A Written Journey Through the Historic Dunbar Pavilion Garden Space
The Dunbar Pavilion is a nonprofit center located at 325 W. 2nd Street in Tucson’s Dunbar/Spring neighborhood. Once a segregated school established by the Tucson Unified School District, it was created to educate Black children in grades 1-8 from 1918-1951. The Pavilion is comprised of two school structures, the first was built by the Tucson Unified School District (TUSD) in 1918, the second was built in 1948 to accommodate a growing student body and housed grades 6, 7, and 8. The property also includes a basketball court, playground, and community garden (now called, “Drutopia” Tucson’s first Black-owned nursery owned by Drew Berryhill) that comprise the entire space. In 1951, the desegregation order was handed down from the State of Arizona and The Dunbar (renamed John Spring) was then open to all students. Both structures were eventually closed in 1978 when The Dunbar was unable to fulfill the state order of desegregation requirements. In 1996, the property was purchased from TUSD by the nonprofit Dunbar Coalition, Inc. and has been operating as an economic development and arts and culture-based community center since. The center is now emerging as space that seeks to reverse the systemic trajectory of bigotry and ignorance in our community by elevating and centering Black voices and Black experiences.
In 2019, we received a seed grant from the Haury Foundation Funds to design, implement, and evaluate a two-year health and wellness education project to reclaim traditions of cultivating food and herbal remedies, to create space that centers Black health and wellness, and promote holistic health and healing practices rooted in indigenous ways and healing. As part of this seed grant, we set out to conduct an inventory of the historic garden space and note the native herbs and plants growing in the space and their medicinal properties.

This guide was created in partnership with The Dunbar Coalition, The University of Arizona’s Haury Foundation, Debi Chess, Desiree Hammond, Megan Carney, Patrisia Gonzales, Dianna Tylor, Blu Au, Anton Russell, Yesi Olivera, and Aquil Joel Hameed. Our intention is that this guide will increase awareness and understanding of native herbs and plants in Southern Arizona and preserve and celebrate the history and resilience of the Dunbar Pavilion space.
All Indigenous peoples and ancient cultures hold deep knowledge of the plant and natural world. The power of plants to protect us is vividly documented in an account by Frederick Douglass, regarding his tormentor, a “negro breaker,” and the enslaved African medicine keeper who helped Douglass.
“Supper over, Sandy and I went into a discussion of what was possible for me, under the perils and hardships which now overshadowed my path. The question was, must I go back to Covey, or must I now tempt to run away? Upon a careful survey, the latter was found to be impossible; for I was on a narrow neck of land, every avenue from which would bring me in sight of pursuers. There was the Chesapeake bay to the right, and “Pot-pie” river to the left, and St. Michael’s and its neighborhood occupying the only space through which there was any retreat.

I found Sandy an old advisor. He was not only a religious man, but he professed to believe in a system for which I have no name. He was a genuine African,
and had inherited some of the so-called magical powers, said to be possessed by African and eastern nations. He told me that he could help me; that, in those very woods, there was an herb, which in the morning might be found, possessing all the powers required for my protection (I put his thoughts in my own language); and that, if I would take his advice, he would procure me the root of the herb of which he spoke. He told me further, that if I would take that root and wear it on my right side, it would be impossible for Covey to strike me a blow; that with this root about my person, no white man could whip me. He said he had carried it for years, and that he had fully tested its virtues. He had never received a blow from a slaveholder since he carried it; and he never expected to receive one, for he always meant to carry that root as a protection. He knew Covey well, for Mrs. Covey was the daughter of Mr. Kemp; and he (Sandy) had heard of the barbarous treatment to which I was subjected, and he wanted to do something for me.

