



November 2025

A Publication for Members & Friends

<https://azherb.org>

Dear Herbies,

As I write this, it is pouring rain and I couldn't be happier. Here in the desert, rain is more often than not a welcome event for gardeners. And finally... FINALLY... we have some rain this year. The amount of rain and the fact that it came a month or two later than our typical (what is even typical anymore?) monsoon season may present some interesting gardening challenges for even the most seasoned gardeners.

Make sure the plants that don't like "wet feet" (I'm looking at you, Lavender) are in well-draining soil situations. Remember to dial down your irrigation when it's raining, but just as importantly, don't forget to turn it back on when it's dryer. Regardless of the rain, this is a good time to be evaluating the amount of water your plants are getting and adjusting automatic systems accordingly.

Rain doesn't affect only plants. The insects that make up a large part of our gardening ecosystem are affected as well. Check your plants frequently for damage. Make sure to check the underside of leaves as well. Remember that not all bugs are bad, and even the ones that eat and suck the leaves of our plants don't need to be eradicated if they are not doing much damage. When asking insects to leave, use the gentlest "voice" possible. A stream of water or some soapy water can go a long way to fixing the problem without exchanging it for a different problem. And remember to protect yourselves as well; we have seen a lot of mosquito activity in our area. Some friends have had success with bat boxes.

I am really looking forward to seeing a thriving garden this year. Don't forget to send pictures, or bring examples or stories to our meeting in November.

There are so many activities and plant sales coming up. Keep an eye on this newsletter and the calendar of events on our website so you don't miss a thing.

You'll find me singing in my (well-watered) garden,

Tammy Aragaki
President, Arizona Herb Association



Calendar

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: Matcha
Presenter: Janet Coleman



Saturday, 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: Drew & Todd Templeton
Theme: Getting Back to Our Roots
Details & Sign-up at <https://azherb.org>

Chrysanthemum Society and
AFGC Standard Flower Show
Saturday & Sunday, November 22 & 23
Location: Valley Garden Center
1809 N 15th Avenue, Phoenix, 85007
<https://azgardenclubs.com/event/mumshow2025/>

December 2025



Thursday, December 4: AHA
Holiday Party
Location: MCC Extension; Time:
7:00 p.m.

Herb of the Year 2026: Turmeric
All members and guests are welcome!
Watch your emails for more details.



Saturday, December 6: Weed & Feed
Time: 8:00 a.m.
Come, enjoy the cooler weather and get some
hands-on learning!

Saturday, December 13: Field Trip
Where: Friendship Village Community Garden
2645 E Southern Avenue, Tempe, 85282
Time: 9:00 a.m.
Sign up coming soon at <https://azherb.org>

November General Meeting

We are celebrating the “spook-tacular” time of year, and the November Arizona Herb Association speakers won’t disappoint.

Bumping the curb as we exit the month of October, Past President Liz Lonetti will usher in her monthly presentation of “Day of the Dead.” This sacred holiday is a reminder that death is a natural part of life’s cycle, celebrated with love, remembrance, and the healing power of herbs. This topic has been brewing for over a year now, so make sure not to miss it!



While Shakespeare might have thought it’s “Much Ado About Nothing,” Herbie Janet Coleman will prove that it’s “*matcha* do about something.” Janet’s Herb of the Month theme is *Matcha*. Get ready to learn why matcha is such a powerful herb!

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.

Join us for our fantastic November Herbie general meeting – Thursday, November 6, 2025, at 7:00 p.m.!

In good spirits,
Shay Emmers, 1st Vice President - Programs

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

Meeting begins at approximately 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:

Donna Hunker
Zip Code: 85028

Julia Ayscough
Joshua McIver
Zip Code: 85288

Charleen Badman
Zip Code: 85006

Courtney Lewis
Zip Code: 86004

Cindy Echeverria
Zip Code: 85018

Ashley Hare
Zip Code: 85041

Abby Contreras
Zip Code: 85281

Rachel Wilmet
Zip Code: 85259

Alisha O'Hara
Zip Code: 85282

Tammy Aragaki, Membership Committee



Herbies supporting the Metro/Tech plant sale: Susan Adamczyk, Katherine Tarr, MG trainee Courtney Lewis, Lynne Senzek, Lauren Espinoza, Mike Hills, Teri Thorpe, Sandy Cielaszyk, Pam Perry, Kathy Eastman, Lee Ann Aronson, Jo Setliff and Chris George.
Photos by Mike Hills

