



# The Arizona Herb Association

October 2026

A Publication for Members & Friends

<https://azherb.org>

Dear Herbies,

To all who attended in person at the September general meeting – thank you. The members unanimously approved the amended bylaws. So appreciative of all who helped realize this goal! Look for the updated bylaws to be posted to the AHA website soon.

At our September meeting, we heard from two talented speakers – Padmaja Potharaju spoke about Silverlining Homestead LLC, a certified organic farm. Check out her farm at: <https://ccof.org/directory-member/silverlining-homestead-llc/>. Past President Donna Lorch presented the Herb of the Month – *Tagetes lucida*. She prepared a tasty beverage for the audience to sample, plus had Mexican Mint Marigold product samples to pass around for viewing.

On a different note, “*When it rains, it pours!*” The adage is appropriate to declare during the “monsoon season.” This year’s isolated thunderstorms came mid to late summer, depending on where you reside. Out in the boondocks of Wittmann, I was certain that this would be one of our driest summers on record – but thankfully, I was wrong.

First came the rains, then the hail, and just this past week more rain...totaling almost five inches in the past month and a half. The plants (pictured here) are thriving with precipitation! The once-stolid saguaros and dire-looking prickly pear cacti are now regal in appearance.



As we say “so long” to summer and welcome autumn, we can more enjoyably spend time gardening and volunteering as we’re led to do. At our October general meeting, let’s talk about *your* gardening projects when we discuss “What’s happening in your garden?” See you at our meeting and upcoming gardening events!

Thankful for our volunteers,

*Shay Emmers*

Shay Emmers  
AHA President



## Calendar

### October 2026

Thursday, October 1: AHA general meeting  
Location: MCC Extension; Time: 7:00 p.m.  
Topic: Día de los Muertos: Celebrating Life with Herbs, Flowers & Plants  
Speaker: Liz Lonetti  
Herb of the Month: Maize  
Presenter: Miriam Segura



Saturday, October 3: Weed & Feed  
Time: 7:00 a.m.

Saturday, October 24: Culinary Event  
Theme: Fall Vegetarian Comfort Foods  
Hosts: Hazel and Les Davis  
Sign up on the calendar at <https://azherb.org>

Tuesday, October 27: Aromatherapy Gardening  
Location: Fountain Hills Community Center  
Time: 2:00 p.m. to 3:30 p.m.  
Instructor: Carol Stuttard  
Register for this and other classes at <https://FountainHillsAZ.gov/rec>

Wednesday, October 28: AHA Board Meeting  
Time: 7:00 p.m. on Zoom  
<https://us06web.zoom.us/j/85223981514?pwd=qfS4D5Gv2PSLe74mlZgDHdKpktuaG.1>

### November 2026

Thursday, November 5: AHA general meeting  
Location: MCC Extension; Time: 7:00 p.m.  
Topic: Medicinal Mushrooms  
Speakers: SWIHA students  
Herb of the Month: Chiltepin Pepper  
Presenter: Kim Rosenlof



Saturday, November 7: Weed & Feed  
Time: 7:00 a.m.

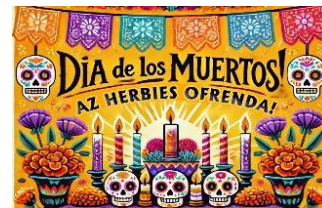
Saturday, November 7: Boyce Thompson Arboretum  
4th Annual Green Gala Fundraiser  
See page 8 for details

Saturday, November 14: Culinary Event  
Theme: Thanksgiving Favorites... Parsley, Sage, Rosemary and Thyme  
Hosts: Cindy and Mike Jepson  
Sign up on the calendar at <https://azherb.org>

See a list of Fall plant and seed events  
on pages 3 and 4

## October 2026 General Meeting

Join us on Thursday, October 1, 2026, for a colorful exploration of Día de los Muertos and the remarkable role plants play in this centuries-old Mexican tradition presented by Past President Liz Lonetti. From brilliant marigolds believed to help guide loved ones home, to fragrant copal smoke, richly colored flowers, herbs, fruits, corn, cacao and other foods of the harvest, plants are woven throughout the symbolism and celebration of the holiday.



We'll explore some of these botanical traditions, their meanings and a few surprising connections especially suited to a room full of Herbies. We'll also build a community ofrenda (altar) together that evening.

Members are invited to bring a photo, small memento, favorite food or other small offering in remembrance of someone they would like to honor. Participation is completely optional—the ofrenda will be there for anyone who would like to contribute. Liz will be bringing a few things for everyone to smell, taste and experience along the way.

The Herb of the Month – Maize – will be presented by Miriam Segura.

Katherine Tarr will have sign-up sheets for two fall events (see page 3 for details) and will also have available for sale quart size bags of worm castings for \$5. A recipe for a planting mix will be provided with each bag sold. If you have herbie bucks, remember to bring them! We will also have a selection of seeds appropriate for fall planting.

