



October 2025

A Publication for Members & Friends

<https://azherb.org>

Dear Herbies,

Ahhctober - The month in Arizona when nighttime temps cool down enough that you might want to sit outside for a spell; when the seeds you planted in September are able to poke their heads up and not immediately wither; when the perennials, that only made it through the summer because of your care and devotion, are coming back to life and their withered and crispy leaves are replaced with fresh green ones. This is the month we wait for all summer, the month when gardening is a delight and not a chore.

It is also the month of many plant sales. If you didn't get seeds planted last month - don't despair. Transplants of all kinds are available now. Check your newsletter and listen to the announcements at the October meeting to get all the details. Support one of the many organizations who use plant sales to raise funds.

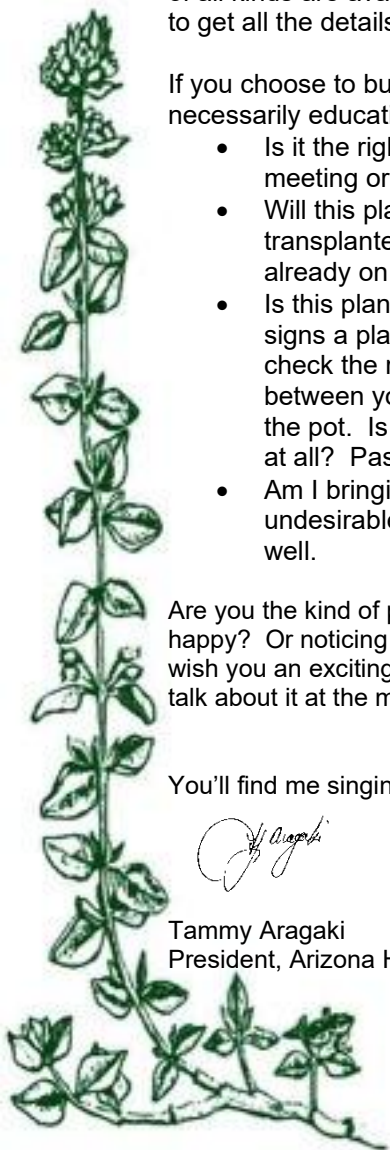
If you choose to buy from a nursery or big box store, choose wisely. Remember that their goal is profit and not necessarily education. Ask yourself these questions before you buy:

- Is it the right time to be planting this? Pro tip: Purchase a laminated herbies planting calendar at a meeting or other herbie event. See Katherine Tarr for more info.
- Will this plant work as a transplant? Some plants (notably root veggies) do not do well when transplanted. I was disappointed to find a nursery selling carrots. While it's tempting to buy a plant already on its way, carrots are easy to grow from seed and you will have much better success.
- Is this plant healthy? Drooping plants, yellow leaves, or long skinny stems with few leaves are all signs a plant is not doing well. Unless you dream of owning a plant hospital, pass this one up. Also check the roots. Are they growing out of the bottom of the nursery pot? Carefully grasping the stem between your middle and ring fingers and supporting the plant, turn it upside down to remove it from the pot. Is it root bound? Or conversely, does the soil completely fall away showing there are no roots at all? Pass it by.
- Am I bringing home pests? Carefully inspect the leaves for aphids, tiny hornworms or other undesirables. Make sure to check both sides of the leaves. Look for damage from these pests as well.

Are you the kind of person who falls in love with a plant, buys it and tries to find a spot in the garden where it will be happy? Or noticing a place that needs to be filled, do you head to the nursery to find the perfect plant? Either way I wish you an exciting season. If you're growing something new this year, take a picture and send it to me. We will talk about it at the meeting in November.

You'll find me singing in my garden,

Tammy Aragaki
President, Arizona Herb Association



Calendar

October 2025

Thursday, October 2: General Meeting
Location: MCC Extension; Time: 7:00 p.m.
Topic: Secret Talks of Dental Herbalism
Speaker: Renee Buffington, SWIHA student
Herb of the Month: Moujean Tea
Presenter: Mike Hills



Saturday, October 4: Weed & Feed
Time: 7:30 a.m.

Thursday, October 16: World Food Day
Free event: Food is Medicine
and Eating for Health
Location: ASU's Walton Center
Time: 11:30 a.m. to 5:00 p.m.

<https://www.eventbrite.com/e/world-food-day-2025-food-is-medicine-and-eating-for-health-tickets-1412502706619>

Use Promo Code WorldFoodDay at checkout

Saturday, October 25: Herbal Workshop
Theme: Elderberry Syrup Making
See flyer on page 12
Reserve your spot at <https://azherb.org>

Saturday, October 25: Culinary Event
Theme: Vegetarian Fall Flavors
Hosts: Hazel & Les Davis
Details and Sign-up at <https://azherb.org/>

See Page 9 for a list of
Fall Plant and Seed Sales

November 2025



Saturday, November 1: Weed & Feed
Time: 8:00 a.m.

