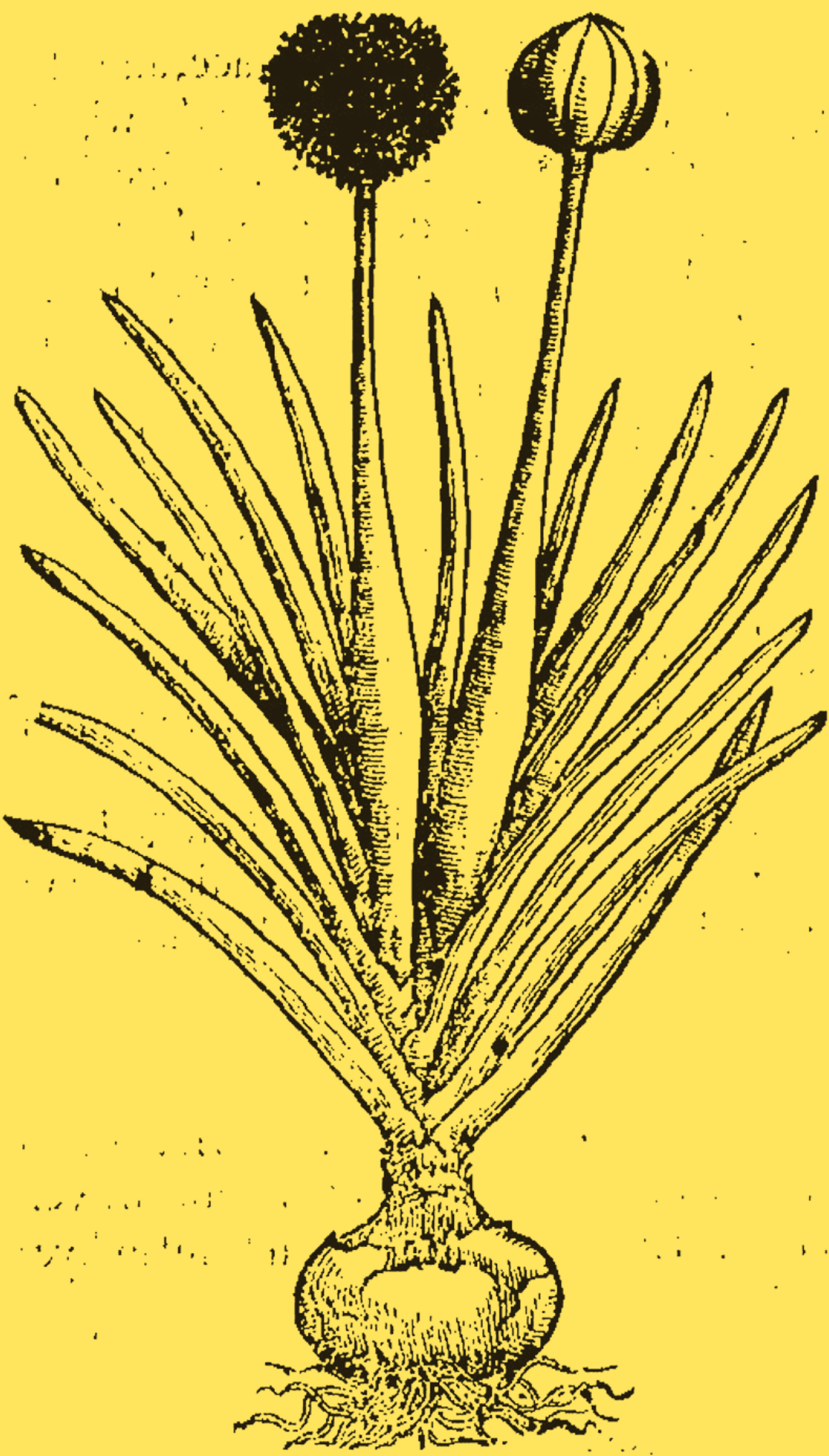


# PLANTS TO KEEP YOU AWAKE

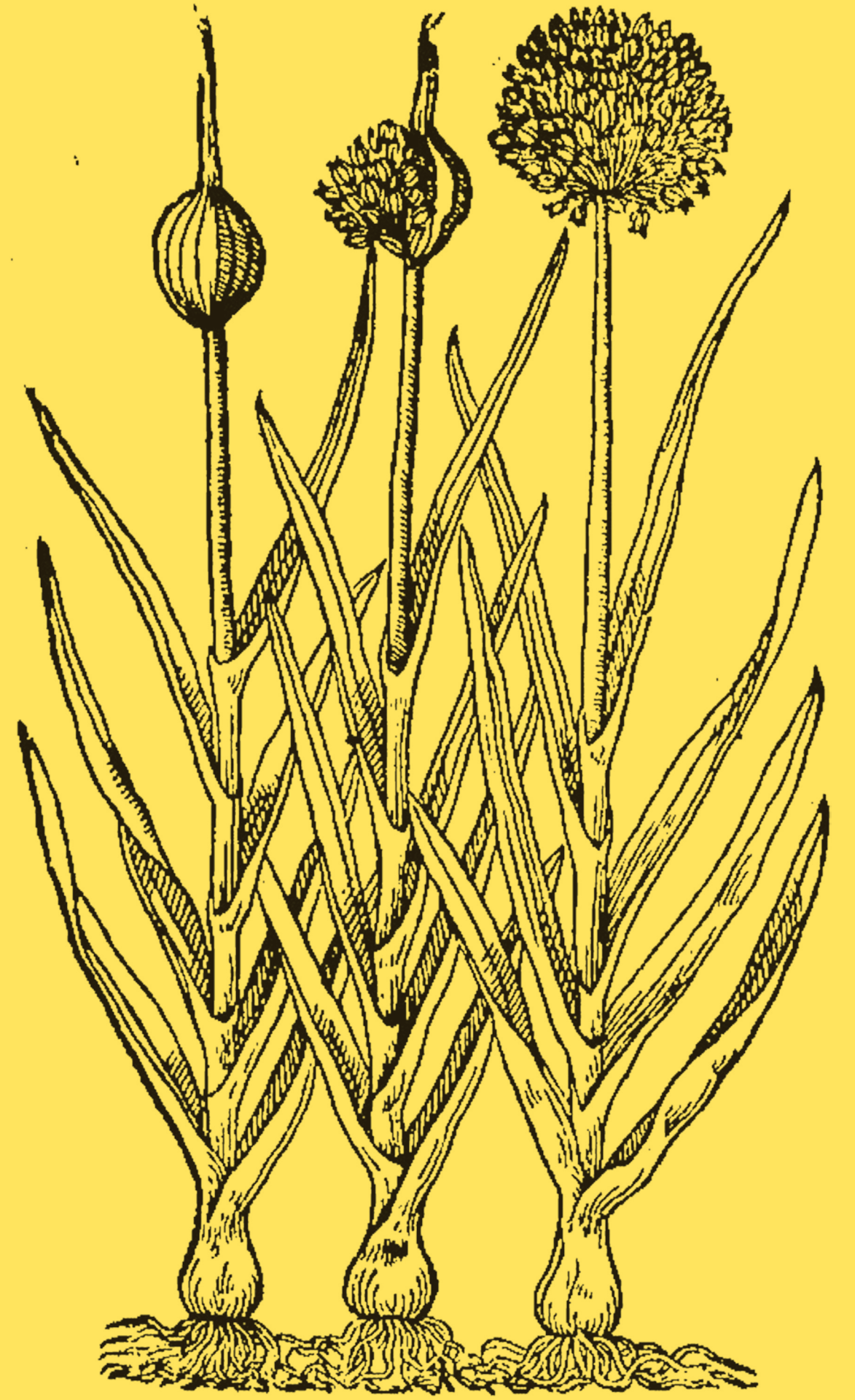
1 *Cepa alba*.  
White Onions.



2 *Cepa rubra*.  
Red Onions.



*Porrus*.  
Leekes.



1 *Brassica vulgaris sativa*.  
Garden Colewoort.



*Allium*.  
Garlick.



1 *Trifolium paludosum maius*.  
Great Marsh Trefoile.



# PLANTS TO HELP YOU SLEEP