Remember to bring your own plates, bowls, beverage holders and utensils to help us reduce waste! Snacks for our meeting break are welcomed; a recipe or list of ingredients for your dish is also appreciated, as it helps those with dietary concerns make their choices.

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/85141170155?pwd=2bEbs0HmiH0kevN1sMvablfM8j45qG.1>

Meeting ID: 851 4117 0155  
Passcode: 383611



## Welcome New and Returning AHA Members:

Anne Mastney  
Zip Code: 85339

**Diane Knudsen**  
**Membership Chair**



## Fall 2026 Herb Association Events

There are two events this Fall for which I will need volunteers. The first is the Metro Tech Fall Festival and Plant Sale on Saturday, October 24, 2026. It will be held at Metro Tech High School, 1900 W Thomas Road, Phoenix, 85015. Set up is generally from 6:00 a.m. to 8:00 a.m., with the event open to the public from 8:00 a.m. till 1:00 p.m. We almost always get a really good booth space that is shaded. The culinary department at the school offers food and beverages for sale and past offerings have been very tasty.

The second event is the Arizona Rare Fruit Growers Fall Plant Sale on Saturday, November 7, 2026. The event will be at Lehi Montessori School, 2415 N Terrace Circle, Mesa, 85203. The event runs from 9:00 a.m. till noon, with set up starting at 8:00 a.m.

Anyone interested in helping out with set-up, sales, etc., please email me at [ktarrbaby@yahoo.com](mailto:ktarrbaby@yahoo.com). I will also have sign-up sheets at the AHA general meetings. All volunteers get herbie bucks for helping.

Thank you,  
Katherine Tarr, AHA VP Ways and Means

## Fall 2026 Plant and Seed Events!

### Event: Fall Seed Swap

**Where:** Chandler Sunset Library  
4930 W Ray Road  
Chandler, AZ 85226

**When:** Sunday, October 11

**Time:** 1:30 p.m. to 3:30 p.m.



Visit the Chandler Sunset Library and share seeds, seed starts, and plant cuttings with your neighbors. Meet local gardeners, Master Gardeners, and other community members with the expertise to help you start or maintain your desert garden, conserve water, and more! You can participate in the seed sharing even if you do not bring seeds. Envelopes and markers will be provided. Everyone and all ages are welcome! There will be a raffle for a desert gardening book!

### Event: Boyce Thompson Fall Plant Sale

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

**When:** Friday, October 16 (members only)  
Saturday, October 17 to Sunday, November 1 (general public)

**Time:** 8:00 a.m. to 5:00 p.m.



Boyce Thompson Arboretum's Fall Plant Sale is the perfect time to pick up new trees, shrubs, perennials, and more for your garden or landscape. The sale features an array of plants from around the world, including native plants and plants native to the southwestern states and northern Mexico. These plants are better adapted to a climate like ours, making them more sustainable and water-wise. <https://btarboretum.org/event/fall-plant-sale-2026/>

### Event: DBG 50th Anniversary Plant Sale

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

**When:** Thursday to Monday, October 22 – October 26

Thursday, October 22 – Members only

Friday to Monday, Oct 23 – 26: general public

**Time:** 7:00 a.m. to 6:00 p.m.

No reservations required, except for Thursday from 7:00 a.m. to 10:00 a.m. which is a VIP ticketed shopping event. Additionally, the DBG will not be having a Spring Plant Sale in 2027.

Details at <https://dbg.org/explore/events/>

### Event: Master Gardener Metro Tech Festival

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

**When:** Saturday, October 24

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

This festival is a great place to get locally propagated plants and find garden related merchandise and crafts. Come early for the best selection! It also features a variety of food vendors and a rummage sale. Free Admission and Parking. Bring cash, as some vendors and student clubs can only accept cash. Be sure to stop and visit our Arizona Herb Association booth.

**Event: Great American Seed-UP**

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

**When:** Friday, November 6, 4:00 p.m. to 8:00 p.m.

**When:** Saturday, November 7, 9:00 a.m. to 2:00 p.m.

This is an opportunity to purchase adaptable, non-GMO, and heirloom seeds in bulk.

More info & tickets:

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

**Event: Arizona Rare Fruit Growers Sale**

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

**When:** Saturday, November 7

**Time:** 9:00 a.m. to noon

This is a chance to get plants and trees propagated by AZRFG members.

**Event: Nature Fest PHX 2026**

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

**When:** Saturday, November 14

**Time:** 9:00 a.m. to 1:00 p.m.

**Event: Herb and Veggie transplants for sale**

**Where:** Arizona Worm Farm  
8430 S 19th Avenue, Phoenix, 85041

**When:** During regular hours of operation



Fruits & veggies are available for purchase anytime we are open; supplies are always limited because we only sell what we can't eat

ourselves. Transplants are available during regular hours of operation.

[tps://arizonawormfarm.com/](https://arizonawormfarm.com/)

**Banner Photos:** Katherine Tarr and bunny Ellipses learn something new at our October AHA meeting; cooler weather lets fall bulbs bloom; Shaggy Desert Mane Mushroom, *Podaxis pistillaris*, also emerged after recent rains; Devils Claw bloom (center) and fruit (far right photo) in the demo garden; Alpiste Seeds, *Phalaris canariensis*, are made into a flour employed in the manufacture of fine cotton goods and silks. A healthy seed milk can be made from the seeds for humans; the seeds are also used as bird food.