Thursday, November 6: General Meeting
Location: MCC Extension; Time: 7:00 p.m.
Topic: Day of the Dead
Speaker: Liz Lonetti
Herb of the Month: TBA
Presenter: Timorie Coleman



November 8: Arizona Honeybee Festival
Location: AZ Agribusiness and Equine Center
3775 E Union Hills Drive, Phoenix, 85032
Time: 9:00 a.m. to 3:00 p.m.

Saturday, November 15: Culinary Event
Hosts and Theme: TBA

October General Meeting

Each October we welcome students from the Southwest Institute of Healing Arts (SWIHA) to present at our general meeting. This October we look forward to hearing Renee Buffington speak on "The Secret Talks of Dental Herbalism." Let's support SWIHA and each other as we gather together to hear about this fascinating topic.



Our Herb of the Month speaker is AHA Past President and current Demonstration Garden Co-chair Mike Hills. He will be presenting on Moujean Tea, *Nashia inaguensis*. Come learn about this plant that is growing in our Demo Garden.

In addition, Mike has harvested and dried leaves and will be bringing tea made from the leaves for us to sample at the meeting.



Moujean tea leaves and Mike Hills
Photos by Lee Ann Aronson

Bring your enthusiasm, a friend, and some food to share at our meeting break. A recipe or list of ingredients is most helpful to those with dietary concerns. Bringing your own plate and utensils is also encouraged.

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

Meeting begins promptly at 7:00 p.m.

Join Zoom Meeting

<https://us06web.zoom.us/j/81288082383?pwd=ciryfLyJUDuyspcmvTEELZcfH705tb.1>

Meeting ID: 812 8808 2383
Passcode: 088744



Welcome New AHA Members:

Christian and Dena Cornelius
Zip Code: 85044

Linda and Lance Larkin
Zip Code: 85284

Mary Jo Barsetti
Zip Code: 85259

Elizabeth Rebholz
Zip Code: 85085

Deborah Thurkhill
Zip Code: 85016

Tammy Aragaki, Membership Committee



access through your device AND the pages never get ratty.

- **Private** - Don't want your phone number published? YOU have control. On the website under the "join" tab, select "go to my account" from the pop up choices. From there you can select your privacy options or zhuzh up your account to reflect your personality.
- **Convenient** - trying to email someone? You can do it directly from the website. No chance of typing it into the address line incorrectly. Replies will go to the email address you are logged in with.

Try it! Any questions? Now you know how to get ahold of me!

Tammy Aragaki
Membership Chairperson

Connect!

Did you make a new friend at Weed and Feed and fail to get their contact info? Do you need to contact someone on the board, but you're not sure how? Or maybe you sat next to a brand new member at a meeting and you want to give them a warm and personal welcome.

Problem solved! We have an online, up to the minute accurate, directory on our website under the members only tab. Check out these features:

- **Up to the minute accuracy** - As soon as a member's info is entered, it's available to the rest of the membership. Change of address? New telephone? Updated in real time. No outdated directories here.
- **Always with you** - Wherever you have access to the internet, you have the directory.
- **Organized by FIRST name** - Herbies are warm, friendly, and instantly on a first name basis. Didn't catch their last name? No worries. The directory is organized by first names.
- **Searchable** - With over 250 members, having a searchable directory makes short work of finding all the Jims or anyone in your zip code. (Did someone say carpool?) Or maybe you only remember their last name. Search on Anderson and you have the info you need.
- **Green and easy to find** - no need to kill trees. No misplaced paper directory or "Where did I store that file?" Unlimited

WELCOME! WELCOME!! WELCOME!!!



A summer invitation to Herbies brought forth a great response from members offering to participate as speakers. Opportunities come and go, and so very few of us remain from the speaker's group that was active when I first joined that I was inspired to recruit from the current membership.

Welcome to you who now join Donna, Mike, Lee Ann and me to share the opportunities to meet and greet organizations around the valley. The speaker's bureau helps us meet AHA's education mission to educate the public about herbs and is a great way to raise funds for the Jane Haynes Scholarship Fund. We welcome April Lillard, Chelsea Esparza, Maureen, Kim Rosenlof, Angela Sannapu, Annie Alvarado, Shay Emmer and Sherry Rindels-Larson.

Tammy Aragaki and Maureen have updated the handouts available to members that are found on our website. We can share these with the public, as well as access them for our own perusal. They include the long, long slide show Mike and Carolyn Hills authored. Chuck-a-block full of information to compliment [The Low Desert Herb Gardening Handbook](#), it is too long for any one presentation, but offers a wealth of useful information to all Herbies, not just speakers! Take a look at what is available now on the website, and, to be sure, I will be in touch as opportunities to speak come to us.

