads or other sources of pollution. Be aware of pesticides or herbicides.

Wear appropriate clothing – long sleeves, thick gloves and tall boots – as stinging plants, thorns and sap can trigger allergic reactions and be rather uncomfortable.

Never eat or touch anything you cannot identify with certainty. While there are many useful wild plants in nature, there are also poisonous species of flower, leaf, berry, root and fungi.

Perennial herbs should not be gathered past August. Annuals can be harvested up until first frost.

Ensure to only harvest the fresh tips or the top 3 inches of the plant.

Learn more about plant identification by heading to our website. Just scan the QR code found at the back of the calendar.

Before touching, picking or eating any wild plants, seek expert advice. Sea Containers London Ltd accepts no liability for any independent actions taken or not taken as a result of information given in this booklet.

TOP TIPS FOR DRYING AND STORING PLANTS AND HERBS:

Harvesting and processing your plants should be done on the same day.

To dry plants, hang them upside down secured in loose bunches.

Once plants are completely dry and brittle, remove the leaves and store loosely in clean, airtight glass jars.

To retain the potency, avoid crushing or crumbling the leaves until just before use.

Label jars with names and dates and store in a cool, dark place away from humidity.

Herbs should be completely dried before being stored in a dark, warm, dust-free environment.

Quickly dry herbs to preserve their essential oils for optimum flavour intensity and medicinal properties.

Dried herbs retain their potency for 6-12 months if stored as above.





Summer is the season where nature flourishes. The new growth of spring comes to fruition, allowing long afternoons spent outdoors and in parks, enjoying not only the sunshine but the aroma of the seasons.

Summer is associated with strength, health, fruition and generosity. Dog Rose, Lime, Elder and Chamomile blossoms epitomise the season. The combination of both warmth and sunlight trigger and improve physical and mental health with a rise in 'feel good' endorphins, allowing our senses to be filled, balanced and rested.

Notes:

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LIME BLOSSOM (*Tilia spp.*)

Lime blossom is the perfect remedy for stress, tension and overwork, helping us relax and sleep well. Lime blossom has previously been a well-known anti-depressant, sedative and relaxant, and has been used for centuries to treat anxiety and sleep disorders. Lime blossom was also used topically to treat skin ailments such as eczema, rashes, wounds and bruises.







HEDGEROW FACTS

Linden (*lime blossom*) tea is widely enjoyed in France where it is known for its pleasant honey-like taste and health benefits. It was also recommended as a sedative on the home front during the world wars as it relieves tension and encourages a restful night's sleep, allowing you to wake feeling refreshed and clear-headed.





GARDENING

Comfrey is useful for a productive garden as it provides animal and plant feed. If planted close to a compost heap it can absorb excess nutrients, recycling them into plant feed. It is nutritious for bees as the roots extend 15 feet underground to access minerals beyond the reach of other plants. Ensure to plant at the base of fruit trees.

JUNE 2026

MON	TUE	WED	THU	FRI	SAT	SUN
01	02	03 Plant - Lemon Balm, Calendula & Chamomile	04	05	06 Harvest - Leaves of comfrey, cleavers & Agrimony	07
08 	09 Harvest - Mint, Rosemary & Calendula	10	11	12	13 Harvest - Leaves of Ribwort Plantain, Yarrow & Mullein	14
15 	16	17 Harvest - Flowers of Dog Rose, Elder & Chamomile	18	19 Harvest - Flowers of Lime Blossom, Agrimony, Yarrow & Mullein	20	21 
22	23	24	25 Harvest - Flowers of St. John's Wort	26	27	28
29	30 Trim/ Cut back - Thyme 					