Photos by Mike Hills and Lee Ann Aronson

## Mexican Mint Marigold, *Tagetes Lucida* September Herb of the Month



Past AHA President Donna Lorch presented a garden favorite, Mexican Mint Marigold, as our September Herb of the Month.

*Tagetes lucida* belongs in the Astereaceae family, in the *Tagetes* genus with marigolds. These include French Marigold '*Tagetes patula*', African (or

American) Marigold '*Tagetes erecta*', and Signet (or golden) Marigold, '*Tagetes tenuifolia*.' The species *lucida* means brilliant or light. The name *Tagetes* originated with the Etruscan god, Tages. Other common names for this herb include Sweet-scented Marigold, Mexican or Spanish Tarragon, Yerba Anis and Pericón.

**Cultural characteristics:** Mexican mint marigold is not fussy about soil, but prefers it to be well-drained. It is both heat and drought tolerant and blooms here in late summer and fall. In winter it may die back to the ground, only to regrow from its roots again in mid to late March. Protect it from the cold if you want to extend your harvest; it is hardy to 10° F. It serves as an excellent replacement for French Tarragon which struggles to grow here.

*Tagetes lucida* may be started from seed, root division, cuttings or transplants. Seeds may be planted in March and April. Sow seeds about 6 inches apart in full sun after all frost has past. Cover with about 1/4 inch of fine soil and keep evenly moist. Seedlings emerge in 7 to 14 days. Root division is best done from February through May and again in October. Transplants do well in October, and again in the spring in March and April.



Upright, bushy plants grow to approximately 24 inches tall. Leaves are medium green, lanced and linear to oblong. The golden ray florets are 1/2 inch in diameter. The plant is pollinator friendly for bees, butterflies and birds. Used as a companion plant, it repels insects. Leaves and flowers taste like licorice or anise and can be harvested throughout the growing season, up until frost.

**Historical uses:** *Tagetes lucida* was used by the Aztecs and Mayan cultures to flavor chocolatl (a cocoa drink), to enhance tobacco products, and to flavor foods. It was used in incense for rituals, as a fabric dye for its golden tones and as a chest rub to ensure safe river crossings. The plant was also used to treat illnesses, including:

- Phlegm with intermittent fevers
- Gout, stiffness, spitting blood
- Swelling, blisters, gastrointestinal upsets
- Malaria and the common cold.

Mayans blew powdered *Tagetes lucida* into the faces of sacrificial victims believing it had hallucinogenic and anesthetic effects; easing the pain and distress of being sacrificed.

Historically, the Spanish called it the “cloud plant” because of its cloud forest habitat, cloud-like flowers and ritual incense smoke and sacrificial use. It was used ceremonially for its mild hallucinogenic and visionary effects. The Spanish also used the leaves in remedies for malaria, colic and colds. Poultices of the leaves were used to relieve rattlesnake bites, hiccups, inflammation and as an antiseptic.

In current times in some parts of Mexico the stems are formed into crosses and hung on farm fences to summon rain and bountiful harvest, as well as in doorways to keep evil spirits away. Day of the Dead rituals include lining the path that leads to the departed’s home with Mexican mint marigold flowers, using the plant in incense and in making a celebratory tea.



**Culinary uses:** In the kitchen, *Tagetes lucida* may be used as a substitute for French Tarragon to enhance rice, pasta, desserts, vegetables, meat, sauces, baked goods, salad dressings, and even ice cream. It has been used in herbal cheese, cakes and teas and to flavor vinegar. You can preserve the leaves by blending them with a little olive oil and then freezing. Use the flowers as an edible garnish in desserts, salads, and drinks. Since the flavor may cook away, add it at the end of cooking time, much like fennel.

**Modern medicinal uses:**

Mexican mint marigold has anti-inflammatory and antioxidant properties. Take as a tea to treat the common cold, to alleviate gastrointestinal discomfort, and as a digestive aid. As a mild sedative, it promotes relaxation, calming and restful sleep. It



supports mood and enhances dreams to induce visions.

**Safety considerations:** Moderation is advised, as excessive consumption may be harmful, cause nausea or allergic reactions. Use fresh or dried leaves sourced from organically grown plants to avoid pesticide residue, and wash thoroughly before use. Some folks may experience skin irritation or contact dermatitis if broken skin comes in contact with the plant’s sap. Pregnant women should use caution and consult a healthcare provider before using large amounts of the herb in their diet. Studies have shown that *Tagetes lucida* exhibits low toxicity, supporting its long history of traditional use.

Donna treated us to lemonade and buttermilk cake flavored with Mexican Mint Marigold.

