



March 2024

A Publication for Members & Friends

<http://www.azherb.org>

**Subject: Welcome to Spring with AZ Herb Association!**

Dear Members and Friends,

As the warmth of spring envelops us, I hope this letter finds you in good health and high spirits. It is with great pleasure that I welcome you to the March edition of the Herbie newsletter.

Being part of the AZ Herb Association means more than just nurturing plants; it's about nurturing ourselves and fostering a community that enriches our lives in countless ways. Research has shown that activities like gardening and participating in social groups have numerous positive effects on our physical and mental wellbeing. This applies to youth as well. Numerous studies have made a connection between an exposure to nature and improved education outcomes. So, join us for our monthly Weed & Feeds (kids are welcome!), Culinary Events, Herbal Workshops and Herbal Wanderings/Tours to connect with fellow enthusiasts and enhance your skills.

This month, I encourage you to invite friends and loved ones to join us at our fun and educational programs. Let's spread the joy of gardening and the connections we forge through our shared passion.

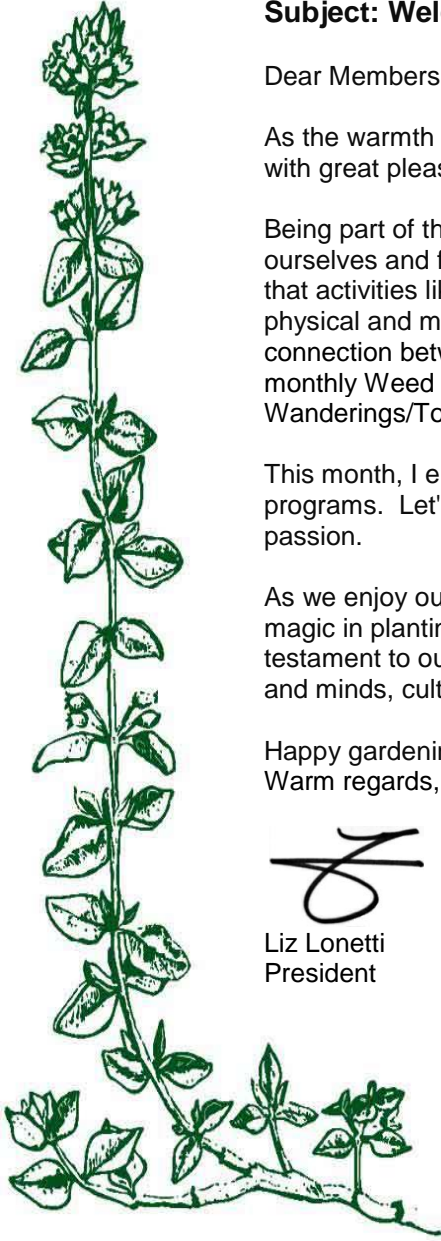
As we enjoy our delightful climate, whether you're a seasoned gardener or just starting out, there's magic in planting seeds and watching them flourish under our care. Each herb we nurture is a testament to our dedication and love for the earth. Let's embrace the spirit of spring with open hearts and minds, cultivating not just gardens but lifelong friendships and memories.

Happy gardening!  
Warm regards,

Liz Lonetti  
President



Kellie Elliott, Naturalist with Gilbert Parks and Rec, took this photo of the Arizona Herb Association tour of the Gilbert Riparian Preserve in April of 2023



## Calendar

### March 2024

Saturday, March 2: Weed & Feed  
Time: 8:00 a.m.  
tomato plants, books, seeds and gloves for sale  
beginning about 9:00 a.m.

Thursday, March 7: General Meeting  
Location: MCC Extension; Time: 7:00 p.m.  
Topic: A Deep Dive into Holy Basil  
Speaker: Brittany Sounart  
Herb of the Month: Basil  
Presenter: Kim Rosenlof

Saturday, March 9: MG Spring Plant Sale  
Location: MCC Extension  
Time: 8:00 am to noon  
Reserve a time here: <https://www.eventbrite.com/e/2024-maricopa-county-master-gardener-spring-plant-sale-tickets-847640083307>

Saturday, March 16: A Celebration of the Life  
of Jane Haynes  
More information on page 3  
Please RSVP to your Evite!