Now all this talk about the root, was to me, very absurd and ridiculous, if not positively sinful. I at first rejected the idea that the simple carrying a root on my right side (a root, by the way, over which I walked every time I went into the woods) could possess any such magic power as he ascribed to it, and I was, therefore, not disposed to cumber my pocket with it. I had a positive aversion to all pretenders to “divination.” It was beneath one of my intelligence to countenance such dealings with the devil, as this power implied. But, with all my learning—it was really precious little—Sandy was more than a match for me. “My book learning,” he said, “had not kept Covey off me” (a powerful argument just
then) and he entreated me, with flashing eyes, to try this. If it did me no good, it could do me no harm, and it would cost me nothing, any way. Sandy was so earnest, and so confident of the good qualities of this weed, that, to please him, rather than from any conviction of its excellence, I was induced to take it. He had been to me the good Samaritan, and had, almost providentially, found me, and helped me when I could not help myself; how did I know but that the hand of the Lord was in it? With thoughts of this sort, I took the roots from Sandy, and put them in my right hand pocket.

This was, of course, Sunday morning. Sandy now urged me to go home, with all speed, and to walk up bravely to the house, as though nothing had happened. I saw in Sandy too deep an insight into human nature, with all his superstition, not to have some respect for his advice; and perhaps, too, a slight gleam or shadow of his superstition had fallen upon me. At any rate, I started off toward Covey’s, as directed by Sandy. Having, the previous night, poured my griefs into Sandy’s ears, and got him enlisted in my behalf, having made his wife a sharer in my sorrows, and having, also, become well refreshed by sleep and food, I moved off, quite courageously, toward the much dreaded Covey’s. Singularly enough, just as I entered his yard gate, I met him and his wife, dressed in their Sunday best—looking as smiling as angels—on their way to church. The manner of Covey astonished me. There was something really benignant in his countenance. He spoke to me as never before; told me that the pigs had got into the lot, and he wished me to drive them out; inquired how I was, and seemed an altered man. This extraordinary
conduct of Covey, really made me begin to think that Sandy’s herb had more virtue in it than I, in my pride, had been willing to allow; and, had the day been other than Sunday, I should have attributed Covey’s altered manner solely to the magic power of the root. I suspected, however, that the Sabbath, and not the root, was the real explanation of Covey’s manner.”

—As it turns out the “negro-breaker” Covey, could not whip him. Douglass continues, that from that point on until he reached freedom: “I was never fairly whipped,” writes Douglass.

African enslaved people brought their knowledge to the Americas, hiding the seeds in their bodies. They also brought their healing knowledge systems and adapted them to their conditions. Whether it was drinking cotton root to bring on menses or wearing the “magical root” that protected Douglass, the descendants within the African diaspora have found allies in plants, gardens and the soil where they find themselves.
When you consider using plant medicine, you must consider the individual person, not only the imbalance. Plant medicine addresses the person in an interconnected web with plants, place and people. This guide is a sketch of some of the basic uses of the plants in the Dunbar garden, for many books have been written on their uses and care—and the knowledge remains among the original peoples who have lived in the desert. Herbs heal the body-mind-spirit-land. They can be used internally or externally and ceremonially. Out of respect for the teachings held internally in our communities, no ceremonial knowledge is provided here that remains in oral tradition.

Pregnant people and people on medications should consult with their health care practitioner before consuming any teas made of plant medicine.
**Key Terms**

**Tisane/Tea:** A tisane/tea is an infusion of herbs, flowers, stems, roots, spices or fruit. A tisane is Caffeine Free. Herbs are steeped in boiled water, the longer the soaking of the plants, the more potent the medicinal content infused in the water. The standard dosage is one to 2 teaspoons in one cup of boiled water. However, desert herbs and fresh herbs may be stronger and less may be required. Herbs that calm the spirit may only require ½ teaspoon to 2 teaspoons, depending on the person's unique constitution, and the quality of the plant. A tisane is an infusion of the plant leaves or flowers and stems. In an infusion, the herbs are steeped in boiling water. Teas made of roots may need to be boiled with the root in the measured water for at least 15 minutes. Cold infusions may be made with flowers and aromatic leaves to preserve the delicate volatile oils, or with a strong desert herb that is potent and does not require heating to extract its healing constituents. Fill a jar with 1 cup of herbs to about 32 oz. of water and let sit from 3 hours to overnight on the counter. Strain and sweeten with honey, if desired. Then, watch your portions. You may only need a cup for the day. This is one way to make an herbal mouth rinse. Refrigerate for up to three days.
**Tonic:** herbs that fortify or nourish the systems and organs in the body. They may be administered through a tisane, or a tincture made with apple cider, or alcohol such as brandy or vodka, or food-grade liquid glycerin.