**Sources:**

Journal of the American Herbalist Guild  
Strictly Medicinal Seeds  
Herb Society of America HOM 2/26  
Mountain Valley Growers  
ASU Virtual Library of Phoenix Landscape Plants  
Guide to Edible Flowers, Johnny’s Selected Seeds  
The Low Desert Herb Gardening Handbook

**Mexican Mint Marigold Recipes**

**Tarragon Tea** by Liz Lonetti

1 tablespoon fresh tarragon

Pour 8 to 10 ounces boiling water over leaves. Let steep for five minutes. Nice extras include ginger, mint and/or honey.

**Texas Tarragon Vinegar** – Herb Society of America

White wine vinegar

Texas tarragon leaves

Fill clean jars 1/3 to 1/2 full with fresh leaves—no stems as it tends to turn the vinegar brown. Add white wine vinegar to the top. Cover with a non-reactive lid (not metal) and let steep 2 to 3 weeks. Strain out the leaves. Store in clean bottles or jars.

**Mexican Mint Marigold Herbal Cheese**

3 tablespoons fresh Mexican Mint Marigold

1 teaspoon ground cumin

1 tablespoon lime juice

1/4 cup sour cream

1 pound Neufchatel cheese

1/2 teaspoon salt

1 teaspoon fresh ground pepper

Mix softened Neufchatel cheese with sour cream. Add cumin, lime juice, salt, and pepper. Mix well. Stir in the minced tarragon.

Serve with vegetables or crackers.

### Mexican Mint Marigold Buttermilk Cake

1 cup butter  
3 cups sugar  
1/2 cup Mexican mint marigold leaves  
1 cup eggs (4 to 6)  
3 cups flour  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1 cup buttermilk

Remove the marigold leaves from the stem and then place them in a food processor with half of the sugar. Process just until the leaves are finely chopped.

Mix butter and sugar well in a mixer. Add eggs and beat until well mixed and fluffy (2 to 3 minutes). Mix dry ingredients in a separate bowl.

Add dry ingredients and buttermilk alternately in small amounts on low speed and only until well blended.

Bake in greased and floured pans as follows:  
In a large, heavy bundt pan at 325° for 1 1/2 hours or in 2 large or 4 small loaf pans at 350° for 1 hour  
Don't overfill pans.

Cake is done when a toothpick inserted comes out clean. The top of the cake in the pan will be a light brown and usually has cracks.

Cool 10 minutes, then remove from pan (the cake does shrink down some). Let cool completely, and then sprinkle with powdered sugar if desired.

Great served with a lemon or rose geranium custard or ice cream.

### September Meeting Review From Backyard Dream to Silverlining Homestead LLC

At our September 2026 general meeting, we learned from Padmaja Potharaju about her successful transition from backyard gardener to successful urban farmer. Padmaja grew up in a farming family, built a career in technology, and ultimately found her way back to the soil. Along the way, she spent years learning from other farmers, figuring out how to cultivate a garden during Arizona's summer heat, and navigating the organic certification process necessary to turn a



backyard dream into a productive USDA Organic certified operation. The journey provided the inspiration behind Silverlining Homestead.

Padmaja's organic philosophy is "organic growing is not simply about avoiding chemicals. It is about learning to work with nature, building healthy soil, encouraging biodiversity, and interfering as little as possible with the natural system." She shared with us many practical lessons she learned about soil building, irrigation, pollinator integration and regenerative growing practices, as well as the joys and challenges of creating a climate resilient urban farm. She offered encouragement and real-world insights for any of us interested in growing food with purpose and sustainability in the desert.

Padmaja explained how she established Silverlining Organic Farm by explaining her process and philosophy of Connecting, Learning, Networking and Applying principles.

#### Step 1

She started with building a foundation: 1) Start a business with the Arizona Corporation Commission; this is the foundation for banking, contracts, insurance, financing and grants. 2) You can use USDA Farm Service Agency (FSA) to get your farm tract number and connect with USDA programs.

#### Step 2

Padmaja suggested getting technical support from places like the USDA NRCS – Service Center Locator and the University of Arizona Cooperative Extension for services like consultations, field days, workshops and research-based training for our local climate and soils.

#### Step 3

Find mentors and build your own network:  
Arizona TOPP – Arizona Transition to Organic Partnership Program (mentorship)

<https://www.arizonatopp.org>

SCORE – free business mentoring

American's SBDC – no cost consultations

Local First Arizona – helps local businesses thrive

<https://localfirstaz.com>

Pinnacle Prevention - <https://pinnacleprevention.org>

#### Step 4

Look for funding opportunities. Padmaja was able to secure a City of Phoenix RSA Grant and an AgWest Farm Credit to help with her expenses.

Her advice, "Stay curious. Stay hungry to learn. The resources are out there—you just have to reach for them."

In the spirit of letting nature do some of the farming, Padmaja adopted growing techniques that included

- 1) Protecting the soil by disturbing it less with “No-Till” growing,
- 2) Feeding the soil by using plant material for mulch with the “Chop & Drop” method of returning healthy crop residues to the ground. In the process, she left plant roots behind to help till the soil.
- 3) Growing with the soil by using legumes such as cowpeas, tepary and mung beans as Nitrogen-Fixing Crops.