Saturday, March 16: A Tour of the Fountain Hills  
Sonoran Desert Botanical Garden  
More information of page 3  
Please RSVP to your Evite!

Desert Botanical Garden Spring Plant Sale  
Thursday, March 14: Member's Day  
Friday, March 15 – Sunday, March 17 – open  
to the public 7:00 a.m. to 3:00 p.m.  
**Reservations required**

Boyce Thompson Arboretum Spring Plant Sale  
Friday, March 15 – Member Preview Sale  
Saturday, March 16 – Sunday, March 31 - open to the  
public from 8:00 a.m. to 5:00 p.m.

Saturday, March 23: AHA Herbal Workshop  
Presenter: Herbalist Ashley Johnston  
Time: 11:00 am to 1:00 p.m.  
Topic: Basil Infusions  
Watch for your Evite!

Saturday, March 23: Culinary Event  
Theme: Meatless Mediterranean  
Hosts: Hazel and Les Davis  
Time: 6:00 p.m.  
Watch for your Evite!

## March 2024 General Meeting

Join us this Thursday evening, March 7, at 7:00 p.m. when we welcome back one of our favorite herbalists Brittany Sounart who will share information on one of her favorite medicinal herbs - Holy Basil, *Ocimum sanctum*.



A graduate of the Western Herb & Iridology Program from Southwest Institute of Healing Arts in Tempe, Arizona, Brittany has been doing private herbal consultations since 2002. Along with her mother Vicki, she owns the successful retail herb store and wellness center, Desert Sage Herbs in Chandler <https://desertsageherbs.com/>



Master Gardener and Tempe Garden Club Past President Kim Rosenlof will present the herb of the Month, Basil!

Snacks and beverages are always welcomed for our social break. A recipe or ingredient list helps those with special dietary concerns. Remember to bring your own plates, bowls, beverage holders and utensils to help us reduce waste! And consider using garlic in your offering.

The meeting presentation will also be available on Zoom.

**Topic: March 7: AHA General Meeting**

**Date: Thursday, March 7, 2024**

**Meeting begins promptly at 7:00 p.m.**

**Join Zoom Meeting**

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

**Meeting ID: 890 2866 0279**

**Passcode: 965232**

Be sure to join the event at least 10 minutes before 7 p.m., giving yourself time to sign on and download the app if you don't already have it.



## Welcome New and Returning AHA Members

Pamela Moran  
847 East Lexington Ave  
Gilbert, AZ 85234  
[pamelaj28@gmail.com](mailto:pamelaj28@gmail.com)

Michelle Nichols  
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Jane Haynes Scholarship award winner  
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Sydney Arsenault  
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Tammy Aragaki, Membership Committee

## AHA Founder Jane Haynes Memorial Invitation

Jane E Haynes  
(2/20/1919 – 7/19/2023)



*"Sorrow does not last forever, but memories do...so does love."  
--Jane*

Memorial  
March 16, 2024  
2:00 pm

Fountain Hills Presbyterian Church  
13001 Fountain Hills Blvd  
Fountain Hills, AZ 85268  
480-837-1763

Please come and celebrate Jane and her incredible life.  
Memorial Service at 2 pm  
Reception to follow at church

If you'd like to honor Jane,  
bring a dozen of her favorite cookies for a cookie bar,  
and your best-loved Jane story!

Following the Celebration of Life and the Reception for Jane Haynes, join us for a tour of the Fountain Hills Sonoran Botanical Garden, founded with the help of Jane and her daughter Pat. The Garden is on the same street as the Presbyterian Church where the reception will be held, about two miles down the road.

Parking is limited at the garden (six designated spots and street parking) but we can leave cars at the church and do some carpooling, if needed. The trail is not level ground, but offers a wide variety of plants and some exceptional views.



You will probably want to bring sturdy shoes, besides hats, water and camera! The trail, out and back, is just over one mile and could take 30 – 60 – 90 minutes, depending! Let's end our day on a high, visiting this garden Jane loved and remembering her incredible life!

