

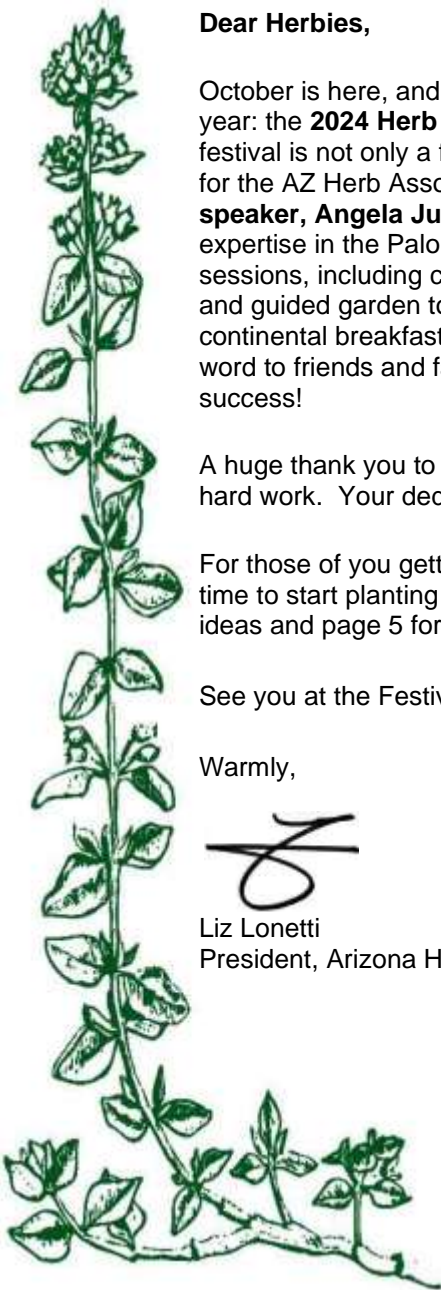


Arizona Herb Association

October 2024

A Publication for Members & Friends

<https://azherb.org>



Dear Herbies,

October is here, and that means it is time for our biggest event of the year: the **2024 Herb Festival** on **Saturday, October 12th!** This festival is not only a fun, educational day, but also a crucial fundraiser for the AZ Herb Association and our scholarship program. **Our main speaker, Angela Judd** from *Growing in the Garden*, will share her expertise in the Palo Verde Room, followed by a variety of morning sessions, including culinary herb workshops, hands-on propagation, and guided garden tours. Tickets are **\$50**, which includes a continental breakfast, and you can purchase tickets [here](#). Spread the word to friends and family—let's fill the event and make this a great success!

A huge thank you to the **Festival Planning Committee** for all your hard work. Your dedication makes this event possible!

For those of you getting your **winter gardens** ready, now is the perfect time to start planting cool-weather crops. See the sidebar for planting ideas and page 5 for a list of October plant sales.

See you at the Festival my Friends! **See details on page 8.**

Warmly,

Liz Lonetti
President, Arizona Herb Association



October Planting Tips for Phoenix

Herbs:

- Cilantro
- Dill
- Parsley
- Oregano
- Thyme
- Chives
- Sage

Vegetables:

- Leafy Greens (Lettuce, Kale, Spinach, Arugula)
- Broccoli
- Cauliflower
- Cabbage
- Carrots
- Beets
- Radishes
- Peas

Calendar

October 2024

Thursday, October 3: General Meeting
Location: MCC Extension; Time: 7:00 p.m.

Topic: Herbal Mocktails

Speaker: Sara Sandhaus, Student of JoAnn Sanchez

Herb of the Month: Dill

Presenter: Drew Templeton



Saturday, October 5: Weed & Feed
Time: 7:30 a.m.

Thursday, October 10: Attracting & Supporting Pollinators

Where: South Mountain Community Library

Time: 6:00 p.m. to 7:30 p.m.

<https://calendar.phoenixpubliclibrary.org/event/13202628>

Saturday, October 12: AHA Herb Festival

Where: U of A Extension site

Time: 8:00 a.m. to 1:00 p.m.