Because there were so many wonderful donations by Herbies (and an end-of-the-day giveaway by the Master Gardeners) we still have almost 12 flats of plants left. Some are slated for the Arizona Rare Fruit Growers sale on Saturday, November 8, at Lehigh Montessori in Mesa. So, if you missed the sale at MetroTech, fear not, you can come to the sale on November 8. I will also have a selection of plants for sale at the AHA general meeting on Thursday, November 6. Thanks again for everyone's help at the sale; it made for a very enjoyable event.

Ways and Means News – MetroTech & More!

There was a good turnout of both Herbie volunteers and the public for the MetroTech/Master Gardener plant sale held on Saturday, October 25. Thank you to all the volunteers that helped make it a success; from those that helped with the set-up/take-down to those that worked the booth and helped sell so many plants. There were a number of members that brought plants that they had propagated at home. A big thank you to them, as that helps with the bottom-line profits. Lee Ann Aronson was particularly helpful in selling the (many) lemongrass starts that she brought from home and the marigolds that Bernie brought were amazing! There were also some moringa trees that Mike Hills brought.

A special mention goes out to Marge Bayless for packaging so many seeds this summer. As a result, we have an amazing variety available. Lauren Espinoza and Bernie Arnecke were especially helpful in updating the information on the seed packets and on the plants that we bought from Scottsdale Community College. Those plants were mostly native pollinators and we will continue to nurture that connection.



Many Metro Tech Fall Festival goers were happy to take Lee Ann's lemongrass starts – and growing tips – home so they could grow their own.

Calling all Herbies! We will be represented 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 will need volunteers to help with set up, take down and selling of merchandise.

Katherine Tarr
Vice President - Ways and Means
Fall Plant and Seed Events!



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.

<https://www.phoenix.gov/administration/departments/oep/oep-programs/wildlife/naturefestphx.html>

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.

<https://azhoneybeefest.org/schedule-of-events/>

AHA Holiday Party



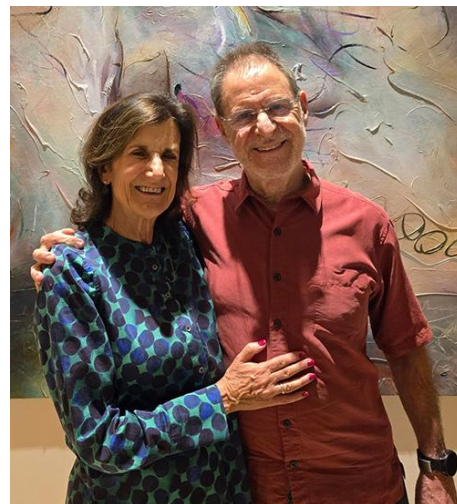
The holidays are right around the corner, and so is our annual holiday party! Please join us on Thursday, December 4th, at 7:00 p.m. to celebrate another successful year together and our upcoming herb of the year - Turmeric.

Sign up on the calendar at our website <https://azherb.org> where you will also be asked to list what dish you are planning to bring so we can prevent overlap and promote complimenting dishes.

P.S. Don't forget to bring your plate, cup, utensils and serving spoons to the event to eliminate waste!

**October 2025 Culinary Dinner
Vegetarian Fall Favorites**

On Saturday, October 25, twenty-five Herbies gathered to enjoy the amazing view of Paradise Valley and our culinary prowess at the home of Hazel and Les Davis (pictured right)! Our theme was Vegetarian Fall Favorites, and it was certainly a feast.



Eric Adamczyk prepared Mediterranean Antipasto Skewers, Drew Templeton created a Lemon-Ginger Apple Pinwheel with Vanilla Yogurt dip, and Hazel provided a Cheese Platter. Beatriz Cohen made a Green Salad, Vi Le and Haley Heng cooked delicious Vegetable Soup, and Kathy Eastman brought Quinoa Tabouli with Pomegranates and Pistachios.