<https://www.fountainhillsaz.gov/DocumentCenter/View/721/Desert-Botanical-Garden-Trail-PDF>

## Herb of the Month – Garlic



Shay Emmers presented our February Herb of the Month, Garlic (*Allium sativum*), which is a member of the onion family, along with leeks, chives, onions and shallots.

**History:** Garlic is one of the oldest of the herbs and vegetables, dating back nearly 7,000 years. Its origin is central Asia. You can find a reference to garlic in the Bible in Numbers 11:5: “We remember the fish we ate in Egypt that cost nothing, the cucumbers, the melons, the leeks, the onions, and the garlic.”

Hippocrates used it as a cleansing agent; Pliny the Elder used it for GI pain, animal bites, seizures and joint pain. In China and Japan, garlic was also used for depression.

**Culinary Use:** Garlic is a popular culinary herb, used for its pungent flavor, which comes from its sulphuric compounds. After crushing garlic for use in a recipe, let it sit and rest for a few minutes before cooking to allow the compounds to fully develop before heat inactivates the enzymes. Cooking reduces the pungency, but also reduces garlic’s nutritional value. Garlic may also be eaten raw, and is often mixed with honey.

Peeled garlic cloves can be stored in the freezer and several members shared that Trader Joe’s sells frozen garlic cubes (also ginger). You can tell garlic grown in the United States because it is sold with roots attached; garlic grown in China is sold with no roots attached.



**Planting and Harvesting:** Stem cuttings and root divisions in many areas can be done in February. Plant the cloves in a sunny area and water deeply for seven to ten days. Leave the papery cover intact and plant with the pointy end up. Pam Perry noted that in the low desert, garlic is planted in October in rich soil. The plant is shallow rooted, so don’t let it get too dry. Harvest when it gets hot, which could be May here in Phoenix. In addition, she cautioned that soil sulphur should not be used as a soil amendment when planting garlic, onions, leeks, etc.

**Properties:** Up the Anti! Garlic is anti-bacterial, anti-fungal, anti-diabetic, anti-oxidant, anti-atherosclerotic, and anti-hypertensive. Garlic is an herb, a food and a medicine. Research suggests many health benefits to including garlic in your diet. It can also be taken as a supplement.

## February Meeting Review: Garlic as Medicine

Presented by Herbalist Ashley Johnston



Ashley Johnston presented February’s program on Garlic as Medicine. She began by passing out samples of Fire cider, a versatile preparation she made that included garlic, apple cider vinegar, horseradish and ginger. She noted that onions, lemons or other herbs could also be used in making your own fire cider and hibiscus flowers can be used as a sweetener. Fire cider stimulates digestion and can be taken as a drink, used as a marinade or added to the oil used for a salad dressing.

Think of garlic for cooking, less for medicine. Don’t put it in an alcohol tincture as it is already pungent and hot.

**History:** The oldest known use of garlic was 6,000 years ago in central Asia. It was used along with wheat and rye in traditional Chinese medicine. China is the leader in garlic cultivation today, followed by India, Bangladesh, South Korea and Egypt.

**Properties:** Garlic has a warming taste. As it is a drying herb; you might not want to take it if you run “hotter.” It is a stimulant to most of our organs. Garlic doesn’t damage gut micro flora. It has an affinity to lungs and resolves dampness.

The best way to ingest garlic is crushed and raw (one clove crushed in honey). You can take 400 mg garlic powder in capsule form. It is okay for kids. Let it set up for 10 minutes after crushing before you use it in cooking. Garlic powder gives the same taste, but with less healthful benefits.

**Uses:** Garlic is good for respiratory problems. It is recognized as a great remedy for colds, flu and infections and can help a person liquidize and get out stagnant phlegm. It is also an expectorant for coughs (but is not helpful for a dry cough).

Garlic helps to lower cholesterol and blood pressure and helps prevent diabetes. Fermented garlic can help with digestion. Garlic is anti-inflammatory, anti-bacterial, anti-fungal and anti-viral.

Garlic has an affinity to the heart and circulatory system. It opens capillaries and helps eliminate pathogens through sweat. It improves blood circulation and is a blood thinner. Garlic can interact with some medications, like blood thinners or insulin. It is recommended to stop taking garlic 7 days prior to any medical procedures.