**Nervine/calmante:** herbs that calm or relax the central nervous system, and therefore the mind and body. Depending on levels of stress, calming herbs should be taken earlier in the day to help the energy to unwind as the day unfolds. However, each person is different. (Standard dosage is one to two teaspoons of herbs or herb mixture per one cup of hot water. Start with one teaspoon of one plant until you become familiar with how the plant and your body interact.) Desert nervines that grow well in Tucson mildly to moderately address anxiety but when mixed together in a 1:1 ratio their powers may become more evident through the synergy of their properties.

**Herbal Infused Honey:** honey that is saturated with herbs and flowers until it is infused with the medicinal and aromatic properties of the plants.

**Plaster:** herbs are blended with an oily are waxing product and then applied over an area or organ to bring relief to the contact of the skin.
**Fomentation:** uses moist heat to apply to an area. Method 1: moisten and crush the herbs and apply directly to the area and cover with a towel or material. A good technique when you need some quick medicine outside and need an herbal bandage. Method 2: Herbs are boiled and then are soaked in a cloth material and applied over a particular part of the body. The fomentation may serve to wash/cleanse the area or to cool the area, or to strengthen an organ or the tissue or to bring relief as the medicine is absorbed through the contact with the skin. The cloth or towel is soaked in the medicine mixture, then wrapped in another 1-2 towels and placed over the area. Then, another towel is placed on top to maintain the heat and another sheet may be placed over the body so that the heat remains in a protective layer, depending on condition being treated.
Sun & Moon Meditation

by Desiree Hammond

Begin by finding a comfortable seat outside. Take a moment to take in your surroundings. Look in all directions, and take note of 5 things you see. Allow your gaze to soften and notice what you hear in your surroundings including the sound of your breath. Then, begin to look inward by closing your eyes or softening your gaze even more. Begin to notice the sensation of the ground beneath you. Take 3 deep breaths. With each exhale allow your muscles and bones to soften into the surface beneath you. Notice your breath and imagine taking a seat inside yourself.

And now, without attempting to fix or change anything, bring awareness to your physical body. Notice the quality of your thoughts right now. Are they fast or slow? Sharp or soft? Begin to send your breath to any place in your body that might be holding tension. Allow each exhale to soften those spaces.

Begin to connect with the day or night sky. The energy of the sun or moon above you. Imagine the warmth of the sun/moon right above your head. Start to fill this ball of light with everything your body, mind and heart might need right now. Like comfort, ease, forgiveness, or courage. Then, see yourself poking a hole through this ball of light.
Begin to imagine this light shining down upon you. Breathing in this golden light through the crown of your head, your forehead, and the space between your brows. Feel this light warm the inside of your head, opening your vision and anchoring you in the present.

Moving your awareness to your throat, the space of truth telling and sharing your voice with the world. Feel this space open and soften.

Feel this light radiate toward your heart. Feel your heart and ribs expand and allow each breath to create space around your heart for all parts of yourself.

Circulate this light toward your belly. Feel it open your center of power and creativity. Begin to connect with your inner knowing, your intuition and your instinctual knowledge.

Continue sending this light down, through your torso, your pelvic bowl, and internal organs. Feeling how they flow and expand with each breath.

Bring your awareness to your tailbone, the base of your spine. Visualize a grounding chord made up of any material—string, stream of water, rope. Visualize this thread as a connection between you and the earth. Feel it anchoring you to the present and allowing you to feel safer, more supported, and grounded here. Allow yourself to feel regenerated and clear.