Featured Speaker: Angela Judd

Details on page 8

Saturday, October 19: AHA Herbal Workshop

Topic: Polish Dill and Potato Soup

Presenter: Ashley Johnston

Details and Sign-up at <https://azherb.org/>

Saturday, October 19: Nature Fest PHX

Rio Salado Habitat Restoration Area

2801 S 7th Ave.; Time: 8:00 a.m. to noon

<https://www.corazonlatino.us/events2021/2024/10/19/nature-fest-phx>

Tuesday, October 22: Desert Plant Workshop

Where: Hamilton Library, Chandler

Time: 6:00 p.m. to 7:30 p.m.

RSVP: <https://www.chandleraz.gov/events/desert-plants-survival-guide>

Saturday, October 26: Culinary Event
Tastes of Autumn - Cinnamon, Cardamom and Allspice

Hosts: Drew and Todd Templeton

Time: 6:00 p.m.

Details and Sign-up at <https://azherb.org/>

November 2024

Saturday, November 2: Weed & Feed
Time: 8:00 a.m.

Thursday, November 7: General Meeting
Location: MCC Extension; Time: 7:00 p.m.

Saturday, November 9: Arizona Honeybee Festival

Where: PV Community College; Time: 9am to 3pm

<https://azhoneybeefest.org/>

October General Meeting

Join us for our October AHA general meeting on Thursday, October 3, 2024, at 7:00 p.m. when Sara Sandhaus, a current student in the western herbalism program at JoAnn Sanchez's botanica herb school, with help from Bethany Allred and Shannon Stapleton, will be making a presentation titled "Herbal Mocktails." It will be quite the extravaganza of fun ways to imbibe the herbs in a healthy way.



If you were with us at our December Holiday Party for our mocktail "competition," you will remember what fun we had with the tastings!



Our Herb of the Month is Dill, and Drew Templeton will present.

Snacks are always appreciated for our meeting break; a recipe or ingredient list helps those with dietary concerns. Consider using dill in your recipe. And remember your place setting if you can.

If you can't attend in person, you can join us via Zoom at the link below.

Topic: October AHA General Meeting
Date: Thursday, October 3, 2024
Meeting begins promptly at 7:00 p.m.

Join Zoom Meeting

<https://us02web.zoom.us/j/89028660279?pwd=NHN0RitrZEFHTnAwc3I2dFhHTTdGdz09>

Meeting ID: 890 2866 0279

Passcode: 965232



A Seed Swap Thank You!

Thank you so much for attending Seed Swap and being a wealth of information to everyone who attended. There were about 85 visitors. We received so much positive feedback by everyone on their way out, and the event was no doubt a success **because of you!** 🌱

Aubrey Kowitt & Jill Baker

Community Services | Chandler Public Library

Welcome New AHA Members:

Miriam Segura
Zip Code: 85353

Jadene and Rick Wardrip
Zip Code: 85203

Phillip and Gladys Baldwin
Zip Code 85392

Marian Hurley
Zip Code: 85016

Tammy Aragaki, Membership Committee



What is a garden? Anything you want it to be! Although his home garden is smaller in size, Nate currently grows at the Extension site in 100-foot rows which are 30 inches wide – high density for high output!

Why do we garden? Nate's vision is to have "less mass production and more production by the masses." While in years past almost every home had a garden, now only a small percentage of homeowners grow their own food. The idea with succession planting is to eat what is in season, with the realization that we don't need to have tomatoes all year round!

What should you be growing? Answer this by answering the question – What do you want to eat?

Most of us are limited by size, but vegetables Nate suggested growing include:

Head lettuce (little gem or romaine – high in fiber and potassium

Lettuce mix (multicolor) – harvest by cutting in 30 days, let grow 2 weeks and harvest again

Radishes

Carrots (zomax) – direct seed, harvest in 90 days

Beets – harvest in 90 days, eat the whole plant!

Arugula – great in salads, but also use in making pesto

Salad turnips – (Hakurei or Japanese turnips) – start some in trays, some in the ground, these are good raw or roasted

Spinach

When do you want to harvest? With the use of succession planting, you can harvest something every 2 weeks.

Plan your garden, amend your soil, and rotate your crops, varying what is planted.