For earaches, mix garlic oil, mullein flower, St. John's wart, and lavender. Put drops of the mixture on a cotton ball and leave in the ear overnight.

#### **Uses of fire cider:**

You can use a soak made with fire cider externally on plantar warts on your hands or feet. The warts are often gone after just 2 weeks. Don't use a garlic soak on open cuts; when used on the skin, garlic needs to be in an oil base as it can cause blistering.

**How much is too much?** It depends on the person. Too much will make you uncomfortable. Garlic is an IBS trigger; it is not for those with ulcers or acid reflex. Avoid garlic if you have stomach irritation or gastritis. Don't use garlic if you are nursing.

### **February Culinary Dinner – Spring Favorites!**

On Saturday, February 25th, 27 members of the Arizona Herb Association Culinary Dinner group celebrated "Spring in the Desert!" with Melissa and Mark Esbanshade. We enjoyed a beautiful and delicious feast in a gorgeous setting. The warm day faded into a somewhat chilly evening, but the glow of friendships and great conversation kept us hanging out for several hours!

Judy and Larrie Bates brought shrimp cocktail from "Lake Fry's" while Diane Knudsen created



Our February culinary hosts, Melissa and Mark Esbanshade

an appetizer of Sundried Tomato Pesto with crackers and crostini. Katherine Tarr brought wine, and our hosts made delicious fresh lemonade.

Spring herbs inspired a lot of baking this month! Margot Mason made Rye Bread with Caraway and Onion and Strawberry Basil Jam; Pam Perry and Henry Harding brought homemade Herbed Crackers with Herbed Butter; and Melissa and Mark Esbanshade baked Sourdough Bread. Jim and Julie DiMaria made Herb Bread with Herb Butter, and Pauline Staples and her daughter, Lisa, prepared Cornbread with Rosemary and Cilantro.

Tammy and Taul Aragaki brought a combo of Avgolemono Soup and a Spring Salad; Pam Schuler discovered a recipe for Lemon Capellini Salad; Kathy Eastman made Mediterranean Dilled Salad with Yogurt Feta; Janet Coleman and Zac Thayer created Green Bean Salad with Butternut Squash and Arugula; Chris Lueck prepared White Bean Caprese Salad; and Hazel and Les Davis made Pasta and Chickpea Salad with Herbs. Drew and Todd Templeton made Turnip Green Pesto Pasta with Sliced Turnips, Easter Egg Radishes and Nasturtiums.

Desserts included Strawberry Rhubarb Pie from Margot Mason and an intriguing Lemon Chia Pudding from Pam Posten.

The top favorites were Janet's Green Bean Salad, Pam Schuler's Lemon Capellini Salad, and Pam Posten's Lemon Chia Pudding. Join us next month when Hazel and Les Davis will host Meatless Mediterranean on the March 26. Watch for the Evite!

#### **Green Bean Salad**

Prepared by Janet Coleman

Blanched green beans  
Blanched baby  
broccoli  
Roasted butternut  
squash  
Roasted carrots  
Honeycrisp  
apples, diced  
Watercress  
Arugula  
Mozzarella



#### **Dressing:**

1/4 cup olive oil  
2 tablespoons white apple balsamic vinegar  
2 tablespoons lime juice  
Zest of 2 limes  
1 tablespoon Dijon mustard  
1 clove garlic, grated  
Salt and pepper

Layer ingredients on a large platter and top with Dressing.

You can find the recipe for Creamy Lemon Chia Pudding here <https://choosingchia.com/creamy-lemon-chia-pudding/>

And the recipe for Lemon Capellini Salad here <https://iwashyoudry.com/lemon-capellini-salad/>

*Drew Templeton*  
Culinary Chair

### **A Best Loved Dish from January's Culinary - Vegan Red Lentil Curry**

Prepared by Chris Lueck

2 tablespoons coconut oil  
2 medium onions  
1 ounce diced fresh tomatoes (if canned do not drain)  
1 teaspoon sea salt, pepper to taste  
3 minced garlic cloves  
1 teaspoon minced ginger  
2 tablespoons garam marsala  
1 teaspoon curry powder  
1 tablespoon red curry paste  
1/4 teaspoon cumin  
1 cup red lentils, rinsed  
2 cups water  
13.5 ounce can coconut milk  
1 small lime  
Red pepper flakes & chopped parsley

In a deep pot on medium high heat, heat oil. Add onions and tomatoes, and stir. Lower the heat to medium and allow them to cook down until juices of the tomatoes are naturally released and onions are soft and translucent, about 8 minutes.

