

The logo for the Herbs Society of America (HSA) is a circular seal. It features the text "HERBS SOCIETY OF AMERICA" around the top edge and "1933" at the bottom. In the center, there is a stylized illustration of a hop plant. Overlaid on the seal is the word "HSA" in a green, serif font, and the word "Recipes" in a large, purple, cursive font.

# HSA Recipes

## *Beer*

Hops are traditionally grown for use in beer. More and more, locally crafted micro-breweries take advantage of the range of flavors produced by the various cultivars of hops. There are many online resources for learning about hops varieties, cultivation on a small scale and even brewing recipes. Here are just a few:

- <http://www.smithsonianmag.com/arts-culture/search-great-american-beer-180951966/?no-ist>
- <http://hops.msu.edu/>
- <http://www.oregonhops.org/culture2.html>
- <http://www.uvm.edu/~pass/perry/hopsne.html>
- [http://www.usahops.org/index.cfm?fuseaction=hop\\_farming&pageID=13](http://www.usahops.org/index.cfm?fuseaction=hop_farming&pageID=13)

## *Food*

As growing hops becomes more popular, more people are creating recipes to use hops in cooking. If you have a favorite recipe, please send it to us!

## *Relaxation*

### *Sleep Pillow*

Scented pelargonium

Lavender buds

Sweet woodruff

Hops

1. Blend one cup (or one part) each of the following dried herbs: scented pelargonium (especially rose-scented cultivars), lavender buds, sweet woodruff and hops.
2. Fill small cotton or muslin sachet bags or other flat bags that can be secured and tucked inside a pillow. Be sure to remove twigs that could poke through the bags. Fabric bags or small pillows can be sewn or created with hem tape and an iron as well.
3. Other herbs can be substituted or even add to those listed, such as catnip, lemon balm, rose petals, rosemary and sweet marjoram. Chamomile can be added as well but may trigger an allergic response in some individuals prone to hay fever.