Pam Schuler prepared fragrant Samosas, Janet Coleman and Zac Thayer brought beautiful Butternut Squash Dumplings in Ginger Soy and Ginger Soy Asparagus, and Hazel and Les Davis made an amazing Spinach Pesto Vegetarian Lasagna.

Nancy and Jerry Greenberg concocted Veggie Pasta with an Asian vibe, while Diane and Chris Knudsen cooked up a Zucchini, Eggplant, Tomato, Onion Mushroom Stir Fry. Todd Templeton invented a Butternut Casserole with Panko Mirepoix Topping, Kathleen McCoy and Eli made Spring Rolls with Peanut Sauce, Chris Lueck brought fabulous Cauliflower Piccata, and Pamela Posten made herbed Quinoa Biscuits.

Susan Adamczyk baked a Vegan Honey Cake, Donna and Keith Lorch baked both an Apple Crisp with Vanilla Ice Cream and Brown Butter Pumpkin

Oatmeal Cookies, while Judy and Larrie Bates brought Apple Pie and Vanilla Ice Cream. Top favorites were the Pumpkin Oatmeal Cookies, Cauliflower Piccata, and the Spinach Pesto Lasagna!

Join us November 15 for "Back to Our Roots!" hosted by Drew and Todd Templeton. Go to the Membership Calendar to sign up. **NOTE:** When signing up to attend the dinners, please click the **registration button** in addition to the menu link, so we can get an accurate head count. Some households have limited seating. Thank you!

Spinach Pesto Lasagna



Prepared by Hazel Davis

Adapted from Lasagna al Pesto, by Mollie Katzen.

16-20 no-boil lasagna noodles
2x12 oz. bags frozen chopped spinach, thawed and squeezed dry
5 cups ricotta cheese (can use full- or low-fat, or a combination)
1 cup pesto, homemade (see below) or store bought
2 cloves garlic, minced
Freshly ground black pepper to taste
1 cup grated Parmesan cheese, divided
1/3 cup toasted pine nuts
4 cups marinara sauce
2 cups grated mozzarella cheese

Preheat the oven to 350°F. Lightly oil a 10x14-inch baking pan.

Combine the ricotta cheese, spinach, pesto, garlic, pepper, 1/2 cup of the Parmesan cheese, and the pine nuts. Mix well.

Spread 1 cup of pasta sauce on the bottom of the pan. Place a layer of four or five uncooked noodles (depending on the size) over the sauce. No-boil noodles will expand as they bake, so some space between them is okay. Spread 1/3 of the spinach-ricotta filling over the noodles, and sprinkle with 1/3 of the grated mozzarella. Repeat layers twice more. Cover with a final layer of noodles, and then the final 1 cup of pasta sauce.

Cover the pan tightly with foil. Bake for 45 minutes; uncover, sprinkle on the reserved 1/2 cup of

Parmesan, and spray with a little olive oil if the top noodles seem dry. Bake uncovered another 10-15 minutes until the top is browned. Let rest for at least 10 minutes before cutting.

May be assembled the day before and refrigerated. Bake just before serving. Makes 16 servings.

Mollie Katzen's Pesto

3 packed cups fresh basil leaves
3 cloves garlic
1/3 cup pine nuts, lightly toasted
1/3 cup extra virgin olive oil
1/3 cup grated Parmesan cheese
Salt and pepper to taste.

Combine all ingredients in a food processor or blender and process until smooth. Taste and add salt and pepper as needed. Makes 1 cup.

Click here for the Cauliflower Piccata recipe:
<https://cooking.nytimes.com/recipes/1022614-cauliflower-piccata>



Click here for the Brown Butter Pumpkin Oatmeal Cookie recipe:
<https://sallysbakingaddiction.com/brown-butter-pumpkin-oatmeal-cookies/>



Drew
Drew Templeton, Culinary Chair

October Herb of the Month Moujean Tea Plant

At our general meeting on October 2, Past President Mike Hills introduced us to Moujean tea (*Nashia inaguensis*, sometimes called pineapple verbena due to its aromatic leaves); a semi-tropical evergreen plant in the Verbenaceae or Verbenaceae Family. Also known as Bahama Berry, the plant is



Mike Hills with Moujean Tea.
Photo by Liz Lonetti

native to the Inagua Islands of the Bahamas. It grows there in rocky, well-drained coastal headlands.