Add in all the other dry ingredients in order. Stir vigorously to combine to ensure the lentils are not stuck to the bottom of the pan. Now add the water and coconut milk and stir again to combine thoroughly.

Bring the curry to a boil, and then reduce to medium-low so that the mixture continues to simmer for 35 minutes, cover slightly but allow steam to escape. Stir occasionally to ensure the lentils do not stick to the bottom. Depending on the kind of lentils you are using, you can check around the 20-minute mark to see if your lentils have finished cooking.

Taste the curry and season with salt and pepper. Remove the curry from the heat and squeeze a lime lightly over the top of the pan, stirring to combine. Don't skip this step! Allow to cool slightly and then serve.

## **Weed & Feed February 2024**

Twenty-three Herbies and Master Gardeners set to work on several big projects today. Following a tour of the garden with introductions to the common weeds, rosemaries and other herbs, we identified several projects that needed doing. Teri, with the help of John Barkley, began the morning by removing last year's growth on the queen's wreath vine. We are hoping to engineer the arched trellis taller this spring! Who knew that vine could be so successful each season. When originally installed, the trellis loomed larger than large over the steps! The prospect of the vine covering it seemed impossible. Little did we know...No one realized how happy that queen's wreath would be, climbing up and over on that west side!



February  
Weed  
and Feed  
Photo by  
Liz  
Lonetti

Ron Brennan led a crew pollarding the Moringa, a seasonal event designed to help us control the size and shape of this plant with pruning. Not necessarily an answer for landscape plants, the practice allows us to have a harvestable crop within reach which is a real asset. The crew moved on to the chaste tree, pruning water shoots and suckers, and finally made a couple of quick cuts to the pomegranate by the steps to remove a major crossing/rubbing branch. A good day's work done; many thanks for projects completed.

Bachelor buttons, a new English thyme, a different scented geranium, and calendulas were tucked into the garden as well. We added a new rue to augment the one that has survived a couple seasons.

Another crew led by Maureen Tonn and Lauren Espinoza concentrated on replanting mints that were "sort of captured" in containers. This project had not been done for a while and mint will crowd itself right out of a pot if left too long! Dividing the root ball into several plants allowed us to pot many up for selling at various events and gave a fresh start to the one that was replanted in fresh soil in the container. We made several other plants available for the potting up project and will see how they progress over the next few

weeks. This will be an opportunity for members to add these herbs to their collections.

Other folks pulled those inevitable spring weeds and thinned black eye Susie's and some of the ornamental carrots. Catmint was cut back, as was our beloved pink Pavonia. Newspaper and mulch were installed near the hops to manage the Mexican evening primrose. Margot Mason cut the eupatorium growing near the caper way back.

President Liz Lonetti was there, seeing progress happen in front of her eyes, conferring with Ways and Means folks about various projects they have underway, and meeting new people. Son Quin did Ellipsis duty, keeping our bunny mascot happily fed and cuddled. Lauren Espinoza and Kathy Tarr sorted the seed collections, making determinations for future seed projects.

After several hours volunteers helped clean up and put tools and equipment away. Some folks left for other activities, while others adjourned to the Palo Verde room for pea soup, cinnamon rolls, and fruit. The conversation focused on the upcoming VSNA book sale at the fairgrounds a source of great gardening books, for sure!

Pam Perry and Mike Hills  
Co-captains of AHA Demonstration Garden

### Weed & Feed Note from Liz Lonetti

The Seed Team would love to get more of these nice square plastic bins to repurpose for AHA's seed saving efforts. If Herbies have spare plastic containers like these, please donate them at a meeting or our next Weed & Feed.