Come back to that light. The warm golden sun or moon. Feel this entire beam of light within and around you. lighting you up from the inside out and aligning you with the power of the sun and moon…the same power you hold inside you.

Take 3 more deep breaths, and gently come back to this space and open your eyes.
Plants at The Dunbar

Aloe Vera/ Sabila (*Aloe barbadensis miller*)

Medicinal Properties: wound healer, strengthens pancreas, allergies, soothes and heals whatever it touches.

Preparation & Dosage: Aloe vera may be taken internally or used externally, such as for burns, scrapes and skin irritations. It may also be used for topically for pain, for facial treatments and to strengthen hair follicles. Aloe vera or Sabila originates from Africa and is a popular medicine throughout the Americas. Aloe vera heals whatever it touches. Fresh Sabila is preferred to Aloe vera juices that are sold and contain preservatives. Given the abundance in the desert, we suggest that you create a relationship with this wonder plant. Take 1 to 2 inch cutting from the newer growth of the plant. With a knife, slice the pointed and ridged edges and split the plant and half. The two sliced portions may be left in one to two cups of water for three hours or overnight. Then, sip on the water or drink in one quarter portions, much of the pulp will have dissolved into the water. This strengthens the pancreas, relieves
allergies and soothes lungs. If someone is cold natured, they may not respond well to too much of this plant since it is a highly cooling plant. Its classic use is to cut open a fresh plant and put it directly on a sunburn. You may also split the plant open and scrape one-teaspoon worth and stir or blend in 1-cup water or 1 cup of juice. For a pain or injury, the pulp must be applied after it is warmed. When heated slightly and slowly, it becomes quite hot to work with, so be sure to test the temperature of the heated pulp before applying directly to skin. Smear a bit of oil on the skin before applying heated Sabila to minimize the chance of a burn. Cover with a towel and let the medicine seep into the skin for about 30 minutes.

*Plant Care:*

**Sun:** full sun to partial shade  
**Water:** allow the soil to dry out completely between waterings. Stick your finger one inch into the soil to make sure it is dry before watering Aloe vera. Aloe will not tolerate being consistently overwatered at any time during the year.  
**Soil:** well draining soil

**Arabian Jasmine** (*Jasminum sambac*)  
**Medicinal Properties:** insomnia, diabetes, digestion, heart health, antioxidant, anti-inflammatory
PREPARATION & DOSAGE: the gentle, sweet smelling flowers should be steeped in one cup of water with a covered lid for 15 to 20 minutes. When you lift the lid, gather the drops that have evaporated and placed them on your temples and behind your neck and ears. Drink the tea to address insomnia. Some teas for insomnia take about an hour to perceive their effects. Or, to relieve the stress of the day, take one to two sips as needed. However, do not consume the entire amount or you may feel drowsy.

Plant Care:
SUN: full sun to part shade
WATER: plenty of water during the summer growing season, but reduce watering in winter.
SOIL: loose, humusy, evenly moist, well-drained soil

Baja Fairy Duster/tabardillo/pelos del angel
(Calliandra californica)
MEDICINAL PROPERTIES: traditionally used for kidney pain, inflamed prostate, toothache, cramps and fever.
PREPARATION & DOSAGE: Flowers, leaves, stems and roots. Start with boiling one quarter to one half of a teaspoon of plant per one cup of water, and later build up to one teaspoon, if needed. Desert medicines are potent and it is a good rule of thumb to start with less and get to know how a plant impacts your system.
Plant Care:
sun: full
water: low
soil: well drained sandy

California Poppies (*Eschscholzia californica*)
**Medicinal Properties:** relaxation, anxiety, sedative. A tea of 1 teaspoon of poppies can serve to relax someone who has insomnia; it can also serve as a pain reliever.