Cultivation: The plant is frost sensitive in USDA Zones 9 and 10. Although it can handle temperatures around 40 degrees, it can be damaged when

the temperatures reach the low 30s. Potted plants also need protection from freeze damage.



Moujean Tea is a small, evergreen shrub with very small, oval, glossy green leaves. The plant grows from three to six feet tall and two to four feet wide. It features small white blooms loved by pollinators (bees and butterflies) in the spring, followed by tiny edible berries for the birds.

Tips for growing the Moujean tea plant in the low desert include:

- It can be grown in the ground or in a pot.
- Provide afternoon shade or filtered shade of a tree. In our Demo Garden, the plant is growing under the twisted myrtle tree.
- Grow in enriched garden soil with excellent drainage.
- Keep the soil moisture steady, but provide less water in winter. Soggy conditions can lead to root rot.
- Add mulch and compost.
- Add no fertilizer, except for compost, the first year as young plant establishes.

- Prune as desired to shape or to harvest for tea.

Propagation: Transplants are the easiest and fastest way to propagate the Moujean tea plant. Semi-woody tip cuttings can be made in spring or fall; remove any blooms or berries from the cuttings. Propagating from seeds or whole berries is very slow.

Traditional uses: Leaves from the Moujean tea plant are used to make an enjoyable tea with the fragrance and tastes of vanilla, jasmine, honey and citrus. Mike dried leaves from the Moujean plant in our Demonstration Garden and used a ratio of one tablespoon of dried leaves per cup of water (and the slight addition of honey as a sweetener) to make a tea he shared with members at the October general meeting. The tea can be enjoyed hot or chilled. Other uses include using the leaves in potpourri or as a natural air freshener.

The plant has anti-inflammatory and antioxidant properties and a traditional medicinal use in the Bahamas is for calming and stress relief. Potential health benefits include for arthritis, and respiratory and digestive issues.

The plant is a popular specimen for bonsai and is a source of nectar for the Atala butterfly, native to the Bahamas and Caribbean and introduced into Florida.



Atala Butterfly photos from Florida Natural History Museum



Note: There will be Moujean tea plants available for purchase at our November meeting.

Weed and Feed October 4, 2025

Fall has arrived in the Valley with fall rains and bright sunny days of double-digit temps; it was almost brisk at 6:30 a.m.! Pam arrived to a whirlwind of activity among the early arrivals as they prepared the east side of the garden for irrigation upgrades to line #1. Volunteers lifted skirts of rosemarys and other vigorous herbs hanging over the retaining wall, the better to make irrigation changes. Perhaps the

exposure and extra light will also deter bunnies from accessing our irrigation as a water source. Other Herbies and Master Gardeners were engaged in reining in overzealous plants along the south and west sides of the garden as well. Still others diligently undertook to manage nutsedge and the *Oenothera berlandieri*, AKA Mexican evening primrose, that blooms with very pretty pink flowers, but can be aggressive taking over space in an irrigated garden.

The older coreopsis plants suffered all summer and are now gone, cleaned out to make space. Although a bit bare now, in another month sweet peas and more coreopsis will germinate along that eastern side of the garden; blooming by the New Year! The last large stem of the *Dodonea* (hopbush) was cut back; we will try to keep this as a bush, perhaps...until we change our minds again. Ron Brennan led a team of folks in lifting the canopy of the chaste tree, removing suckers and water sprouts, and allowing light under the canopy for other plants to thrive.



The elderberry still struggles but has survived and is putting out new leaves.

Weed & Feed photos by Mike Hills.

The elderberry has leaves again, emerging from summer dormancy in response to the rains and cooler temperatures. The bee bush, *Aloysia ssp.*, was subjected to rejuvenating pruning for more blooms and better space sharing. Our too, too happy Turk's Cap Hibiscus, now known as *Malvaviscus arboreus var. drummondii*, also got pruned back severely. The *Lippia graveolens* has suffered, as it has acted as a scaffold supporting the ever larger Turk's Cap; now it has the light of day. Even the pink Pavonia (*Pavonia hastata*), commonly known as spearleaf swamp mallow, got a moderate haircut to rejuvenate the plant. It was hanging well over the curb, blooming in spite of the hot asphalt.