Extend the season: Use shade cloth (40%) in the summer months and frost cloth or a hoop house in the winter for this purpose. Trees also help create microclimates, helping to cool the ground in summer and warm it in winter months.

Pest management: bird netting over a hoop, chicken wire and companion planting help keep pests like rabbits, quail and insects from your plantings.

Weed management: pulling is best, or use a weed fabric or wood chips in walkways. Nate uses no herbicides or pesticides, and advised that if you use neem oil, don't spray in the middle of the day. Nate advised that you might consider using purslane as an edible ground cover.



Nate Diemer presents on sustainable gardening at our September general meeting.

Best Practices for Growing an Edible Garden

Our September 2024 guest speaker was Nate Diemer, currently a member of the University of Arizona Extension Urban Agriculture Production, Small-Scale and Beginning Farmer Program. BUT before that, Nate was a cook, dishwasher, chef and market gardener!

Nate arranged his presentation around a series of questions, providing us with his answers, but emphasizing that each of our answers may differ and no answers are wrong.

Pollinators: Grow native plants. A hedge row of native plants brings in pollinators, including squash bees, butterflies, hummingbirds, moths, flies and wasps. He said globe mallow and borage make good hedge rows. Wind is also a pollinator for plants like corn, grasses and some trees.

Our lively question and answer session which followed included the following information on garden amendments:

Nate uses compost and worm castings (Worm Farm), bat guano (5-4-3) available from Ace Hardware, and seabird guano (1-10-1) good for fruits, available at nurseries including Summer Winds. He gives extra seabird guano just before he wants more flowering (e.g., for tomatoes use 1 tablespoon guano per plant), and advised that coffee grounds be composted before adding to the garden.

Mix compost with worm castings (2 cups castings to a wheelbarrow of compost); spread it out a week before planting. For seeds, he uses Promix seed starting mix, available from stores like Walmart or Home Depot. Eggplant, tomatoes, and okra need to be fertilized because they grow longer.

Nate doesn't use mulch on his "grow space" in winter as he finds it reduces germination and harbors insects. In summer, mulch can cool the soil and provide a cushion for melons.

Irrigation – Nate uses drip tape and waters when the top soil dries out. For seeds especially, the top soil must be kept moist. He waters one gallon per square foot per week. He finds the drip tape lasts about four years. Drip tape is available online, or at Urban Farm which sells it in lesser quantities.

Link for the small white turnip that Nate recommended:

<https://www.johnnyseeds.com/vegetables/turnips/hakurei-f1-turnip-seed-706.html>

For questions name invited herbies to email him direct at natediemer@arizona.edu

Herb of the Month: Mexican Oregano with Rebecca Senior

Rebecca Senior began her talk on Mexican oregano (*Lippia graveolens*) with a lesson on botany, reminding us that, while the genus name for this plant is "*Lippia*," the species name is correctly given in two parts – "*Lippia graveolens*." In addition, she gave a much-repeated caution about the use of common names. Although Mexican oregano shares some of the same essential oils as true oregano, the plants are unrelated. *Lippia graveolens* is in the

Verbenaceae family, along with vitex and lantana, while true oregano (*Oreganum vulgare*) is in the mint family. To further confuse things, two other plants in the mint family, *Poliomintha longiflora* and *Monarda fistulosa*, are also sometimes known by the common name Mexican oregano!



Rebecca Senior presented September's Herb of the Month, Mexican Oregano.

Lippia graveolens is not native to Arizona, but is found in nearby New Mexico and Texas and its range extends south into Central America. It is a culinary herb used for cooking (extensively in Mexico and Central America), with a flavor similar to oregano, but a stronger scent and a hint of rosemary-like flavor. Its name comes from the Latin "gravis" meaning "heavy" and oleo" meaning "oil" in reference to the aromatic oils of this species. Rebecca told us that it is sometimes used as a substitute for epazote.

The plant is a woody shrub which grows 4 to 6 feet tall and wide with a graceful, airy openness. Its oval, dark grey-green leaves with toothed margins release a spicy oregano fragrance when brushed. The tiny, cream-colored flowers with yellow centers emit a sweet, honey-like scent. Mexican oregano can take full sun and in sheltered locations it is evergreen. It requires well-drained soil.