Pam Perry, Speaker's Bureau Coordinator

Herb of the Month: Lemon Verbena

By Liz Lonetti

Past President Liz Lonetti introduced lemon verbena, *Aloysia citrodora*, as an herb that “tastes like sunshine and summer.” The plant is also known as lemon beebrush and hierba luisa (Sp.); it is in the Verbenaceae family, but it is not a true verbena. She passed around samples for us to sniff; lemon verbena contains high levels of citral and limonene, making its fragrance more intensely lemony than actual lemons.



Lemon verbena is native to temperate zones of South America. It was brought to Europe in the 17th century by Spanish & Portuguese explorers and names “Aloysia” in honor of Queen Maria Luisa of Spain, an avid botanist. It became a symbol of luxury and sophistication in the Victorian era.

Lemon verbena was a key ingredient in Aqua Mirabilis or “miracle water,” a citrus-based antiseptic, originally used for both internal and external use. Wilhelm Muelhens received a secret family recipe as a wedding gift. It evolved from an earthy, spicy, pungent, clove scented medicinal into a light, fragrant perfume with a clean and sparkling lemon aroma, Eau de Cologne, famously worn by Miss Beadle, Laura’s teacher in Little House on the Prairie and Scarlett O’Hara’s mother in Gone with the Wind.

Cultivation: The plant likes sun, but benefits from afternoon shade in our intense Phoenix sun. It prefers well-draining, sandy or loamy soil, which should be allowed to dry between waterings; don’t overwater! The plant can be pruned regularly to maintain a bushy shape and to prevent legginess.



Lemon verbena is deciduous and will lose its leaves in cold weather, but even if it looks dead in the winter, it will come back in the spring. It benefits

from having compost added each spring. In California, it can become tree size!

Propagation: Use semi-hardwood cuttings to start new plants in spring and early fall. Strip the lower leaves and cut just below a node. Rehydrate the plant in water and then dip in rooting hormone. Keep the potted cuttings out of direct sun and evenly moist. Plants should root in 10 to 30 days.

Culinary Uses: Lemon verbena can be used in any recipe that calls for lemons, but even fresh, young leaves are a bit tough, so chop finely. Leaves can be steeped in hot water for tea or wiz up 6 or 7 leaves in a cup of sugar in your food processor for a lemon-scented sweetener. Freeze lemon verbena in lemon juice in small ice cubes for quick additions to everything from cocktails and desserts to dressings and marinades



Liz provided refreshing samples of Inca Cola – a Peruvian soda, currently sold at Ranch Market, and originally sold in 1935 to commemorate Lima’s 40th Anniversary, which includes lemon verbena as a flavoring.



Medicinal uses: Lemon verbena can be used as an essential oil or an extract and has the following properties:

- Neuroprotective** - Helps protect the brain and nerves from damage
- Anticonvulsant** – Helps prevent or reduce seizures.
- Anesthetic & Sedative** – Numbs pain or sensation
- Sedative** - Calms the body or makes you sleepy
- Antioxidant** – Fights damage caused by free radicals
- Anti-Inflammatory** - Reduces swelling, redness, or irritation in the body
- Antimicrobial** – Kills or stops the growth of germs like bacteria, viruses, or fungi
- Anthelmintic** - Removes or kills worms and other parasites
- Antispasmodic** – Relieves muscle spasms or cramps
- Anxiolytic** - Reduces anxiety

Anti-hyperalgesic – Decreases extreme pain sensitivity.

Anticolitis – Helps prevent or treat inflammation of the colon

Spiritual and Mystical Uses:

- **Love & Attraction Spells:** use to attract love, rekindle passion, or strengthen existing bonds.
- **Dreamwork & Prophetic Dreams:** place under pillows to inspire vivid or prophetic dreams and encourage peaceful sleep.
- **Purification Rituals:** brew into a wash or burn as incense to cleanse negative energy and create a protective space.
- **Happiness & Joy Magic:** carry in a nosegay or tussie-mussie or wear to lift mood, dispel melancholy, and invite happiness into one's life.
- **Protection Amulet:** hang near doorways or windows to ward off evil spirits and unwanted energies.
- **Ritual Bath Ingredient:** infuse in bathwater for spiritual cleansing and to refresh one's aura before magical workings.



Crafting Uses: Use the tougher, older leaves of lemon verbena to make soaps, perfumes, sachets, candles, creams and lotions and essential oil.

Note: Lemon verbena contains oxalates so take caution if you have kidney issues.

Top 5 Herbs and Mushrooms for the Immune System

With Brittney Sounart

Our September 4th monthly meeting speaker featured clinical herbalist Brittney Sounart on the topic of herbs and mushrooms that improve the immune system.