Padmaja questioned growing plants that need a lot of water (such as Ashwaganda) and took a new look at growing plants we often dismiss as weeds. She planted rows of moringa trees, not only for the food the plant provided, but also to create a microclimate and provide a canopy of filtered light for other plants and herbs she wanted to grow. She planted daikon radish, whose deep taproots helped penetrate compacted soil, created pathways for water and improved the soil structure over time.

Mulching the paths suppressed weeds, conserved moisture and moderated soil temperature. She created protected spaces for worms to process organic matter with the use of in-ground worm bins. Instead of treating every insect as a pest, she learned to observe first if plant damage was happening. Overall, her goal was not to control every part of the farm, but rather to create conditions where nature could help.



Padmaja admitted that becoming USDA Certified Organic is more than just growing without conventional chemicals. It means creating a documented, traceable system showing how you grow, what you use, and how you protect organic integrity from seed to harvest. And, it is ongoing, not just a one-time approval. Receipts and invoices need to be kept from the purchase of seeds and inputs through the planting, harvesting and sales. Pictures help document the process. An annual farm inspection verifies the practices and records.

From the beginning, Padmaja sought the help of others, by visiting, observing and volunteering at various community and urban gardens and by taking classes and applying for grants. She emphasized that you don't need to go through the process alone; help is available.

“I came to farming with plans, timelines, and determination. But the land had lessons of its own. Arizona's heat tested my limits, relentless weeds challenged everything I thought I could manage, and life itself forced me to stop when bypass surgery changed my pace. It was humbling to realize that the farm does not pause when I do. The sun still rises, the irrigation still comes, the weeds still grow, and the seasons keep moving. I learned that farming is not about controlling everything – it is about respecting what I cannot control, adapting to what is in front of me, and having the humility to begin again.”

We wish Padmaja continued success with her organic farm. We are grateful to her for sharing her story and learning experiences with us. Her enthusiasm and encouragement were inspirational.

## Seasonal Changes at Weed & Feed September 2026

A lively bunch of volunteers descended on the garden to undo the worst that summer offered. Mike was around early and often to check on the paper wasps, and his diligence is paying off. We had far fewer than in months past.

The poor old coreopsis succumbed to heat, preceded by too much powdery mildew. When temps change, we will select seedlings and allow them to prosper again. Black-eyed Susies went their annual way. The scented geraniums found monsoon not at all to their liking and expired...we will get new and maybe different ones soon! There is such diversity in this group.

Making our way around the corner, the expired biennial *Oenothera* disappeared with all sorts of summer weeds. All this cleaning opens up real estate for seeding and planting in weeks to come, as the weather becomes more amenable. We will add to our reseeding collection, renew the alfalfa, add some red clover, and several flowers. Fresh thyme in several flavors fills pots on the wall, again, and the arugula is up. Seed was still very viable; we have lots of arugula.

Heidi, Maureen and Perry potted up garlic chives, oreganos and chaste trees in hopes they profit and are saleable in October. Peter joined our pruning team this week. He and Elizabeth worked to raise the

canopy of the chaste tree, and the French lavender gets light again, while the dumpster gets filled.



File photo of Yerba Mansa which typically blooms late March through April. Photo by Lee Ann Aronson

The potted Yerba Mansa was problematic. It has been extricated and replanted, with its soil refreshed and the irrigation updated. We have great faith it will not sulk for long. We are layering the *Poliomentha incana* on the west curb as well as several rosemaries and other spreaders. The overgrown SW corner was trimmed and made more manageable. We were very thoughtful and did not prune much during the summer's heat, but enough is enough and plants have to share and play well together!

As the temperature rose, volunteers adjourned to the Palo Verde room where Kathy Tarr was surrounded by our seed collections. The elves have been busy, and we have lots of variety for fall planting. Getting that sorted and organized for the upcoming fall festivals is a big operation! This truly was a weed, feed and seed Saturday!

Hummus, melons, chocolate brownie cookies, grapes, cheese - all made for great snacking as we cooled off and chatted before heading out for the day.

### AHA Demo Garden Flashback!



Our demonstration garden has come a long way since its start! Mike Hills shared this photo of founder Jane Haynes checking out the cochineal scale on prickly pear with the children of JoAnna Sanchez, circa 1995.

## Green Gala Event at Boyce Thompson Arboretum

At our September AHA general meeting, Pam Perry reminded us that our friends at Boyce Thompson Arboretum are holding their 4th annual Green Gala fundraiser, on **Saturday, November 7, 2026**.

Boyce Thompson has been a wonderful friend to the Arizona Herb Association over the years. We've shared plants, knowledge, visits and plenty of gardening enthusiasm, so this seems like a lovely opportunity to support the Arboretum while enjoying a special evening together.



The Green Gala is held outdoors at the Arboretum's Hill House property in Superior (Hill House Property at 38815 E Arboretum Way, Superior AZ 85713) and includes cocktails beginning at **4:00 p.m.**,

followed by dinner and evening program at **5:00 p.m.** Guests will dine under the stars while supporting the Arboretum's education, research and conservation work. Dress is "Western Chic." Note: this is an outdoor event, so you should dress warmly and wear comfy shoes for uneven paths.