After this early work, volunteers took a break as Mike lead the learning session, pointing out notable plants, weeds, seeds and insects to be aware of, along with a discussion of problems or mysteries in volunteers own gardens. The summer was not nearly as extreme this year and we had more

humidity during the monsoon months than we have experienced in this decade so far. Our native and non-native plants reflected the improved conditions.



The queen's wreath is rapidly recovering (see the photo banner on Page 1) from last month's storm damage and flowers are beginning to open for the fall showing on the re-installed trellis. (And, transplants of Queen's Wreath brought lots of attention at the Master Gardener Fall Plant sale on October 25.) Several fresh thyme plants were tucked into pots along the north wall, along with lemon balm and lemon verbena that will thrive through the winter here. We added the ornamental allium, contributed by Mike's dad years back, to the herb garden. It has long bloomed in the bulb garden, multiplying freely, and is a great plant for pollinators and beneficial insects.

Salvia officinalis survived the summer this year and will not need replacing for a change. The concrete pots along the south wall have irrigation and it is interesting as long-dormant seeds sprout; plant identification will be a continual process as the seedlings establish and eventually bloom.

We have several colonies of Western Paper Wasps (*Mischocyttarus flavitarsis*) lurking and care must be taken once we disturb them. These are the bright gold-colored wasps you see floating on ponds,



Western paper wasp (*Mischocyttarus flavitarsis*, Joseph Berger, Bugwood.org).

birdbaths and pools, collecting water to help make their paper-celled nests to raise their young. Adults are pollinators, and they collect and feed caterpillars to their developing young; they just are not great at sharing space with active gardeners or families. We sprayed some repellent derived with essential oils from citronella grass and scented geraniums in hopes that they will vacate the lavender, blanket flower and oregano clumps they are calling home. In your home gardens, these beneficial insects can be allowed to nest undisturbed in the back garden or

quiet, lesser maintained portions of your gardens and landscape. More details at this link: <https://extension.arizona.edu/sites/extension.arizona.edu/files/barnesm/PaperWasps-YellowJackets.pdf>

Tis the season to plant calendula seed or transplants, as well as marigolds and nasturtiums. In the nurseries are thymes and savories ready to pop in, and soon we will find violas, pansies, and dianthus of many varieties to bring color to our collections and interest to salads, savories and sweets for the table. Self-sown chamomile seeds responded to recent rains, germinating freely. We found some parsley seedlings hiding under a mix of sunflowers and brittlebush, protected all summer and now receiving the light of day, ready for harvest.

There is light in the garden, seeds sprout, and all is well! Our group of hard-working volunteers packed up, cleaned up and took a break to visit with each other, sharing garden talk and enjoying some snacks. Thank you to all our hard-working volunteers!

Pam Perry and Mike Hills
Demonstration Garden Co-chairs

The Halloween Turnip?

How does the sight of a lovely bunch of carved turnips or potatoes strike you as an October porch decoration? Luckily for us, the Irish, who brought this vegetable tradition to the new world, discovered that pumpkins were a lot easier to carve. Exit turnips and potatoes and enter pumpkins, a winter squash in the family *Cucurbitaceae*.

The modern-day Jack-O-Lantern is named after a very stingy mythical Irishman, who was doomed to roam the earth with a burning coal ember in his belly. Substitute candle for the smoldering carbon and take a quick mental leap to our modern-day, showy orange autumn fruit. If orange is not your favorite color, then take your pick of over 45 different varieties of pumpkins; colors include variations of red, yellow and green.



The original pumpkin trail extends from the southwestern part of the United States, through Mexico and Central America, and south into Peru, Ecuador and Colombia. Long before Mr. O-Lantern's worldwide wandering, anthropologists traced evidence of indigenous cultures from Mexico

cultivating pumpkins at least to 7,500 – 3,500 B.C. Pumpkins had a surprising range of uses, including dried skins woven into mats.

Although for the young at heart, the fruit is most commonly associated with candy, witches, and black cats; pumpkins are also well known for their culinary quality. Harder, smaller, and slightly more bitter than their modern-day ancestors, pumpkins were a dependable food source. Thanks to indigenous People, the colonists learned how to boil, roast, and preserve pumpkins. With a European flare, the early immigrants added pumpkin to stews, soups and primitive breads. As for the origin of the ubiquitous pumpkin pie, colonists filled a hollowed fruit with variations of a concoction of milk, spices, apples, and honey, which was then baked in hot ashes. Your great, great grandmother's crusts were yet to come when wheat became more available.