In 1999, Brittney opened an herb store and holistic shop, Desert Sage Herbs in Chandler, AZ with her mom. Then Brittney pursued her dream of becoming an herbalist in the herbalism program at SWIHA. In 2001, she became a clinical herbalist.

At our September general meeting, Brittney emphasized that now is the time to prepare for the coming winter season. Saying that overall foundational health is very important, she told us that herbs are good in balancing the immune

system, something medicines don't do. Herbs make antibiotics work more effectively. Her first suggestion is knowing your Vitamin D level. Building on that, she talked about the following five herbs and mushrooms:

Astragalus Root (*Astragalus membranaceus*)

Astragalus is a gentle yet effective herb to strengthen and build the immune system and protect against recurrent colds and respiratory infections. Described as yellow and looking like a tongue depressor, astragalus root enhances the vital force when taken over a long period. It is antitumor, anti-cancer and insulin resistant (It lowers blood sugar). In Chinese medicine, astragalus is thought to add years of vitality and health to the aged. It has been repeatedly shown to enhance NK cells and induce IL-2 and interferon.

Astragalus root improves immune function in people undergoing chemotherapy and radiation. Studies have shown that taken during chemotherapy, in a blend with other herbs, astragalus root not only decreases the toxic effects of the chemotherapy, but also elevates the immune system, enhances antitumor effects and can significantly improve the quality of life and life span in cancer patients. Studies have also shown that astragalus has a modulating effect on the immune system and can be used in autoimmune conditions. In addition, it is used to strengthen the lungs in people with asthma or in a person who is recovering from bronchitis or pneumonia.

Dosage: 40–80 drops, two to three times a day; Capsules: 1 capsule, two to three times a day (extract), 3 capsules three times a day (dried powder); Decoction: 2 teaspoons in 12 ounces of water, simmer 30 minutes, steep 20 to 30 minutes, drink 6 ounces three times per day. You can also boil it and make a tea. **Note: Astragalus root is a warming herb and shouldn't be taken if you have a fever.**

Reishi Mushroom (*Ganoderma lingzhi*)

This mushroom is a mild adaptogen that reduces the stress response, is a powerful anti-inflammatory, and has a great benefit to the immune system. It has a nourishing effect on what Traditional Chinese Medicine calls the "shen" or "spirit." A disturbed "Shen" causes a person's mood/consciousness and emotional imbalance (anxiety, worry, insomnia, bad dreams, moodiness, listlessness, poor memory). Reishi has a powerful effect on the immune system, either increasing it in individuals with depleted immune function (such as colds, flu, or cancer) or decreasing it in autoimmune



conditions (including allergies, asthma, rheumatoid arthritis, etc.).

Modern research has shown that Reishi mushroom is anti-tumor, enhances chemotherapy but also protects against the toxicity of radiation and chemotherapy, supports the cardiovascular system, and protects the kidneys. In addition, it improves cardiovascular function by lowering levels of LDL and VLDL cholesterol and triglycerides, inhibits the clumping of platelets, mildly lowers blood pressure, and helps prevent atherosclerosis.

Dosages: 50-80 drops two to three times a day; Capsules: 1-2 capsules two to three times a day (extract), 3 capsules three times a day (dried powder); Powder: 1.5-6 grams a day. Decoction: 1-2 ounces of dried reishi in 32 ounces of water, simmer for 2-4 hours (reishi is very hard and needs to boil for a long time). Drink 6 ounces three times per day. For detox, liver or kidney, it is easiest to mix powders into shakes.

Holy Basil Leaf (*Ocimum tenuiflorum*, *O. sanctum*, *O. gratissimum*)



This is a mild adaptogen with long-time use as a sacred plant. In Ayurvedic medicine, it is known as a “rasayana” which nourishes a person’s growth to perfect health and promotes a long life. It has antioxidant, anti-inflammatory, neuroprotective (helps with foggy brain), immune-regulating, liver-protective, stress-reducing and radioprotective actions on the body. This leaf has also been shown to have anticancer activities while protecting the body against radiation and chemotherapy-induced damage. Holy basil has been proven in studies to lower blood sugar levels, help to prevent gastric ulcers, and inhibit the symptoms of allergies and asthma. It is used in conjunction with damiana, rosemary and lavender to support someone with stagnant depression or someone with PTSD.

Dosage: 40 drops two to three times a day; Capsules: 1 capsule two to three times a day (extract); Infusion: 1 teaspoon in 8 ounces of water, steep in hot water for 20 minutes, steep 20-30 minutes, drink 4-6 ounces three times per day. Brittney said for an easy tea, pour hot water over the leaves, cover and steep. She indicated that she doesn’t use it for pregnant women and that children should sip, not drink, the tea.

