

My Favorite Sleepy-Time Tincture

INGREDIENTS:

- 2 TBSP chamomile flowers
- 1 TBSP dried lemon balm leaves
- 1 TBSP dried hop flowers
- 1 TBSP California poppy flowers
- 1 TSP dried lavender flowers
- 2/3 cups boiling water
- About 2 cups 80-proof or stronger rum or vodka
- 1 quart glass canning jar with airtight lid, sanitized
- Cheesecloth
- Small dropper bottles. I prefer 2 oz. Amber dropper bottles when I prepare this recipe. I know I need about 16.
- Small funnel

INSTRUCTIONS:

1. Put all the ingredients into the sanitized 1 quart glass canning jar.
2. Pour the boiling water into the jar and mix thoroughly.
3. Steep this “tea” for 5 minutes.
4. Fill the jar the rest of the way with the 80-proof spirit.
5. Screw on lid and store in a cool, dark place (I put mine in the back corner under the kitchen sink!) for *at least* to weeks and up to 2 months.
6. Shake it daily.
7. When you have reached your desired steep time, strain out the herbs with cheesecloth.
8. Pour, with the help of a funnel, carefully into the tincture bottles.
9. Label clearly.

*Always ask a doctor before using any herbs, especially if you are pregnant or have a medical condition.

*Vegetable glycerin can be used in place of the alcohol, however, the resulting tincture will not last as long and not be as potent.