For all the Green Gala details, visit:  
<https://btarboretum.org/green-gala/>

**And here is great news!** We have arranged a special deal for Herbies. The standard price for a shared table for 10 is \$3,500. BTA will allow us to fill a shared table of 10 for only \$300 each.

If this sounds like something you'd enjoy and you'd like to attend, please register on this link [Green Gala Registration Link](#) by Friday, October 2, 2026.

If you want to sit at the Herbie table (filling quickly), please provide your email, phone number and any dietary restrictions to Teri Thorpe ([teriinthegarden@gmail.com](mailto:teriinthegarden@gmail.com)). No need to sign up at the AHA website.

Mike Hills has agreed to check into a possible overnight stay to save the need for night driving.

BTA is a 501(c)(3) non-profit organization. Consult your tax preparer to understand your own tax deductibility.

## The Glorious Morning Glories

Arizona is known for dramatic Disney-like sunrises of pinks, yellows, and salmons. Such a dazzling early morning show triggers a wake-up call for morning glory plants of the genus *Ipomoea spp* in the family Convolvulaceae. Its many relatives include ornamental, edible, and medicinal species. Sharing visually appealing, delicate cone-shaped flowers in a household of over 621 species, some *Ipomoea* are reseeding annuals, while others are deciduous perennials emerging from tubers in spring. Native primarily to the Americas, Arizona can boast of 12 to 14 residents.

Most communities of *Ipomoea* move to the daily circadian rhythm of early morning blossom risings to siestas around midday; reappear with the next bright sunrise. This solar alarm clock reacts to light cues which trigger petals to unfurl or remain fully closed waiting for a more auspicious sunny day. Extreme heat, insufficient water, pruning, and cool cloudy days create stresses which may delay opening patterns, triggering the flowers to wait for a more welcoming environment.



Photo by Sandy Cielaszyk

The majority of morning glories are vines. Long stems twine and climb from beneath large heart or lobe shaped leaves. Some like the heartleaf morning glory (*I. cardiophylla*) and the trans-Pecos morning glory (*I. cristulata*) extend upwards of 10 feet.

Blooming profusely and continuously from late spring through autumn, single or small clusters of trumpet or bell-shaped flowers appear at stem tips, bursting forth in a panoply of violet, blue, red, pink and white shades. Hummingbirds appreciate the ruby blossoms of the *I. rubriflora*.

Fruit is contained in small three chambered capsules with enormous germination potential. Some *Ipomoeas* can produce up to 26,000 seeds and have been known to exhibit no regard for their neighbors' space, suffocating and robbing them of nutrients. Certain overly exuberant morning glory species can exhibit aggressive growth habits and pose an invasive threat. Proper potting can curb their roving ways.

Some morning glory seeds can be toxic. The seeds contain compounds that can cause symptoms ranging from mild gastrointestinal irritation, nausea, disorientation, tremors and diarrhea to hallucinations. Candidly speaking, over 200 seeds need to be ingested prior to taking a psychedelic trip. Before writing off *Ipomoeas*, note that cultivated or wild *Ipomoeas* can be as helpful as they are dangerous.

The dwarf morning glory (*Evolvulus alsinoides*) flower is used therapeutically to improve memory and lead to a peaceful mental state. Some morning glories have the same effect as many tranquilizers and antipsychotics. Chinese herbalists believe the plants keep blood sugar at a healthy level, often prescribing dosages for diabetes.

Leaves of the heavenly blue (*I. tricolor*) are used topically as an antidote for insect and spider bites. Outbreaks of seasonal *Escherichia coli* and *Candida albicans* could have been addressed by the biological factory found in the antibacterial and antifungal properties of several morning glories.

Until 2020, morning glories, regardless of native standing, could not be sold in Arizona, officially shamed with the label Prohibited Noxious Weeds. A revised classification system elevated their status, and now many native plants are used as ornamentals in cultivated areas. Their brethren in the wild remain unconcerned with standing and thrive in disturbed areas ranging from the low desert to elevations from 5,000- 8,500 feet throughout Arizona, New Mexico, and south through Mexico. Look for these floral gems in a variety of habitats such as roadsides, chaparral, pine forests, plains, and woodlands.

Additional charms of the *Ipomoea spp* are found at <https://livetoplant.com/what-is-morning-glory-plant-commonly-used-for/> including stabilizing loose soil with their dense root system. They are also known for attracting other pollinators such as bees and butterflies. The vibrant flowers produce nectar, which serves as a food source for these important creatures. The appeal of morning glories is quite splendid in many glorious ways!

Kathleen McCoy  
Herbie, Master Gardener, Master Naturalist

### A Reminder about your AHA Membership Dues:

Please renew your membership between now and the end of December.