Mexican oregano, *Lippia graveolens*, dried and fresh herb

Kirti Mathura's book The Arizona Low Desert Flower Garden suggests planting Mexican oregano with *Senna covesii* and *Lavandula dentata*. Rebecca suggests tucking it into a hot, reflected heat corner of your landscape and getting ready to use it for making salsa!

2024 Plant and Seed Sales!

Event: Great American Seed-UP

Where: North Phoenix Baptist Church
5757 N. Central Ave, Building B
Phoenix, AZ 85012

When: Friday, October 11, 4:00 p.m. to 8:00 p.m.

When: Saturday, October 12, 9:00 a.m. to 2:00 p.m.

More info & tickets: <https://greatamericalseedup.org>

Event: Fall Plant Sale

Where: Boyce Thompson Arboretum
37615 E Arboretum Way
Superior, AZ 85173

When: Friday, October 11 – members preview
Saturday, Oct 12 to Sunday, Oct 27 – general public
Time: 8:00 a.m. to 5:00 p.m.

<https://btarboretum.org/event/fall-plant-sale-18/>

Event: Fall Plant Sale

Where: Desert Botanical Garden
1201 N. Galvin Parkway
Phoenix, AZ 85008

When: Thursday, October 17 – Sunday, October 20

Thursday, October 17 – Members only

Friday, Oct 20 – Sunday, Oct 20 – general public

Time: 7:00 a.m. to 3:00 p.m. Reservations required

<https://dbg.org/events/fall-plant-sale/2024-10-18/>

Event: Master Gardener Fall Festival

Where: Metro Tech High School
1900 W Thomas Road
Phoenix, AZ 85015

When: Saturday, October 26

Time: 8:00 a.m. to 12:00 p.m.

Note: Katherine Tarr needs volunteers to help with set up and take down, staff for the booth and transport for the flats of plants for this event, as well as the Arizona Honeybee Festival at Paradise Valley Community College on Saturday, November 9. Volunteers are also needed to hand out information and free seeds at Nature Fest PHX at the Rio Salado Habitat Restoration Area on Saturday, October 19. Katherine will have sign-up sheets at our October general meeting or email her at ktarrbaby@yahoo.com. Bring your calendars!

Event: Arizona Rare Fruit Growers Sale

Where: Lehi Montessori School
2415 N Terrace Circle
Mesa, AZ 85203

When: Saturday, October 26

Time: 9:00 a.m. to noon

This is a chance to get plants and trees propagated by AZRFG members. AHA will not be selling herbs at this event as we will be at the MG Fall Festival.

Cascalote: A colorful fall favorite

Vibrant fall foliage beautifies our landscapes until the frost paints them with a silvery sheen. While most blossoms will disappear in spring, at least one plant continues to send forth bright golden flowers that materialize on branch tips November through April.



Cascalote
Photo by Lee Ann Aronson

Flowers mature into attractive copper-colored, 3-inch-long seed pods. Welcome to the cascalote (*Caesalpinia cacalaco*). These winter blooming beauties also provide a valuable food source for hummingbirds, butterflies, bees and other nectar seeking insects.

Moderately slow growing, the cascalote, a medium sized tree or bush

depending on pruning style, shows glossy green, circular, compound leaves year-round, and reaches a compact height and width of 11 to 15 feet. Although native to Mexico, the noninvasive cascalote can be found in most of the southwest. The sun-loving cascalote should be planted in direct sun and can even thrive in areas with reflected heat. Given their semi-tropical nature, cascalotes are hardy to 20 degrees F, and need protection from hard freezes. This low maintenance plant uses little water and is non allergenic.

Either as a focal point in the landscape, a patio tree, or a natural shade screen for other plants, the charming cascalote has much to offer. With over 70 species in the *Caesalpinia* genus, *Caesalpinia cacalaco* is well-chosen for a low desert southwest landscape. And yet....