### The Confusing World of *Lippia alba*

As a lover of licorice, I was thrilled to discover a plant in the Herbie Demonstration Garden with leaves that tasted like Good & Plenty candy minus the sugar coating. Curious, I thought I'd take a stroll through the internet to learn a little more about this tasty green gem. The targeted plant was licorice verbena (*Lippia alba carterae*), but in my search I came upon lemon verbena (*Lippia alba*) which was also called *Lippia alba carterae* and vice versa. Both "lippias" were reported to be a genus of flowering plants in the *verbena family (Verbenaceae) until they weren't*. Common parlance has often named either lemon

verbena or licorice verbena. To add to the confusion, *Lippia alba* was moved to the genus *Aloysia*. Problem solved? Nope, even today they often share names and purposes. Both are beloved herbs and are reported to be medicinal, but beware. Although the genus is different for *Lippia alba*, their many names are still used interchangeably.



**Lippia dulcis**  
(above) and  
**Lippia alba  
carterae** (left)

Photos from  
Mountain Valley  
Growers

The plant most  
touted seems to  
be lemon  
verbena

(*Aloysia citriodora*). A tropical plant, lemon verbena grows in full sun, but prefers partial shade. This abundant plant prefers the soil dry, but can grow happily in most places. In the Americas, this perennial herb can be seen growing in wastelands, along roadsides, or in plains in the southwestern states, traveling all the way to its native Argentina. The plant thrives in a very sunny and warm place, requiring at least 70° F to 90° F temperatures for outdoor growing, or a very sunny and warm area indoors. This 5 to 6 foot shrub (*Aloysia citriodora*) sports tiny lavender flowers exuding a sweet, lemony scent considered by some, especially pollinators, to be one of the most fragrant plants in the world.

Verbena gained fame when the Spanish conquistadors introduced its wonderful aroma to the old world. Perfume was the perfect showcase and soon thereafter the long-lasting lemon-like scent was found in products ranging from soap to potpourris to recipes to medicine. The leaves have a lemony flavor which is tasty as a drink and used as a flavoring for soups, vegetables, and mole in some parts of Mexico. Leaves contain volatile oil mostly composed of geranial and neral compounds. These amalgams are responsible for calming and mood-enhancing effects on the central nervous system. Medicinally, lemon verbena is used for its analgesic, somatic, sedative and antidepressant properties and for a huge variety of accompanying ailment.

Licorice verbena, also called Oaxaca lemon verbena and lippia alba, should not to be confused with white licorice (*Helichrysum petiolare*), Mexican oregano (*Lippia graveolens*), or Aztec sweet herb (*Lippia dulcis*), which is rare in the United States. Licorice verbena, also known as bushy lippia and Pitona Oaxaca lemon verbena, is partial to shade. This woody shrub, native to Central and South America, displays small, aromatic flower clusters with a sweet, lemony fragrance.

And here is where this journey ends. My search led me full circle to the lemon verbena (genus *Aloysia*). For now, differentiating between the two “lippias” will be left to my trusted taste buds to detect lemon or licorice flavor.

Kathleen McCoy  
Herbie, Master Gardener, Master Naturalist

**Note:** If you want to grow these plants, Past President Pam Perry suggests local nurseries for lemon verbena (*Aloysia citriodora*) and Mountain Valley Growers in California for the Lippias.  
<https://mountainvalleygrowers.com/>

## News from National Garden Clubs

### The Penny Pines Program

The Arizona Herb Association has made contributions to the Penny Pines Program sponsored by the National Garden Club (NGC). Donated funds go towards the work of the USDA Forest Service. A recent article in the *Payson Roundup* newspaper reported that USDA Forest Service personnel in the Tonto National Forest harvested the largest crop of Ponderosa Pinecones in more than 25 years! The labor intensive task garnered 344 bushels of pinecones, each of which can provide up to 3,500 seeds to replace Ponderosas destroyed by wildfire...with some luck, potentially over 1 million seedlings to reforest approximately 5,000 acres within the Tonto National Forest.