Schisandra fruit (*Schisandra chinensis*)

This “five flavors fruit” is a fantastic adaptogen to reduce the stress response while keeping a person

focused, modulating the immune system, and increasing work performance and mental activity. It helps to calm a person while relieving anxiety and strengthening the entire body. Schisandra also has a benefit for the cardiovascular system. This berry not only protects the liver and DNA from toxic exposure, but it is also anticancer, antiviral, and a powerful anti-inflammatory. Schisandra is also used for anti-asthmatic effects.

Dosage: 40-80 drops two to three times a day; Capsules: 1 capsule two to three times a day (extract), 3 capsules two times a day (dried powder); Decoction: 1-2 teaspoons in 10 ounces of water, simmer 10 minutes, steep 20-30 minutes. Drink 4 ounces three times a day.

Ashwagandha root (*Withania somnifera*)

The root of this plant not only reduces chronic stress, but it is also an immunomodulator to our immune system. This herb has a regulatory action on the immune system and has been used to treat autoimmune conditions such as rheumatoid arthritis and chronic fatigue, while also being used in protocols for cancer treatments (suppresses tumors and increases white blood cells). Ashwagandha root is a calming adaptogen that has strong anti-inflammatory activities, protects the brain, supports the liver, enhances bone mineralization and protects the cardiovascular system.



Unlike most adaptogens that are stimulating, ashwagandha is calming to the adrenal and nervous system. It also affects the nervous system by reducing symptoms of anxiety, fatigue, muscle tightness, cloudy thinking, stress-induced insomnia and nervous exhaustion. It also supports the thyroid for people with hypothyroidism.

Dosages: 40-80 drops two to three times a day; Capsules: 1 capsule two to three times a day (extract), 3 capsules two times a day (dried powder); Powder: 1 teaspoon one to two times a day. Decoction: 1-2 teaspoons in 10 ounces of water, simmer for 10 minutes, steep for 20-30 minutes. Drink 4 ounces three times per day. Brittney emphasized that the herb was not for people with hyperthyroidism and advised not using it if you have too much iron.

Brittney’s favorite immune strengthening remedies:

Immune Boost Tea by Desert Sage Herbs:

Organic astragalus root, organic elderberries, organic lemon balm, organic oat tops, organic chamomile flower, organic slippery elm bark, organic

yerba santa leaf, organic elderflowers, organic licorice root, organic orange peel and organic cinnamon chips.

Deep Health by Herbs Etc.: Reishi, Cordyceps, Rhodiola root, Astragalus, Maitake, Ashwagandha, Schisandra, Eleuthro, Ginger and Orange

My Community by Host Defense: Blend of 17 mushrooms

Staments 7 by Host Defense: Blend of 7 mushrooms

Resources:

[Medicinal Mushrooms: The Essential Guide](#) by Christopher Hobbs
Ted Talks by mycologist Paul Stamets

What's the Deal with Dill?



According to the Farmer's Almanac, dill (*Anethum graveolens*) is the poster plant for September. Rife with magical powers, this ancient herb has been said to bring good fortune and serve as a shield against evil. What's so special about dill? This aromatic annual is well known in culinary circles, but also has a long history of medicinal use.

Naturalized worldwide, dill's native habitat is attributed to western Africa, southern Russia, and the Mediterranean. A self-sufficient plant, wild dill is found wherever full-sun, well-drained slightly acid soil, and temperate climates exist. Needing little to no attention, when alerted by longer daylight hours, the newly awakened seed pokes through the soil. Best grown from seeds started indoors any time between August and November, transplants can be moved outside from October through January.

Dill typically reaches a height of about 20 to 60 inches. Thin but erect straight, smooth stems are branched and hollow, supporting alternating blue-green leaves less than one-inch wide. The dill weed leaves are reminiscent of the feathery egret plumes found on ladies' hats during the late 1800s. Young leaves produce the most aromatic oils. The fragrant foliage reportedly has a sweet, grassy and licorice taste, which is most appetizing when the first golden blooms appear. Looking a bit like umbrellas, these 1 to 3-1/2 inch blossoms are actually clusters of miniature flowers, which mature into miniscule, dehydrated fruits producing ovoid-shaped, flattened seeds about a tenth of an inch wide.

This cool-season annual is a good fit for fall and winter gardens in the lower desert of Arizona. Temperatures over 80°F (27°C) result in the plant putting energy into full reproductive mode, setting seed sooner than expected and diminishing the flavor of the leaves. Bolting can be delayed through regular harvesting of the top leaves, which also boosts bushier growth. Planting dill in partial shade can also extend the growing season.

The plummy leaves and the tiny seeds are two main reasons dill has a respected place in the plant kingdom. Dill has been used for thousands of years as a culinary delight, either fresh or dried, i.e., in teas, for pickling and seasoning, and even to flavor ice cream. Breads, cakes and rolls are no strangers to dill.