You can pay at our next meeting, renew online or find more ways to pay here:  
<https://azherb.org/members-only/>

## Proposed Officers and Board Members For 2027-2028

The AHA Nominating Committee comprised of Rachel Diamant, Donna Lorch and Teri Thorpe have put together the following list of officers and directors to serve for the 2027-2028 term. The names in bold type are slated for election at our November general meeting.

If you are interested in serving as president or as a committee chair, please connect with the nominating committee members, President Shay Emmers or any other current officer or board member to express your interest. We'd love to have you as part of our leadership team.

| Position               | 2027                              | Term             |
|------------------------|-----------------------------------|------------------|
| President              | <b>open</b>                       | 2027-2028        |
| <b>1st VP Programs</b> | <b>Mike Hills</b>                 | <b>2027-2028</b> |
| 2nd VP Ways & Means    | Katherine Tarr<br>Lauren Espinoza | 2026-2027        |
| <b>Treasurer</b>       | <b>Chris George</b>               | <b>2027-2028</b> |
| Secretary              | Janet Coleman                     | 2026-2027        |
| <b>Director</b>        | <b>Julie DiMaria</b>              | <b>2027-2028</b> |
| Director               | Rachel Diamant                    | 2026-2027        |
| <b>Director</b>        | <b>Shay Emmers</b>                | <b>2027-2028</b> |
| Director               | Michele Spiller                   | 2026-2027        |
| <b>Director</b>        | <b>Susan Adamczyk</b>             | <b>2027-2028</b> |
| Director               | Diane Knudsen                     | 2026-2027        |

## Herbies in the News

We are thrilled to share that two of our fellow Herbies were “in the spotlight” recently for their herb-related activities.



This past August, Herbie **Charleen Badman** became the first Arizona chef to receive the Michelin Mindful Voices Award, which recognized her leadership with the Blue Watermelon Project. Her nonprofit

organization focuses on increasing student access to fresh food and teaching children about food origins through hands-on culinary and garden experiences. Charleen explains her work with the kids: “We set up stations. One group picks basil, another makes pesto, another cooks the pasta, another tears bread for croutons. Then we all sit down and eat together.”

Additionally, FnB, the restaurant Charleen co-owns with Pavle Milic, was awarded a Bib Gourmand Award in the inaugural Arizona Michelin Guide. The award recognized exceptional food at a great value. Charleen is a champion of the Arizona farming community, and the restaurant showcases locally grown produce and Arizona wines.

During the summer of 2019, a group of Herbies shared a “Winemaker Lunch” at FnB. A write-up from that experience follows. Watch for news of another Herbie culinary event at FnB sometime in the future!



Herbie Emily Heller was featured in an article in the Summer 2026 issue of Edible Phoenix magazine. A former journalist covering health care, business and legal affairs, Emily was called to farming after becoming a Master Gardener in 2014 awakened her love of growing things. Ever a hustler, she began tapping into all potential resources, enrolling several times in the University of Arizona Cooperative Extension Beginning Farmer program. In 2018, Bene Vivendo was born.

Coincidentally, the article tells us that “Chef Badman was her first customer, buying 30 pounds of lettuce.” Emily sells her produce to some of the best restaurants in town, but you can also find her on Saturday mornings at the Phoenix Uptown Farmers Market. She delights in selling different varieties, including a few varieties of what she calls “squash worth eating.” She says everybody deserves good, delicious, nourishing food.

We were lucky to have Emily present to our group on growing Roselle in April, 2024. We hope to have her back to share her gardening enthusiasm in the future.

## Chef Badman's Spectacular Lunch!

By Kathy Eastman

(reprinted from the September 2019 AHA newsletter)

Charleen Badman is the James Beard winner 2019 Best Chef Southwest and a member of our very own Arizona Herb Association! She is the chef and co-owner of the FnB restaurant in Scottsdale. This summer FnB hosted a series of Winemaker Lunches. On July 22, 2019, five "Herbies" responded to our last-minute opportunity to participate and went to lunch. Our group included Donna Lorch, Hazel Davis, Pam Perry, Henry Harding and myself. Donna and Hazel arrived early enough to save our seats right next to the Four Tails Vineyard owners, Cale and Barb. We had great discussions about their property and business.

These are "Wine Maker" lunches because Charleen and FnB staff select Arizona vintners, and design the menus based on wine and food pairings. At the Four Tails Winery, all the wines are named after dogs. The first course was served with a 2018 Pete Rose Rosé. Many of us don't usually enjoy the sweetness of a Rosé, but the Four Tails Rosé was not too sweet



and complimented our food – of course. Our main course was served with 2017 'Double Trouble' Cabernet Sauvignon. The wine with our decadent dessert was 2017 'Big Paw' Petite Sirah. All of the wines were really good! I'm hoping we will see opportunities to visit Four Tails during the spring. You can find out more about Cale and Barb's Four Tails wines at <https://fourtailsvineyard.com/wines/>

Charleen doesn't publish a menu and plans menus based on the wine and available local fresh grown ingredients. We went on a food adventure and WOW it was delicious and fun! I was excited to be going, but when I saw the menu on the table included salt cod in the first course – ugh. As a child I remembered eating that hard salty fish and dreading it. You can erase any preconceived ideas of salt cod, because this was delicious. The fish was in a decadent cream mixture and served in a small grilled red pepper. Charleen also made amazing pickled

caper berries to include with the plate. There was half a boiled egg which proved to me it doesn't get any better than a simple ingredient done perfectly. The second salad in the first course included both figs and heirloom tomatoes. Trust me – the Herbies didn't leave any on the plate.