JULY 2026

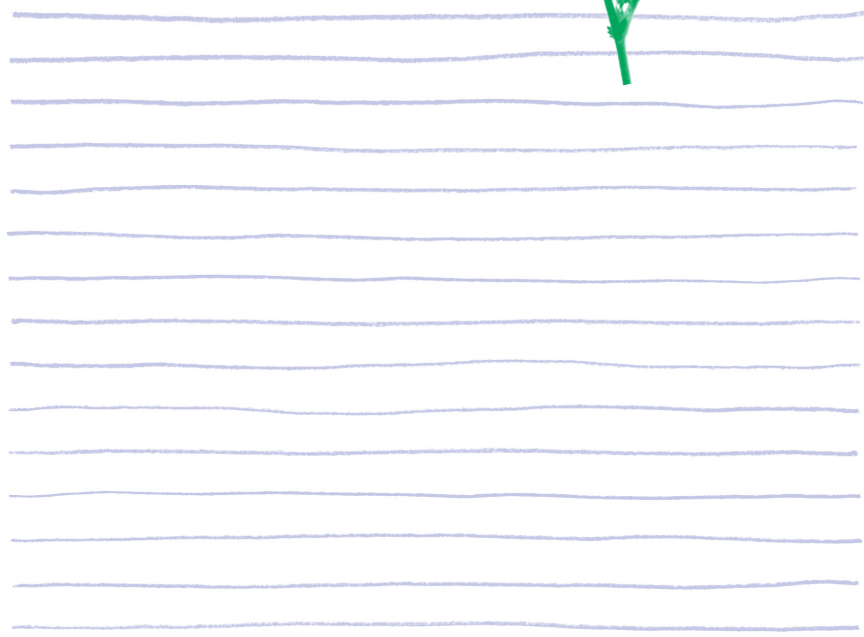
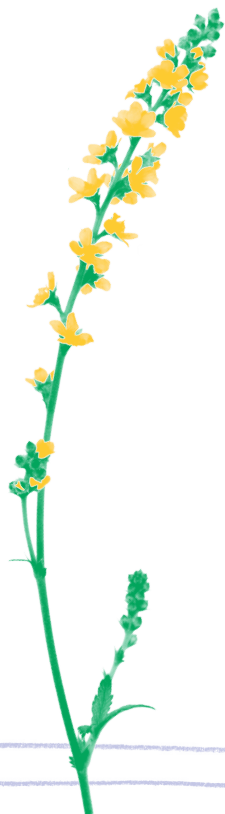
MON	TUE	WED	THU	FRI	SAT	SUN
29 JUNE	30	01	02	03 Plant - Dog Rose	04	05
06	07 Harvest - Lemon Balm, Mint & Rosemary 	08	09	10	11 Plant - Lemon Balm, Calendula & Chamomile	12
13	14 Harvest - Leaves of Cleavers, Burdock & Agrimony 	15	16	17	18	19 Harvest - Mint, Rosemary & Calendula
20	21 	22	23 Harvest - Leaves of Ribwort, Plantain, Yarrow & Mullein	24	25	26 Harvest - Comfrey and Dog Rose
27	28	29 	30 Harvest - Flowers of Calendula & Lime Blossom	31 Harvest - Flowers of Agrimony, Yarrow & Mullein		

AGRIMONY (*Agrimonia Eupatoria*)





Agrimony is known to tighten and tone tissues, and in seeming contradiction, will also help to relax tension, both physical and mental. It is named after the ancient Greek King Mithridates IV Eupator, who purportedly enjoyed its many benefits.

HEDGEROW FACTS

This is the go-to herb for exhaustion, nervous energy, feelings of anxiety and weariness. Creating an infusion of Agrimony is recommended for a good night's rest and reboot.



AUGUST 2026

MON	TUE	WED	THU	FRI	SAT	SUN
27 JULY	28	29	30	31 Harvest - Lemon Balm, Mint, & Rosemary	01	02
03	04 Harvest - Calendula, Dog Rosehips & Elderberries	05	06 	07	08	09
10	11	12 	13 Harvest - Leaves of Nettle, Cleavers & Agrimony	14	15 Harvest - Leaves of Ribwort, Plantain, Yarrow & Mullein.	16
17	18 Harvest - Flowers of Chamomile & Agrimony	19	20 	21	22	23
24	25	26	27 Harvest - Flowers of Yarrow & Mullein	28 	29 Trim / cut back comfrey	30
31 Summer bank holiday						







Autumn is a season of two halves: harvest and conservation. As leaves fall and days begin to shorten, it is a time to focus inwards and prepare for winter.

Autumn is associated with harvesting, preparing and gathering. The presence of Agrimony, Mullein and Yarrow can help support those who are tired, frazzled and feeling overworked by easing muscle pain and calming the mind and body.