You can read the article here  
[https://www.paysonroundup.com/news/local/bumper-ponderosa-pinecone-harvest-could-reforest-the-dude-fire-scar/article\\_312bc574-d0d5-59d0-8efe-f7e76b0063e1.html](https://www.paysonroundup.com/news/local/bumper-ponderosa-pinecone-harvest-could-reforest-the-dude-fire-scar/article_312bc574-d0d5-59d0-8efe-f7e76b0063e1.html)

### Planting for Pollinators and Wildlife Webinar

There is still time to register for a webinar sponsored by NGC on “Planting for Pollinators and Wildlife.” Because of the importance of pollinators, NGC has created the National Garden Clubs Pollinator Garden Certification Program. Here's an opportunity to learn how we can support this important endeavor. The

Zoom Webinar will take place on Wednesday, March 13 at 11:00 am Arizona time. Register at [https://us06web.zoom.us/webinar/register/WN\\_SAtfzE5lQKyYfxU3d0l9Yw#/registration](https://us06web.zoom.us/webinar/register/WN_SAtfzE5lQKyYfxU3d0l9Yw#/registration)



### Understanding Plant Names

(The following is an excerpt from an article written by Judy Unrine of California Garden Clubs, Inc.)

The scientific or botanical name of a plant consists of two Latin words, a generic or “genus” name, followed by a “species” name. Thus, every plant has a different combination of generic name and species. The generic name is capitalized and italicized. The species name (or Epithet) is lowercase and italicized. The species name is never capitalized, even when it is the name of a person or place. If the plant variety is man-made, a cultivar, the name begins with a capital letter surrounded with single italics. Research continues to shed light on natural plant relationships and variations. When a scientific name has been recently changed, the last scientific name is given below the new name. The word “former” can be enclosed in parentheses. This system of scientific names for plants is agreed on internationally. The International Code for Botanical Nomenclature was established in 1935. No two plants can have the same name, nor can one plant have more than one correct name.

Note from Liz Lonetti - For a deeper dive into this fascinating topic, please see the publication by the University of Nebraska – Lincoln:

<https://alec.unl.edu/documents/cde/2017/natural-resources/classification-and-naming-of-plants.pdf>

### New Spring Plant and Seed Sale Event

I would like to thank Pam Perry, Teri Thorpe, Mindy Riddle and Lauren Espinoza for helping with a new event on Saturday, February 24. The event was held at the Pierson Street Community Garden at 18th Avenue and Pierson. This was a new event for the organizers and for us. We started out with about 13 flats of plants and sold at least half of them. The best seller was the strawberry mint.



All of the remaining plants will be available at the Weed & Feed on Saturday, March 2, and then at our March 7 general meeting. Any leftovers will be sold at the Master Gardener Spring Plant sale at the Extension site on Saturday, March 9.



Pierson Street Community Garden Event  
Photo by Katherine Tarr

Currently we have Italian Sweet Basil, Hopley's Purple Oregano, Hot and Spicy Oregano, Italian Parsley, Spice Island Rosemary, Pineapple Sage, Tabor Thyme, Scented Geraniums (Attar of Roses), Violas, Paprika Yarrow, Mint, Lemongrass, l'toi Onions and four BBQ Rosemary.

Lauren and I are getting some native plants propagated so we can have a steady supply of native seeds. Pam makes the labels and Marge Bayless is our seed elf. The new pricing for seeds is \$2 per packet for non-native seeds and \$3 per packet for native seeds.

The Rare Fruit Growers are having their Spring Plant Sale on Saturday, April 13, from 9:00 am till noon. We need volunteers to help with that as I have a conflicting commitment for that day. As always, I will make sure that there are plenty of people to help and clear instructions on how to handle things.

I look forward to seeing you at the monthly meeting. Bring your Herbie bucks so you can give some plants a good home.

Katherine Tarr,  
VP Ways and Means

## The Wonders of Garlic

(This article was first printed in the Arizona Herb Association's June 1994 newsletter.)