Beneficial insects can never get their fill of the nectar-rich blooms. As a bonus, dill is a trap plant for aphids and their arch enemy lady beetles. A host plant for the swallowtail larvae, dill contributes to the population growth of Arizona's state insect. Let dill go to seed, and magically goldfinches and other avian friends will be ravishing dried seed heads.

Health benefits extend to other gastronomic applications. The pharmaceutical industry is falling all over itself to market the medicinal value of dill when for centuries *A. graveolens* has been used extensively to treat indigestion and flatulence and, in Ayurvedic medicine, to fortify the stomach. Topically, dill oil has been used with babies to relieve colic pain and reduce flatulence. Not to be left out of the dill fan club, traditional medicine has used seeds to treat rheumatism and digestive issues. Who would have guessed that the miniscule dill seeds, stuffed with steroids, phenolic acids, flavonoids, and coumarins, are anti-viral, anti-bacterial, anti-malarial, anti-inflammatory and anti-cancer, with the potential to address hypoglycemic issues as well. That is the deal with dill!

By Kathleen McCoy
Herbie, Master Gardener, Master Naturalist

Weed and Feed September 2025

Avid new members, loyal, experienced Herbies and enthusiastic master gardener trainees converged on the garden to undertake unexpected projects Saturday, September 4. We worked in double-digit temperatures! Fall is coming.

Monsoon has visited much damage at MCCE this year. Three wind events have changed the landscape here. The herb garden was not immune. The first round took down much of the new growth on the



A gecko joins our avid volunteers in the garden at September Weed & Feed. Photo by Mike Hills

moringa tree, along with branches from various eucalyptus and the Texas ebony, and the shade structure in the master gardener propagation area. The second pass rearranged sunflowers, and whittled away at the hop bush and eucalyptus. And the third series of gusts lifted the trellis supporting the Queen's Wreath vine out of the ground and laid it down onto the parking lot. The chaste tree on the north side of the building was also laid down in that round of wind.

Commercial crews helped clean up the first round of events; the second left us still sorting odd bits of damage, and Saturday we undertook to set the trellis back in place. Keith Lorch and John Barkley conferred, and a plan was hatched. Teri Thorpe did some pruning the night of our meeting. It was decided that it would be safer and easier to remove all the vines before moving the trellis. Fortuitously, the root ball was undisturbed in all this change.



Holes were augured into the beds; Quick Crete was mixed and poured into the holes, and the trellis was lifted back into position. It was secured to allow the Quick Crete to set. Pam Perry found 10 to 15 new shoots reaching for the trellis Tuesday morning when she arrived to work in the vegetable garden.



Above, John Barkley wheels away the fallen queen's wreath vine overflowing in the wheelbarrow, Teri Thorpe and Sandy Cielaszyk help clean up and ready the area; John, Keith Lorch and Perry Green prepare the Quik-Crete to secure the trellis. Photos by Sandy Cielaszyk and Mike Hills

Across the garden, Ron Brennan led volunteers in removing damaged leaders on the moringa. Clean cuts within reach will allow us to select the next batch of shoots, and by next month no one will know exactly how much damage had been sustained in August. Volunteers asked about how we will prune either plant come February. That will be considered in February and will depend on how the plants recover.

Weeds and nut sedge were pulled, rosemaries trimmed, dead plants eliminated, sunflowers edited. Suckers were removed from the Vitex, and suckers at the base of the myrtles were also clipped. Oreganos, marjorams, gaillardias got haircuts,



After storm damage and much pruning, the queen's wreath already begins its regrowth. Photo by Pam Perry

removing spent flower heads. Pomegranate fruits had passed the 'sell by' date. They were removed from the trees and disposed of. Left in the garden they provide perfect habitat to allow generations of leaf-footed bugs to become problematic. Some monsoons we get a second flowering on pomegranates. Various seedlings were potted up and carried off to new homes.

The 15-gallon container lost under the asparagus ferns was moved. It will make a good place to plant next month; not shrouded by asparagus ferns, something will grow in it happily soon. As tools were collected, brooms deployed to sweep up debris, and tarps emptied for the final time into the dumpster, Maureen led avid volunteers on a system check of the irrigation system, finding and repairing various breaks in the lines.

We adjourned to share dates, cheese, cookies, lots of nuts, homemade cobbler, and other goodies, along with conversation, before heading off to other projects.

Mike Hills and Pam Perry
AHA Demonstration Garden Co-Chairs



Euphorbia melanadenia, red-gland spurge, a native of Baja California found a home in our garden. It is a perennial herb great for tiny pollinators such as the Perdita/Fairy Bee

Photo by Mike Hills

Ways and Means News



Calling all Herbies! The Master Gardener Metro Tech Fall Festival is on Saturday, October 25th. The event goes from 8:00 a.m. to 1:00 p.m. and I will need volunteers to man the booth, help with set up and tear down, and do plant delivery. We will order plants from Premier at Whitfield Nursery, **but any plants that the membership can propagate and donate will make the event that much more profitable for us and is very much appreciated!** Please consider coming out to this event to purchase plants and support AHA.