Notes:

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SEPTEMBER 2026

MON	TUE	WED	THU	FRI	SAT	SUN
31 AUG	01	02	03	04 Plant- Thyme 	05	06
07	08	09 Sow - Mullein	10	11 Harvest - Lemon Balm, Mint & Rosemary 	12	13
14	15	16 Harvest - Leaves of Nettle, Ribwort Plantain, Yarrow & Mullein.	17	18 	19	20
21	22 Harvest - Calendula, Dog Rosehips, & Elderberries	23	24	25 Harvest - Flowers of Chamomile, Yarrow & Mullein	26 	27
28	29	30				

OCTOBER 2026

MON	TUE	WED	THU	FRI	SAT	SUN
28 SEPT	29	30	01	02	03 Plant - Thyme 	04
05	06 Sow - Mullein	07	08	09 Harvest - Mint & Rosemary	10 	11
12	13	14 Harvest - Dog Rosehips & Calendula Flowers	15	16 Harvest - Leaves of Ribwort, Plantain & Yarrow	17	18 
19	20	21 Harvest - Flowers of Yarrow & Calendula	22	23	24	25
26	27	28	29	30	31 Halloween	



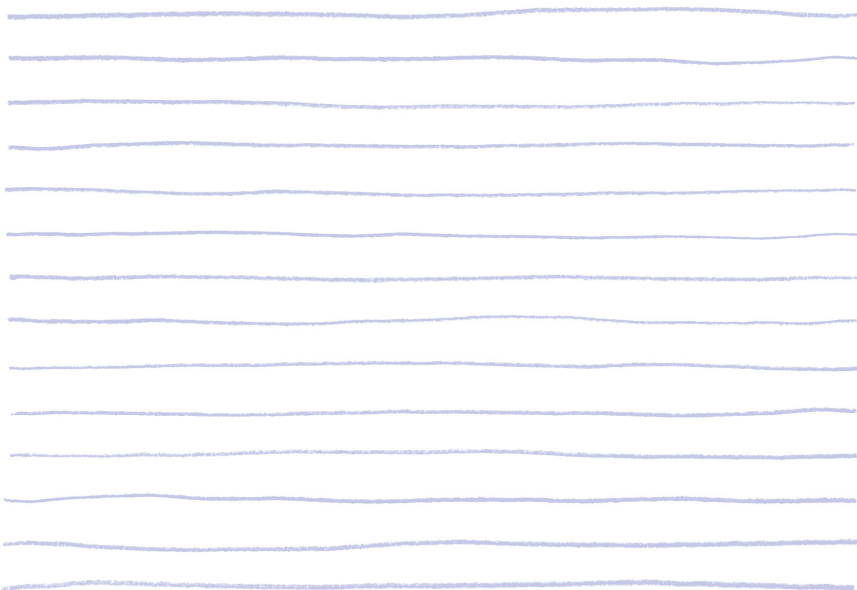
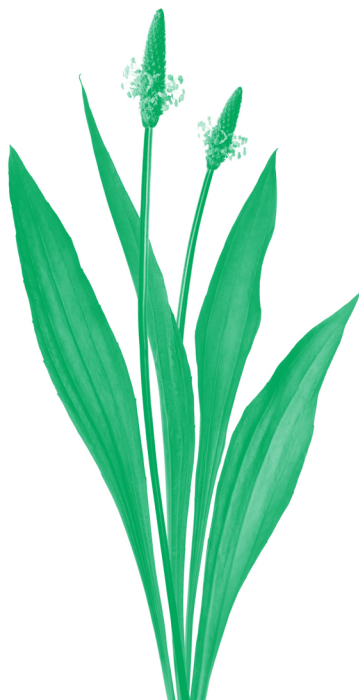
RIBWORT PLANTAIN

(Plantago Lanceolata)

Ribwort plantain is known for its use as an antidote to nature's poisons and as a wound healer. It is widely available, safe to use and effective for a number of common ailments.

HEDGEROW FACTS

The fresh leaves are one of the best first aid remedies for stings, cuts and blisters. To create a remedy for a sting, cut or blister, cover a plantain leaf in a little boiling water, allow to cool and apply to the affected area. When used in a poultice it soothes tired feet.