The second course included a lamb riblet, which Henry assures me was very tasty. Hazel and I requested a vegetarian option and Charleen served us half a grilled avocado squash. Charleen did break her local rule, as the squash came from NYC. It was so delicious I forgot to let Pam taste my squash! Based on the rave reviews from Hazel and I, super seed sleuth Pam found and ordered the seeds to plant in the Extension Office veggie garden. This is the Korean squash some of you have been hearing about; it is being used as an avocado replacement in guacamole at some restaurants. It goes without saying the couscous, plums, fennel and pistachios



were also wonderful. Herbs with this course included mint and fennel fronds. I think there may have been other herbs, but after 2 glasses of wine – I can't remember!

Dessert was a chocolate honey nut tart with hot fudge. Do I need to say more?!! It was served with "soft beaten vanilla ice cream" – think

whipped cream. Charleen plans the winemaker lunches during July and August, and hopefully we will plan another outing next summer. Even if we don't organize a group, you should seriously consider going. It is the perfect "staycation" lunch extravaganza.

## Sharing Family Recipes and Family Stories



On Saturday, September 26, Diane and Chris Knudsen welcomed us back from the long summer. Their culinary theme "Sharing a Family Favorite Recipe" was a great starting point for a lot of great stories!

To start us off, Diane prepared a cheese tray of Manchego, white cheddar

and her special recipe for Herbed Goat Cheese. Kathy Eastman created a beautiful Purple Barley, Arugula and Peach Salad. Donna and Keith Lorch brought their traditional Lorch Reunion Marinated Carrots.

Nancy and Jerry Greenberg made memory-inspiring Tomato Doodle Soup, while Helen and Brian Maxwell created Chicken Paprikash with Buttered Spaetzles.

Drew and Todd Templeton veganized her family's North Carolina Barbeque, making it with jackfruit instead of pork. Bernie Arnecke baked a layered Mushroom, Onion, and Garlic White Pizza. Pam Schuler treated us to Nebraska Cabbage Burgers - cabbage, onion, and hamburger wrapped/ baked in dough. Pasta options included Diane and Chris Knudsen's Pesto Pasta. Pam Perry and Henry Harding brought Pam's mom's Garden Marinara Sauce and Pasta.

Mike Hills recreated his mom Mary's Sour Cream Chicken Enchiladas, while his sisters, Louise and Marie, prepared her Chicken Pot Pie with Bisquick Topping. Janet Coleman and Zac Thayer made her Mom's Tamales, and Eric Adamczyk grilled fabulous Sesame Chicken.

Sweets included German Bear Claw nut and honey cookies made by Helen and Brian Maxwell, as well as Oatmeal Cookies made with Brian's homegrown raisins! Donna Lorch brought Apple Bars and Susan Adamczyk made Eric's grandma Mary Alice's Pumpkin Bread.

Top favorites were the Homemade Tomato Soup, Lorch Reunion Marinated Carrots, and Eric's favorite Pumpkin Bread.

Wonderful evening with good friends, delicious food, and fun family stories!

Join us next month, when Hazel and Les Davis will host **Fall Vegetarian Comfort Foods on Saturday, October 24.**

*Drew Templeton*  
Culinary Chair

### Donna Lorch's Family Reunion Marinated Carrots

6 cups sliced carrots, cooked until tender/crisp so they do not get mushy  
1 green pepper diced  
1 onion diced



Dressing:

1 can condensed tomato soup (Donna used gluten free)  
1/2 cup salad oil  
3/4 cup white vinegar  
3/4 cup sugar  
1 teaspoon Worcestershire sauce  
1 teaspoon celery salt  
1 teaspoon basil leaves, minced  
1 teaspoon prepared mustard  
1 teaspoon salt  
1/2 teaspoon black pepper

Slowly boil dressing ingredients for 2 minutes to thicken. Pour dressing over carrots; add onion and green peppers. Marinate 24 hours. Refrigerate, this dish keeps very well.

### Nancy Greenberg's Tomato Doodle Soup

Recipe to follow in our next newsletter.



### Eric's Grandma Mary Alice's Pumpkin Bread

Recipe to follow in our next newsletter.



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### Inside this Month's Issue:

- Meeting Review: Padmaja Potharaju's Organic Silverlining Farm
- Herb of the Month: Mexican Mint Marigold with Donna Lorch
- Morning Glories with Kathleen McCoy
- September Weed & Feed
- Celebrity Herbies: Charleen Badman and Emily Heller
- Culinary Event: Sharing Family Recipes and Family Stories

*A beautiful garden is a work  
of heart.*  
*Anonymous*