This almost perfect plant has two major off-putting issues: thorns and toxic beans. First, consider thorns. These modified leaves look a lot like rose thorns on steroids, but are considered by some to be very pretty. Thorns add interesting visual texture as they get older and larger. Just as with roses, eliminate the plant from pedestrian areas. Alternately trim the thorn tips or remove them. If thorns are an issue, a thornless cultivar called "Smoothie" is available, but the downside may be less drought tolerance.

When ingested at high levels, the beans on the cascalote are toxic, as are all raw beans. Thorough soaking and cooking at 110°F (100° C) for 10 to 20 minutes usually solves the problem. The culprit in

beans is due to the naturally occurring lectins, i.e., heat-labile glycoproteins resulting in sleeping bowel syndrome or leaky gut syndrome. Ironically, when lectins are administered intravenously, they can calm acute episodes of Crohn's disease, ulcerative colitis, and even repair damaged gut walls. The potential health benefits of phenolic acids, of which the cascalote has aplenty, has captured the eye of food scientists.

The fruit of one member of the cascalote family has become an important source of food for goats. In some areas, such as Mexico, the only contribution of meat and milk comes from goats. Feeding goats with the fruit of the cascalote reduces production costs as it is a naturally growing source of food.

Research also suggests that cascalote phenolics potentially are an organic antimicrobial agent, i.e., they inhibit the growth of anthracnose, a common fungus that attacks bean plants. One last kudo, the standard material of the Mexican tannery industry is cascalote. The gallic and tannic acids found in cascalotes produce either a light colored or, when fermented, a deep red dye. If you like soft pliable handcrafted leather, thank the cascalote.

Kathleen McCoy
Herbie, Master Gardener, Master Naturalist

Weed & Feed News, September 2024

Our many September volunteers accomplished great things in and around the demonstration garden. Teri Thorpe took the queen's wreath to task; it has successfully climbed to ever greater heights this year on the extended trellis, but still loves making a curtain over the stairs. Our queen's wreath started blooming late this year, and will continue to bloom into November, feeding pollinators as long as fall temperatures remain above freezing. Chris Leuck spread fertilizer around the garden; Mindy Riddle followed with mulch and in the process found a small paper wasp nest near the catmint on the east side. Paper wasps are not overly protective of their nests, and they do eat caterpillars – a mixed blessing in our pollinator garden.

We stripped the pomegranates of fruit, far past the sell by date, eliminating homes for leaf-footed bugs to procreate, and we trimmed suckers at their base to promote the multi-stem habits we are encouraging. We may see flowers again this fall as the temperatures break.

An impromptu pruning crew assembled to cut back the hopseed bush (*Dodonaea spp*) that was overreaching into the driveway, and to forestall the advances of the lemon *Lippia* that we try to maintain

over an arch, not allowing it to claim the entire garden. Other volunteers lifted the skirts of the chaste (vitex) tree which is still blooming into a warm fall. Under the chaste tree we found a young cotton plant. Bright green, with flowers about to bloom, this had emerged, unnoticed and unharmed, to grow from seed planted last spring...a lovely surprise! And more fun when it sets green or brown colored cotton fibers in our garden

Seed was collected from several plants, by many helpers, while other seed elves discovered the nuances of extracting seeds from pods and flower heads. Still other seed elves helped Kathy Tarr and Lauren Espinoza to package bulk seed into packets in advance of our many fall fundraising activities.



Meanwhile in the garden, Maureen and a couple of her Master Gardener interns were busy potting-up several flats of volunteer seedlings and off shoots to be grown on and sold in future. Even in summer small plants emerge and grow with plans for bigger and better as seasons change.



We located milkweeds tucked in amongst other plants, admired the tenacity of the *Scutellaria* (skullcap), put our



container garden on next month's agenda, trimmed a few plants, and pulled the usual weeds. It has been hot and dry enough that weeds have not been a real challenge compared to a rainy monsoon season.

Keith Lorch has worked out the process to keep our drip lines from calcifying, and he set up another cycle, working with new herbie George Reconco. They also repaired numerous leaks, mostly due to the bunnies and other thirsty nibblers looking for water this summer.

Our much-used AHA garden wagons also got some much-needed repairs.