NOVEMBER 2026

MON	TUE	WED	THU	FRI	SAT	SUN
26 OCT	27	28	29	30	31	01 
02	03 Plant - Thyme	04	05 Guy Fawkes Night	06	07	08
09 	10	11 Remembrance Day	12	13	14 Harvest - Leaves of Ribwort Plantain	15
16	17 Protect in sheltered position - Lemon Balm and Rosemary 	18	19	20	21	22
23	24 	25	26	27 Trim Mint as it dies back	28	29
30						

WINTER








Winter is the season of hibernation. It is a time for self-reflection, replenishing energy levels and looking inwards.

Winter is associated with nurture, hibernation, rest and resilience. Rosehips, Elderberry and Thyme support our bodies natural immunity. They help to restore our natural defences with a focus on decongestion, circulation and anti-viral properties.





Notes:

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DECEMBER 2026

MON	TUE	WED	THU	FRI	SAT	SUN
30 NOV	01 	02	03	04 Protect in sheltered position - Lemon Balm and Rosemary	05	06
07	08 Harvest - Roots of Dandelion	09 	10	11	12	13
14	15	16	17 	18	19	20
21	22	23	24 	25 Christmas Day	26 Boxing Day	27
28 Substitute Bank Holiday for Boxing Day	29	30 	31 New Years Eve			

JANUARY 2027

MON	TUE	WED	THU	FRI	SAT	SUN
28 DEC	29	30	31	01 <i>New Years Day</i>	02	03
04	05 <i>Harvest - Dandelion roots</i>	06	07 <i>Protect in sheltered position - Lemon - Balm</i> 	08 	09	10
11	12	13	14	15	16	17
18	19	20 <i>Harvest - leaves of Ribwort Plantain</i>	21	22 	23	24
25	26	27	28	29 	30	31
01 FEB	02	03	04	05	06	07

FEBRUARY 2027

MON	TUE	WED	THU	FRI	SAT	SUN
01	02	03	04	05 Plant - comfrey	06 	07
08	09 Sow - Mullein	10	11	12	13	14 
15 Harvest - Ribwort Plantain	16	17	18	19 Harvest - Dandelion root	20 	21
22	23 Plant - Dog Rose	24	25	26	27 Harvest - Leaves of Nettle	28 
01 MAR	02	03	04	05	06	07

SPRING



Spring is the season of new life and with this awakening our hedgerows become more abundant, following their winter slumber.

Spring is associated with growth, convalescence, healing and positivity. Dandelion, Cleavers, Burdock and Nettle support the body's ability to detoxify and transition from its hibernation state.

Notes:

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NETTLE (*Urtica Dioica*)

Despite its protective sting, Nettle is highly nutritious, rich in vitamins A and C, and minerals including iron, calcium, silica and potassium. Nettle tips make a nourishing spring tonic for debility, convalescence and anaemia. Nettle juice can aid bites and stings, including ironically a nettle sting.

GARDENING





Harvesting requires preparation and appropriate clothing: tall boots, thick trousers, long sleeves, rubber gloves. The leaves need to be collected when the plant is young – about knee height. Only pick the top four to eight leaves by nipping the stem a few centimetres from the top. These will be the freshest and the stem will be soft and edible. Nettle should be distilled in boiling water to remove the sting.



MARCH 2027

MON	TUE	WED	THU	FRI	SAT	SUN
01	02	03	04	05	06	07 Plant - Mint
08	09 Plant - Rosemary	10	11	12 Plant - Dog Rose	13 Sow - Mullein & Lemon Balm	14
15 Sow - Yarrow, Chamomile & Agrimony	16	17 Plant - Thyme	18	19	20 Plant - Comfrey	21
22	23 Plant - St. John's Wort	24	25	26 Good Friday Harvest - Leaves of Dandelion & Nettle	27	28 Easter
29 Easter Monday Harvest - Cleavers, Burdock & Ribwort Plantain	30 Sow - Agrimony	31				