Plant Care:
sun: full sun
water: very little water and are drought tolerant. Spring rainfall is adequate to irrigate the plants. In areas with hot summers, plants will often go dormant and need no additional irrigation during this time.
soil: sandy and rocky, well-drained soil

Chuparosa (*Justicia californica*)
**Medicinal Properties:**
Chuparosa has antimicrobial properties.

Plant Care:
sun: full
water: low
soil: well drained sandy soil

Cotton (*Gossypium hirsutum*)
Medicinal Properties: Cotton Root has a special place in the reproductive history of African enslaved women, who took the root to bring on their menses. The root is associated with their acts of resistance to rape, and being forced to breed by plantation masters. (See *Gossypium* spp. (Cotton Root) Bark: a Symbol of Herbal Resistance by Karen L. Culpepper in the American Herbalists Guild Journal, Autumn 2017). The root is used in midwifery care and the care of the reproductive system and is also a traditional remedy in Indigenous medicine of Mexico and other parts of the Americas.

Preparation & Dosage: Root, flowers, and leaves hold various medicinal properties. Due to the potency of this plant, please work with an experienced herbalist or midwife who has a relationship with the plant. While it has a variety of uses for the reproductive system, it can reduce fertility in men. Cotton seeds have been used medicinally but they are poisonous for internal use, indicating the need for working with a knowledge holder with a sustained relationship with this plant.
**Common Mallow/Malva** (*Malva sylvestris*)

**Medicinal Properties:** demulcent (adds moisture), lungs, digestion, uterus, skin, helps with inflammation. May be used during menopause in combination with other herbs for hot flashes and to moisten tissue.

**Preparation & Dosage:** the leaves or the roots may be used in a tea, using a standard dosage.

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**Creosote/Sugi/Chaparral/Gobernadora** (*Larrea tridentata*)

**Medicinal Properties:** (caution - use only a sprig the length of your pinky fingernail) antifungal, antimicrobial, allergies, pain relief

**Preparation & Dosage:** This plant has strong physical and spiritual properties of protection...
and endurance. There remains a living plant that is documented to be 10,000 years old and is considered by some botanists to be the oldest living plant. Native peoples have their own names for this grandmother plant. Among the Tohono O’odham, it is called Sugi. In Spanish, one of its names is the Female Governor, indicating its role in the plant world.

A traditional way to consume this powerful plant is to dip it for 15 minutes in one cup boiled water. Once it becomes yellow, then you can start to sip on it. Many people consume it in portions. Or, you may steep it in one cup of water but the portion should only be the length of your pinky fingernail until you establish a relationship with this plant and the powerful effects it may have on your body. It may be applied externally in a liniment, salve, bath or heated for external pain relief. It is difficult to cultivate and has a strong will to determine where it will live.

*Plant Care:*

**sun:** full sun  
**water:** low water  
**soil:** well drained soil

**Desert Globemallow** (*Sphaeralcea ambigua*)

**medicinal properties:** hair rinse to strengthen the hair, for lungs when there is the feeling of heat, such as in bronchitis; fevers; urinary and blad-
der inflammation. A poultice or moistened leaves may be applied to areas that are inflamed or arthritic. Mashed root for feet is a long-time Native remedy. This plant is known in Spanish by various names, including as Yerba de la Negrita or Yerba del Negro (Black Woman’s Herb or Black Man’s Herb) in New Mexico. Popular lore holds that the plant received its name in New Mexico when locals saw that a Black man, who had walked a long way, used the plant to relieve his feet. Local people then started to refer to the plant in reference to him.

**Preparation & Dosage:** Standard dosage. Can be used as a plaster, poultice or fomentation for irritated areas. Heat the plants as in a tea mixture, then wrap in a cloth and apply to the area for a poultice or rinse the area with it for a fomentation.