We will have a booth at two events on Saturday, November 8th. The first is an information/ free seeds booth at Nature Fest PHX 2025. I will need one or two volunteers for that event, which runs from 9:00 a.m. to 2:00 p.m. It's at 2801 South 7th Avenue (Rio Salado 7th Avenue Trailhead).

The second event is the Arizona Rare Fruit Growers Fall Sale at Lehigh Montessori in Mesa. This event is from 8:00 a.m. to noon. We have participated in this event in the past, so it will be business as usual. We will need volunteers to help with set up, take down and selling of merchandise.

Katherine Tarr
Vice President - Ways and Means

2025 Plant and Seed Events!

Event: Fall Plant Sale

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

When: Thursday to Sunday, October 16 – 19
Thursday, October 16 – Members only
Friday to Sunday, Oct 17-19 – 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 Metro Tech Festival

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

When: Saturday, October 25
Time: 8:00 a.m. to 12:00 p.m.



Event: Great American Seed-UP

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

When: Friday, November 7, 4:00 p.m. to 8:00 p.m.
When: Saturday, November 8, 9:00 a.m. to 2:00 p.m.
More info & tickets:

<https://greatamericanseedup.org> Under "events"

Event: Nature Fest PHX 2025

Where: Rio Salado Habitat Restoration Area 2801
South 7th Avenue
Phoenix, AZ 85003

When: Sunday, November 8
Time: 9:00 a.m. to 2:00 p.m.

Event: Arizona Rare Fruit Growers Sale

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

When: Saturday, November 8
Time: 9:00 a.m. to noon

Event: Arizona Honeybee Festival

Where: AZ Agribusiness and Equine Center
3775 E Union Hills Drive, Phoenix, 85032
When: Saturday, November 8
Time: 9:00 a.m. to 3:00 p.m.

Banner Photos: New Herbie Elisabeth Rebholz surrounded by herbs in the demo garden; mini rose hips seen for the first time in 20 years on our Carousel Rose; irrigation education for volunteers; Desert Tobacco is blooming; and Herbie Chris Lueck is helping volunteers learn more about herbs. Photos by Mike Hills

September 2025 Culinary Event Fall Holiday Foods



On Saturday, September 27, 2025, twenty-two herbies gathered at Nancy and Jerry Greenberg's home in Chandler for a great evening of delicious food and catching up after our summer break. The theme of the evening was "Fall Holiday Foods" and what a feast we enjoyed.

Appetizers and Soups for the evening feast included Nancy and Jerry Greenberg's Baba Ganoush Eggplant and Kathleen McCoy's Matzoh Ball Soup.

For salads, we relished Kathy Eastman's Harvest Salad with Honeyed Apples, Donna and Keith Lorch's Wild Rice and Butternut Squash Salad and Pam Perry and Henry Harding's Shredded Carrot Salad.

Sides included Chris Leuck's Roasted Carrots with Whipped Tahini and Janet Coleman's Cranberry Sauce. Pam Posten prepared "Pam's Yams," a recipe from Penzy's using baked yams and apples. Drew Templeton prepared her Grandma T's Mincemeat (all fruit, no meat) and Heidi Maxson brought her friend Suze and Balsamic Glazed Butternut Squash. Jim DiMaria baked Cardamon Bread and Nancy Greenberg made Challah Bread.

Main dishes included a beautiful Salmon prepared by Beatriz Cohen, Braised Brisket with Carrots and Potatoes made by Janet Coleman, Three-Onion Casserole baked by Todd Templeton and Nancy's Kasha (Buckwheat) Varnishkes (made the way her grandmother taught her!).

We also enjoyed desserts: Hazel Davis made Khoshaf (steeped dried fruit compote) and Olive Oil Brownies; Heidi Maxson brought Crispy Chewy Pumpkin Cookies; and Rachel Diamant and John Volk prepared Chocolate Zucchini Banana Loaf Cake.

The top favorites were the Carrots with Tahini, Mincemeat, and Kasha Varnishes!

Join us next month on Saturday, October 25, at the home of Hazel and Les Davis for our culinary event with the theme "Vegetarian Fall Foods!"

