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!