For folks who like a little retail therapy, our seeds, Saffron bulbs, l'itoni onions, and other items were available to all who joined us on this crispy, warm September day.



A final walk thru showed a garden looking much less traumatized by the hot summer. We had removed some losses, some expected seasonal deaths, and the debris the wind shared with us. Many plants are poised with hopes for rejuvenation as fall settles in. We have real estate for planting new and old friends, seasonal herbs and flowers for pollinators. We hope still for some of the scented geraniums to recover; last year they did...and admired a very full dumpster! Thank you all for your efforts; what a difference a day makes! See you next month for another installment of the monthly garden guide to what we do!

Pam Perry and Mike Hills
AHA Demonstration Garden Co-captains

AHA September Herbal Workshop Mexican Oregano

Herbies who attended the September Herbal Workshop with clinical herbalist Ashley Johnston learned about culinary and medicinal uses of our Herb of the Month, Mexican oregano. With chemical constituents of thymol, carvacrol, quercetin, scutellarein, rosmarinic acid, polyphenols, terpenes, coumaric acid and flavonoids, Mexican oregano, *Lippia graveolens*, might just be the next "super" plant. It is loaded with B Vitamins, magnesium, iron, calcium, Vitamin C, Vitamin K and Vitamin E.

Although a key ingredient in most Latin American cuisines, this herb also has multiple medicinal properties. It has been used as a tea to treat digestive issues like stomach ache and indigestion, as a carminative to reduce gas and bloating, as a leaf decoction to treat dysentery, and as a poultice for skin wounds and burns.

As always, medicinal usage should be done in consultation with a clinical herbalist. With cold and flu season just around the corner, we were treated to a delicious soup to enjoy the health benefits of *Lippia graveolens*!

Mexican Garlic Soup with Mexican Oregano & Fresh Lime

4 tablespoons olive oil
15 cloves garlic, crushed
8 cups vegetable or chicken stock
1-1/2 teaspoons salt (if stock is not already salted)
3 eggs, lightly beaten
2 tablespoons fresh Mexican oregano, finely chopped
2 limes – 1 juiced, 1 cut into wedges
1/2 baguette



Preheat oven to 325° F. degrees.

In a large soup pot, heat olive oil over low heat. Add garlic and cook until garlic is soft, not colored, and oil is well flavored. Remove from heat.

Slice baguette into chunks or slices. Toss the bread into the garlic oil; then remove and spread pieces on a baking sheet. Bake for 10 minutes.

Add the stock to the pot with the remaining garlic oil. Simmer on medium heat. Add salt (if using) and oregano. Gradually add beaten eggs, stirring constantly. Simmer and stir until the eggs set, about 3 to 5 minutes. Remove from heat and add juice of one lime.

Serve the soup topped with the garlic bread pieces and lime wedges.



Adapted from a recipe at <https://portandfin.com/mexican-garlic-soup-with-oregano-fresh-lime/>

Banner Photos: This month Mike Hills captured images from our September Weed & Feed event. From left to right, volunteers Quin and Marvin remove remaining fruit from the pomegranate tree; chocolate almond muffins for our "Feed" (yes, chocolate is an herb!); center, Liz Lonetti with her son, Quin, and foreign exchange student Marvin under the queen's wreath; refreshing hummus with radish slice dippers; and volunteer "seed elves" cleaning seeds to be sold at our October 12th Herb Festival and other fall events.

Come Enjoy our 2024 Herb Festival

Don't miss out on the fun and learning! Bring a friend. See the link for tickets at the end of this article.



Herbs, seeds, gloves, books and herbal advice.



Learning sessions including propagation, herb lectures and demonstration garden tours.



Enjoy a day of herbal delights and friendship!

It's time for the 2024 Annual **AZ Herb Association Herb Festival!** Join us for a fun and exciting day of learning - all about our favorite Herbs! Our program includes:

- **Focus on our Favorite Herbs**
- **How to Grow and Use these Herbs**
- **Guided Demonstration Garden Tour**
- **Cooking with these Herbs**
- **Hands on Herb Propagation Workshop**



This is the Arizona Herb Association's #1 event of the year! Proceeds will support the AZ Herb Association and our Jane Haynes Scholarship.