APRIL 2027

MON	TUE	WED	THU	FRI	SAT	SUN
29 MAR	30	31	01	02	03 Plant - Lemon Balm, Mint, & Rosemary	04
05	06	07 Plant - St. John's Wort & Thyme 	08	09	10 Sow - Lemon Balm & Chamomile	11
12 Sow - Yarrow & Mullein	13 	14	15 Sow - Chamomile, & Agrimony	16	17	18
19	20 	21 Harvest - Leaves of Thyme, Nettle & Cleavers	22	23 Harvest - Leaves of Burdock & Milwort Plantain	24	25
26	27	28 Harvest - Leaves of Dandelion (flowers also) 	29	30		

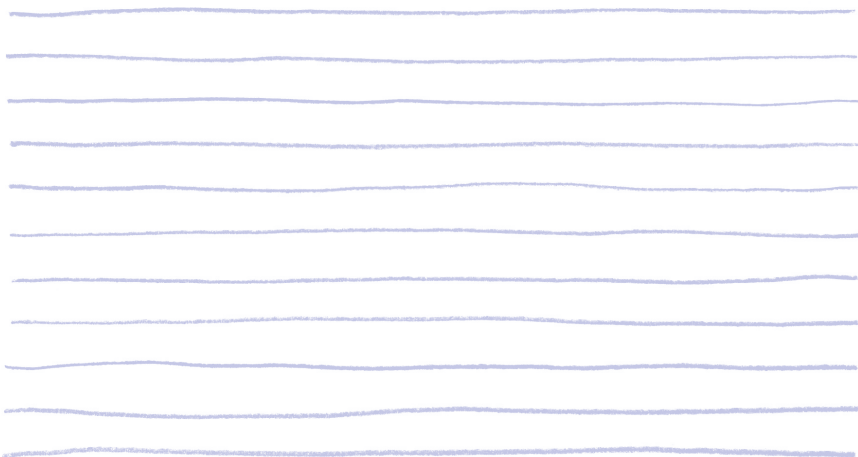
CLEAVERS (*Galium Aparine*)

Cleavers are easily recognised by their long sticky stems and seeds, which cling to anything they touch. They are known for being gentle lymphatic cleansers and when incorporated into a spring tonic, help cleanse the system following winter.





BURDOCK (*Arctium Lappa*)

Burdock has long been respected for its cleansing, detoxifying and antiseptic properties. Traditionally combined with Dandelion both as a soft drink and a medicine, Burdock is well known as a detoxifying herb and is particularly effective in easing skin complaints.



MAY 2027

MON	TUE	WED	THU	FRI	SAT	SUN
26 APRIL	27	28	29	30	01	02
03 Early May bank holiday	04	05 Plant - Lemon Balm, Mint, & Rosemary	06 	07	08	09 Plant - Dog Rose, Thyme & Chamomile
10 Sow - Lemon Balm & Calendula	11	12 Harvest - Mint & Rosemary	13 	14	15 Harvest - Flowers of Elder & Dandelion	16
17	18	19 Harvest - Leaves of Comfrey, Nettle & Cleavers	20 	21 Harvest - Leaves of Burdock, Thyme & Milwort Plantain	22	23
24	25	26	27	28 	29	30
31						

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HARVESTING BY THE MOON KEY



Full moon:

Harvest crops for immediate eating. Harvest fruit.



New moon:

Sow crops that develop below ground. Dig the soil.



3rd quarter:

Prune. Harvest for storage.
Fertilise and mulch the soil.



1st quarter: Sow crops that develop above ground. Plant seedling and young plants.



Scan this QR code for HEDGEROW recipes and other useful information.



**THE OLD
OPERATING
THEATRE**
MUSEUM &
HERB GARRET

As the home of the Herb Garret where for over 100 years, the apothecaries of old St Thomas' Hospital used to dry and cure herbs to make medicines for patients, we are excited to see Hedgerow by agua's use of traditional herbal remedies reinigorated. This return to an holistic approach to health and wellbeing is something we at the Old Operating Theatre Museum and Herb Garret are very passionate about.

oldoperatingtheatre.com

**BANKSIDE
OPEN SPACES
TRUST**



Sea Containers London will be partnering with Bankside Open Spaces Trust (BOST) as we continue to grow our urban hedgerow footprint. BOST is an environmental and volunteering charity working to protect, preserve and enhance the parks and gardens in London's SE1 and surrounding areas

bost.org.uk



THANK YOU



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