You can find the recipe for Chris Luek's Carrots with Tahini here: [Roasted Carrots With Whipped Tahini Recipe](#)



Roasted Carrots

Nancy's Grandma's Kasha



Nancy said she makes her kasha the way her grandma taught her, but doesn't really use a recipe. She thought this one comes close, although she uses olive oil and no parsley:

<https://toriavey.com/kasha-varnishkes-kasha-and-bows/>

Grandma T's Mincemeat

No Thanksween (a Templeton clan holiday that falls on the Sunday closest to Halloween), Thanksgiving, or Christmas is complete without this dish from Grandma T (Hannah Blair Templeton). You can use this to fill a pie, but we like it as a side dish. It's good warm or cold, and has also been known to top vanilla ice cream!



6 large, tart apples, unpeeled, cored, chopped
1 1/2 cups raisins
Zest of 1 orange
1 teaspoon ground cloves
1 teaspoon ground nutmeg
1 teaspoon ground allspice
1 teaspoon ground cinnamon
1/2 cup molasses
1 cup sugar
1 cup water
2 tablespoons flour
1 tablespoon vinegar
1 teaspoon salt

Stir everything together in a large saucepan. Bring to a boil, then reduce to simmer. Stir occasionally so it doesn't stick to the bottom of the pan. Cook until the apples are soft and the concoction has thickened. Cool and serve.

Drew

Drew Templeton, Culinary Chair

Gardening in a Warm-Winter Climate

(This is an excerpt from an article written by Stephen Scott of Terroir Seeds and is reprinted with permission). Read the entire article at:

<https://underwoodgardens.com/the-warm-winter-gardeners-guide-overcoming-the-heat-to-unlock-a-second-spring>

For those of us gardening in warm-winter climates, our journey is often filled with unique and counterintuitive challenges. From the Desert Southwest to the Gulf Coast and Florida, we often hear a collective expression of frustration, where it can seem like our best efforts are futile against an overwhelming and misunderstood climate.

The root of this frustration is often a flawed piece of conventional wisdom: the misalignment of a traditional, four-season gardening calendar with a region that has distinctly different seasonal rhythms. Forget the idea of a single, universal “spring” and learn to recognize that your region’s spring is actually in the fall.



A wall of sunflowers provides shade in the afternoon (above) and straw mulch protects the soil (right).



The first crucial step in shifting from frustration to strategic success is adopting the “reverse winter” concept. This is a conscious technique that reframes the hottest part of the summer as the garden’s dormant season—a time for a planned,

strategic pullback for a breather and planning, rather than a failed attempt.

The myth that summer is the peak gardening season is thoroughly debunked by the agreement among horticultural experts in warm-winter regions, who identify the fall and winter months as the most productive and pleasant period for vegetable gardening. University extension services from Arizona to Florida and Texas provide extensive, region-specific calendars that outline planting schedules beginning in late summer and extending through the winter. This expert consensus demonstrates fall and winter as the real prime time for gardening—the “second spring” that unlocks year-round abundance.

Far from being a season of dormancy, winter in these regions is a period of mild, moderate, and highly favorable growing conditions, often equivalent to a perfect spring day in the North. This understanding is the key that unlocks the logic of the inverted gardening calendar.

The successful warm-climate gardener acts as a designer, intentionally planning a favorable microclimate. The three pillars of this approach are a protective foundation of mulch, a lifeline of precision drip irrigation which reduces water loss and, by keeping foliage dry, lowers the risk of common fungal diseases, and a cooling canopy of shade that lowers both air and soil temperatures.



Warm-winter late fall harvest.

Becoming a Strategic Warm-Winter Gardener

The annual challenge of summer gardening in a warm climate isn't a reflection of your skill; it is the natural result of using a gardening map designed for a different landscape. The goal is not to “survive” the summer, but to strategically sidestep it to prepare for the best and most productive season. By adopting a designer’s mindset and learning to engineer a favorable micro-climate, you can transform the entire experience. This strategic shift turns gardening from a battle against the climate into a partnership with it, rewarding you with year-round abundance and the quiet satisfaction that comes from deep knowledge of your unique environment.



October Workshop

Elderberry Syrup

Come learn the art of making your own
immune-boosting elderberry syrup!

We'll be Learning

- The health benefits of elderberries
- Step-by-step process of making elderberry syrup
- How to customize with herbs & spices for added wellness
- Storage tips & dosage guidelines

Take Home:

- A jar of freshly made elderberry syrup
- Recipe & instructions to make your own at home

Saturday October 25th
11am to 1pm

6631 N 13th Street
Phoenix, AZ 85014

Space is limited. RSVP to secure your spot.

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



Inside this Month's Issue:

- Herbs & Mushrooms to Strengthen the Immune System by Brittney Sounart
- Lemon Verbena with Liz Lonetti
- Membership: Connecting with Friends
- Welcoming New Bureau Speakers
- Dill by Kathleen McCoy
- September Weed & Feed
- Fall Holiday Favorites Culinary

"There is no season when such pleasant and sunny spots may be lighted on, and produce so pleasant an effect on the feelings, as now in October."
—Nathaniel Hawthorne