As a wistful counterbalance to the delicious vessels holding the pie filling is the pumpkin; a cup of mashed cooked pumpkin boasts of only 49 calories. Pumpkins are low in fat, calories, and sodium. High in fiber, the food might even curb appetites, in addition to providing a nutritious source of Vitamin A, Vitamin B, potassium, protein, and iron.

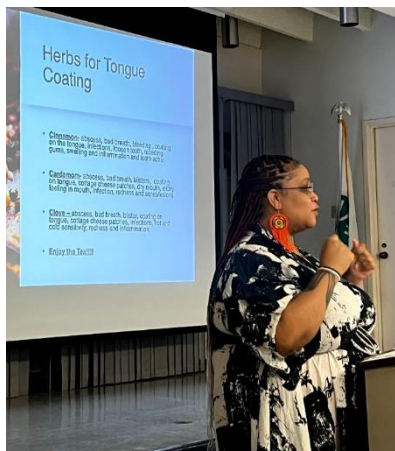
Meanwhile, the health benefits of pumpkin have spread like rings produced by skipping stones across a pond. The biological and medicinal potential of pumpkin have a profusion of applications founded in polysaccharides, proteins, amino acids, antioxidants, and peptides, as well as carotenoids. Therapeutic potential extends to heart conditions, diabetes type 2, and treatment of benign prostatic hyperplasia and more.

Seeds are reserved for their own culinary and medicinal adventure. Some pumpkins produce seeds encased in a shell, while others grow seeds, called pepitas, without shells. Both types of seeds, like the fruit, are overflowing with powerful antioxidants. Pumpkin seeds have been linked to improvement in heart health, blood sugar levels, fertility, and sleep quality. Seeds are easy to roast and are said to improve energy, mood and immune function. Best of all, they are simply delicious.



Kathleen McCoy
Herbie, Master Gardener, Master Naturalist

Healing Starts in Your Mouth Death and Life are in the Power of the Tongue



SWIHA student Renee Buffington spoke at our October meeting on The Secret Talks of Dental Herbalism. She said that physical ailments of the body can often be detected in the mouth before they manifest in the body. She showed a diagram of the 32 permanent teeth and

another of the anatomy of the tooth, and then talked about three herbs that help with inflammation and three for use in tongue coating.

Myrrh is good for abscess, bad breath, blisters, infection, pain, sinus pain, tooth sensitivity, inflammation and tooth ache, cottage cheese patches and cracked lips.

Echinacea is good for abscess, fever, infection, sinus pain, inflammation and toothache.

Rosemary is good for anxiety/fearful/feeling scared, bad breath, blisters, coating on tongue, cottage cheese patches, cracked lips, fever, headache, infection, injury/ trauma, stress (mental/emotional), and inflammation.



Herbs for tongue coating included:

Cinnamon, good for abscess, bad breath, bleeding, coating on the tongue, infections, loose tooth, receding gums, swelling and inflammation and tooth ache.

Cardamom, good for abscess, bad breath, blisters, coating on tongue, 'cottage cheese' patches, dry mouth, sticky feeling in mouth, infection, redness and sores/lesions.

Clove, good for abscess, bad breath, blister, coating on tongue, 'cottage cheese' patches, infections, hot and cold sensitivity, redness and inflammation.

The Principles of Good Dental Nutrition to Help Reverse Tooth Decay.

1. Keep the jaw, face and airways healthy and strong. Do this by chewing raw veggies,

whole nuts and seeds, meat on bones and chewy dried meat. Practice healthy breathing; it is good for digestion.