\$50 Ticket price includes continental breakfast, speakers, demonstrations and garden tour. Our featured speaker is Angela Judd who will present "Herbs for the Desert Gardener: Tips and Techniques for Success." Angela has been helping people grow thriving gardens in our desert climate since 2015 and has over 26,000 subscribers to her YouTube channel. Check out her writings on herbs here

<https://growinginthegarden.com/category/plants/herbs/>

When: Saturday, October 12, 2024, 8:30 am – 1:00 pm. Check-in starts at 8:00 am.

Where: University of Arizona Maricopa County Cooperative Extension

This event is rain or shine and portions of the morning programs are outdoors, so come prepared with a water bottle (refilling available onsite), sun/rain protection and layers.

Interest in this event is growing. Purchase tickets online or at our monthly meeting ahead of time to assure your spot. We sell out quickly!

<https://azherb.org/activities/#!event/2024/10/12/fall-herb-festival>

Chocolate: An Herb to Die For



We're not the first civilization to treasure this divine concoction. The Mayans of Central America worshipped the cacao plant (*Theobroma cacao*), used its beans as money, and brewed them into a medicinal drink called *xocolatl*, mixed with wine and fermented corn. The later Aztecs of Mexico added chile peppers to make an aphrodisiac.

The explorer Cortez knew a good thing when he saw it, and took the cacao beans back to the Spanish court, where passions soon ran high over chocolate—and not just because (with sugar and without chiles) it was tasty. Doctors prescribed the new drink for everything from tuberculosis to intestinal parasites and sexual dysfunction, and it was said to cure hangovers, shrink tumors, and strengthen the heart. Europeans couldn't get enough of it, and in a few more decades (the 1850s), the chocolate bar was born.

More recently (and reliably), scientists have learned that chocolate has twice as many antioxidants as red wine, and that it may relax blood vessels and reduce the risk of blood clotting.

Pass the chocolates, please, and hurry!

Used, with permission, from the website of Susan Wittig Albert, author or co-author of over 130 mysteries (many herbal), historical and biographical fiction, memoir, and nonfiction.

<https://susanalbert.com/>



And, from "Chocolate: From Ritual to Remedy" by Andrea Jackson in The Herbarist, A Publication of The Herb Society of America, Issue 88, 2023:

For allergies, pair dark chocolate with ginger tea. Reportedly theobromine in chocolate will help open the airways and ginger is an antihistamine.

If you are anemic, try dark chocolate with almonds. Dark chocolate contains 12 milligrams of iron per 100 grams. Add almonds, and the treat could be both beneficial and a good occasional reward!

For blood sugar control, eat a bit of dark chocolate after meals with cinnamon. Cinnamon is known to help with blood sugar control and the chocolate contains chromium which enhances the effect of cinnamon.

October
HERBAL
WORKSHOP
SATURDAY OCTOBER 19TH
11am to 1pm
Kitchen Witchery: A Dill-icious Adventure

Step into our magical kitchen this season, where we're conjuring up delicious potions and herbal enchantments! This month's star is the delightful Dill, an herb that's not just charming but also packed with potent antioxidants.

Join us for an enchanting journey as we brew up a heartwarming Polish Dill & Potato Soup. This savory spell is crafted to boost your immunity and support your body with Dill's rich nutritional magic.

Discover the secrets behind this versatile herb, from its health-boosting benefits to its culinary wonders. Let's stir up some kitchen witchery and unlock the full potential of Dill together!

6631 N 13th Street
Phoenix, AZ 85014

Arizona Herb Association
PO Box 63101
Phoenix, AZ 85082
<https://azherb.org>
Facebook.com: Arizona Herb Association



Inside this Month's Issue:

- Seed to Table with Nate Diemer
- Herb of the Month: Mexican Oregano with Rebecca Senior
- Cascalote: A Fall Favorite by Kathleen McCoy
- September Weed & Feed
- September Herbal Workshop: Mexican Oregano and the Healing Power of Soup
- Chocolate as an Herb
- October 12 – AHA Herbal Festival

***You know you're a gardener
when everything you see
becomes a planter.***

- Edward's Garden Center