Since olden times, garlic has been recognized as a healer with almost mystical powers. Now, medical science is linking its use to lower blood pressure and finding that garlic acts to lower blood cholesterol. Garlic can be an aid against heart attacks because it contains an oil that interferes with the formation of blood clots. If a clot does form, garlic has an ingredient to help dissolve it and so minimize the damage. Some old-time health hints using garlic follow:

- 1) Slice a bit of garlic into fried foods to lessen their artery-clogging effect.
- 2) For a good cough and cold syrup, simmer a handful of garlic cloves in water until very soft. Mash the garlic and add an equal amount of honey. Stir in a tablespoon of vinegar.
- 3) Eat garlic every day for a healthy heart and to live long.
- 4) Rub mashed garlic on broken skin. It will encourage healing and discourage infection.
- 5) To ease a nagging cough, sip on the juice of raw garlic cloves. It is best when sweetened with honey and flavored with caraway.
- 6) Eat a clove of garlic each day to relieve dizziness.
- 7) Children fed regularly with garlic will not develop worms.
- 8) Chew a bit of parsley after eating garlic and it will moderate breath.
- 9) A fine dressing for salads is produced by adding a clove of garlic to apple cider vinegar.
- 10) A light broth, rich in garlic, will soothe gas pains.
- 11) Treat the distress of respiratory infections with hot soup, faced with sliced garlic.
- 12) Prevent infection by wrapping minor abrasions with soft moss, soaked in garlic juice.



These old-time remedies were collected by Emily Thacker; this collection is intended as an introduction to her book Home Remedies from the Old South.

*Banner Photos this month reflect President Liz Lonetti's sentiments for AHA members to cultivate fun and friendship by participating in AHA activities. From left to right, volunteers at Weed & Feed (first Saturday of most months) work together on tasks in our demonstration garden; Ashley Johnston leads an Herbal Workshop; members sell plants and educate the public at Ways & Means events; herbies share herbal potluck dishes at Culinary Events; and our monthly educational meetings bring opportunities for all to benefit.*  
*Photos by Liz Lonetti, Katherine Tarr, Drew Templeton and Lee Ann Aronson.*

# Arizona Herb Association Membership Application



Circle One: New Membership    Renewing Member

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

## Membership Type Annually:

- Individual (\$30)
- Family - 2 people at same address (\$40)
- Senior 65+ (\$25)
- Senior Family - 65+ 2 people at same address (\$35)

I am enclosing a donation of \$\_\_\_\_\_ to the Jane Haynes Scholarship Fund. AHA is a 501(c) 3 non-profit organization and your donations to this scholarship program are tax deductible to the extent allowed by IRS.

For internal use: Amount Paid: \_\_\_\_\_ reference # \_\_\_\_\_

## 3 Ways to Pay:

1. Complete this form and pay by check, cash, or credit card at a monthly meeting.
2. Complete this form and mail with your check to:  
Arizona Herb Association  
P.O. Box 63101  
Phoenix, AZ 85082
3. Pay on our website:  
[www.azherb.org](http://www.azherb.org)

Questions about membership? Please check with Tammy Aragaki, AHA Membership Chairperson. E-mail: [membership@azherb.org](mailto:membership@azherb.org) or call her at (480) 861-0878

Herbies, we encourage you to submit to us articles, notices of herbal events, herbal book or restaurant reviews, or your garden photos of interest by the 15th of each month. Please send your submissions to us at: [newsletter@azherb.org](mailto:newsletter@azherb.org)  
Sandy Cielaszyk and Lee Ann Aronson,  
your newsletter editors

*Renew your AHA Membership now to continue receiving your newsletter and notices to members on special events, tours, workshops and our culinary meet ups!*

Arizona Herb Association  
PO Box 63101  
Phoenix, AZ 85082  
[www.AZHerb.org](http://www.AZHerb.org)  
Facebook.com: Arizona Herb Association



### Inside this Month's Issue:

- Ashley Johnston: Health Benefits of Garlic
- Herb of the Month: Garlic with Shay Emmers
- Jane Haynes Memorial Service & Fountain Hills Botanical Garden Walk
- *Lippia alba* by Kathleen McCoy
- Spring in the Desert Culinary with Drew
- February Weed & Feed
- News from National Garden Clubs
- The Wonders of Garlic
- Membership Renewal

*My idea of a perfect snack?  
A carrot, gently coerced from the  
soil, carefully wiped on my jeans,  
and eaten fresh.*

*~Annie Withey*