2. Give the mouth the nutrients it needs (with a focus on calcium balance and fat-soluble vitamins A, D and K2)
3. Keep the microbiome balanced and diverse. Probiotics and prebiotics like fermented foods and fiber help with this
4. Eat foods with epigenetic messages that contain compounds that can influence gene expression without changing the underlying DNA sequence. Proper nutrition is a powerful tool for influencing gene expression for health. Green tea, garlic, turmeric, polyphenol-rich foods, including red grapes and berries, and cruciferous vegetables such as broccoli, can support epigenetic expression and reduce disease risk. Read more about optimizing health with epigenetic food choices here:

<https://www.rupahealth.com/post/epigenetics-and-diet-how-food-influences-gene-expression>

The bottom line, according to Renee, is to practice great dental hygiene (including rinsing your mouth after a meal) and eat a healthy diet, including raw foods, sprouted greens, colorful fruits and vegetables and healthy fats and oils. She advised avoiding sugar and sugary drinks, white flour, and skim milk.

Renee shared a recipe of Michael Moore's for a tooth care powder that was published in a formulary by the Southwest School of Botanical Medicine.

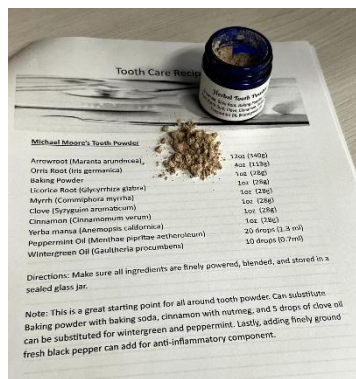
Tooth Care Recipe

12 oz	Arrowroot, <i>Maranta arundinacea</i>
4 oz	Orris root, <i>Iris germanica</i>
1 oz	Baking Powder
1 oz	Licorice Root, <i>Glycyrrhiza glabra</i>
1 oz	Myrrh, <i>Commiphora myrrha</i>
1 oz	Clove, <i>Syzygium aromaticum</i>
1 oz	Cinnamon, <i>Cinnamomum verum</i>
1 oz	Yerba mansa, <i>Anemopsis californica</i>
20 drops	Peppermint Oil, <i>Menthae pipritae Aetheroleum</i>
10 drops	Wintergreen Oil, <i>Gaultheria procumbens</i>

Directions: Make sure all ingredients are finely powdered, blended and stored in a sealed glass jar.

Note: This is a great starting point for all around tooth powder. You can substitute baking powder with baking soda, cinnamon with nutmeg, 5 drops of clove oil for the wintergreen and peppermint. Lastly,

adding finely ground fresh black pepper can be added for its anti-inflammatory component. Renee shared with us a sample of tooth powder to try at home.



Renee's handout included a recipe for tooth powder – and we left with a sample to try.

Meeting photos by Liz Lonetti

Just as eliminating stress benefits our health, practicing good oral hygiene can help prevent a variety of health problems in the body.

List of Reference Books

- Dental Herbalism by Leslie M. Alexander and Linda A. Straub-Bruce
- Oral Health and Herbal Medicine Published by Springer
- Cure Tooth Decay by. Ramiel Nagel
- The Dental Diet by Dr. Steven Lin
- Holistic Dental Care by. Nadine Artemis
- The Secret Lives of Teeth by. Meliors Simms
- Tongue Diagnosis in Chinese Medicine by Giovanni Maciocia
- Planetary Herbology by Michael Tierra
- The Ebers Papyrus by Tracey Wagstaff

Make a Little Herbal “Hay” with Cool Weather Fennel

By Catherine Crowley, the Herb Lady (posthumous), originally printed in the East Valley Tribune on September 27, 2003. Fennel photo: www.UnderwoodGardens.com

Cooks and gardeners may be familiar with the bulb



vegetable fennel, but do you know the herb? *Foeniculum* (Latin for “little hay”) *vulgare* is a member of the same family as parsley and dill, sharing its umbrella-like flower stalks.

Leaf fennel is a luscious smelling and tasting

variety that comes in a green and a gorgeous bronze leaf form. The leaves, stems, flowers and seeds are edible – and the seeds have long been

used as a digestive aid and added to cookies or teas. The essential oils include anethol (licorice) and limonene (lemon).

These feather-like plants lend themselves to landscaping, but are not suited as companion plants to vegetables and other herbs. Don't let this stop you from adding leaf fennel to your garden. Use in a row by itself at the back or front of a border planting area.

This plant is a perennial that should be started in the cool months (October through February.) To survive the summer, it will need protection from the afternoon sun. Aphids will be attracted to this herb, so diligence is needed. This lovely herb is worth the extra effort.

