



Slumber Pillow

WGHS shared this recipe at our **Hopping into Spring** herbal display table at Missouri Botanical Garden on March 31, 2018.

2 parts dried hops	1 part dried roses
2 parts dried lavender	½ part dried marjoram
2 parts dried mugwort	½ part dried catnip
1 part dried chamomile	

Combine and put into a 4 x 4 inch pillowcase.

Place next to your pillow at night.

Sweet dreams!