Like most herbs, leaf fennel needs four to six hours of direct sun a day, excellent drainage, deep watering and time to dry out between waterings. The bronze variety needs the full six hours to maintain its color.

A Taste of Fennel Salad

- 2 to 3 meaty tomatoes
- 1 small sweet onion
- 6 ounces mozzarella cheese
- 2 to 3 sprigs leaf fennel
- Olive oil
- Fresh lemon juice
- Salt and pepper to taste

Slice the tomatoes, onion and cheese in thin, equal slices.

Discard the thick fennel stem (or reserve for a tomato sauce). Coarsely shred the fennel leaves so you have small pieces of “feathers.”

On a serving platter, alternate layers of the tomato, cheese, and onion. Sprinkle with the fennel. Salt and pepper to taste.

Lightly squeeze fresh lemon juice over all and finish with a light drizzle of olive oil.

Banner Photos by Mike Hills, taken at October Weed & Feed, from left to right: Garlic chives blossom as the weather signals fall; the capers bloom and set seed; center is the Queen caterpillar Katherine Tarr found on a milkweed plant sold at Metro Tech; Pam admires the recovering Queens Wreath vine; and a bee finds the white Vitex delectable.

Growing the BIG Ones!

Long time members may remember Sam Kelsall, IV, who joined us at our February, 2016, general meeting to talk about growing giant pumpkins here in the low desert. Pumpkins grow to maturity in about 90 to 120 days, making June 1 a good planting date. Before that date, you'll need a plot that is weed free, with high organic content that drains freely. Planting in Maricopa County in June means you need to find a way to beat the white flies and lower the daytime temperatures. You'll also want to provide your plants protection from the wind, which can break the huge leaves or dry out your plant. If all this sounds like too much trouble, check out the pumpkin weigh offs in early October at Mother Nature's Farm in Gilbert www.mothernaturesfarm.com. The biggest pumpkins in Arizona are grown in Pinetop and Dewey.



Some surprising stats:

- Giant pumpkins can grow at a rate of 25 pounds per day.
- Giant pumpkins were first seen at the St. Louis World's Fair in 1903. The winning pumpkin weighed 403 pounds and that record stood for 75 years!
- The largest pumpkin grown in 2015 weighed 2,323.7 pounds. It was grown in a greenhouse in Switzerland.
- Giant pumpkin seeds can cost as much as \$10 each.

Additional resources:

www.HowardDill.com
<https://giantpumpkin.com/>



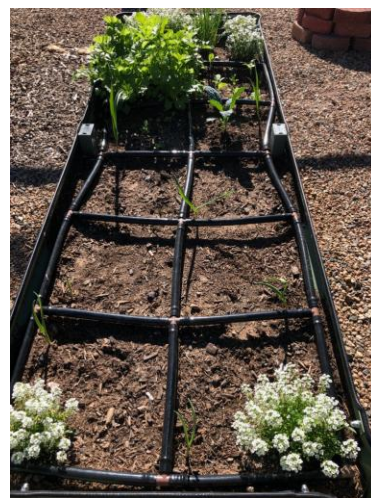
Join Us on a Tour of the Community Garden at Friendship Village

Thanks to co-ordination between AHA tours chairperson Teri Thorpe and AHA member Linda Overby, there are plans for interested AHA members to tour the Community Garden at Friendship Village at 9:00 a.m. on Saturday, December 13. Friendship Village is located in Tempe at 2645 E Southern Avenue.

Watch your email for further details or come learn more at our December Holiday Party. Sign-up will be at <https://azherb.org> on the calendar under the Members Only tab closer to the tour date.



Above photo shows Linda's plot newly planted for fall at the Community Garden; below is a demo setup of the new irrigation system they will be installing. Each plot is individually maintained and all are different. Join us for a fun morning! Photos by Teri Thorpe



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



Inside this Month's Issue:

- Dental Health with Herbs
- Moujean Tea by Mike Hills
- Pumpkins with Kathleen McCoy
- Master Gardener Fall Festival at MetroTech
- October Weed & Feed
- Cool Weather Crop: Fennel

*Gardening is the art
that uses flowers and
plants as paint, and the
soil and sky as canvas.*

– Elizabeth Murray