**Plant Care:**

**Sun:** full sun

**Water:** Extremely Low, Very Low; Max 1x/month once established

**Soil:** adaptable, but prefers fast draining desert soil; both sandy or clay alkaline soil
**Desert Hackberry** (*Celtis pallida*)

**Medicinal Properties:** yummy berries, highly astringent

**Preparation & Dosage:**
gather the berries and eat them directly or make a jelly or jam. The leaves may be used in very small dosages of quarter teaspoon as astringent for pain or to strengthen gum tissue. Enslaved African herbalists used Hackberry of the South for kidney ailments.

**Plant Care:**

- **Sun:** full sun to partial shade
- **Water:** low
- **Soil:** tolerant of nutritionally poor soil and drought

**Desert Ironwood** (*Olneya tesota*)

**Medicinal Properties:** traditionally used for gum infections or for asthma.

**Preparation & Dosage:** ½ tsp of the leaves.

**Plant Care:**

- **Sun:** full sun
- **Water:** low
- **Soil:** adaptable, tolerant of sand, loam, and clay; fast draining
**Desert Lavender** (*Condea emoryi*)

**MEDICINAL PROPERTIES:** mild to moderately good for anxiety, reducing stress. It makes a good sitz bath/fomentation/medicine bath or vajo (traditional steam in Mesoamerican traditional medicine) for candida overgrowth. It is used for colds, lung afflictions, and has anti-inflammatory properties. It mixes well with desert verbena for the nervous system.

**PREPARATION & DOSAGE:** use a standard dosage.

**Plant Care:**

- **sun:** full sun
- **water:** low; max 1x / month once established
- **soil:** prefers sandy or decomposed granite soil

**Desert Marigold** (*Baileya multiradiata*)

**MEDICINAL PROPERTIES:** The leaves and flowers were a traditional underarm deodorizer among some tribes.

**PREPARATION & DOSAGE:**

**Plant Care:**

- **sun:** full sun
- **water:** low
- **soil:** sandy or gravelly soils
Desert Penstemon (*Penstemon pseudospectabilis*)

**Medicinal Properties:** the leaves and flowers may be used for skin irritations.  
**Preparation & Dosage:** It may be made or a wash or fomentation (applying the tea on the skin with cloth that has been dipped or saturated in the tea.)

*Plant Care:*
- **Sun:** full sun
- **Water:** low; max 2x / month once established
- **Soil:** fast draining; rocky, sandy, gravelly

Desert Sand Verbena (*Abronia villosa*)

**Medicinal Properties:** mild to moderately good for anxiety, reducing stress. It relaxes what is known in Indigenous Mexico as “the pulse of life.” Combined in a 1:1 ratio with Desert Skullcap or Desert Lavender to relax the body-mind and overstimulation and overthinking and the inward spiral of tension so that the body-mind-spirit may let go of the day to sleep.  
**Preparation & Dosage:** standard dosage of an infusion

*Plant Care:*
- **Sun:** full
- **Water:** low
- **Soil:** well drained sandy
**Jojoba** (*Simmondsia chinensis*)

**MEDICINAL PROPERTIES:** mild antibacterial, anti-microbial, anti-oxidant, skin, soothes sore throats, bleeding gums and cuts, burns and rashes.

**PREPARATION & DOSAGE:** the seed may be gathered, roasted and cut to extract the oil or the leaves may be used as a short-term tea or wash. Jojoba is the Mexican Spanish word derived from an O’odham word.

**Plant Care:**

**SUN:** full sun

**WATER:** low

**SOIL:** well-drained, sandy soil, and neither amendments nor fertilizer should be added
Lemon tree *(Citrus limon)*

**Medicinal Properties:** (leaves & flowers) nerve, calming, insomnia

**Preparation & Dosage:** the leaves and flowers may be prepared as a tea or added to a warm bath.

*Plant Care:*

**Sun:** full sun

**Water:** deep watering once weekly

**Soil:** well-drained, slightly acidic soil

Mesquite *(Prosopis glandulosa var. torreyana)*

**Medicinal Properties:** the leaves and sap and twigs or stems of the tree have a variety of uses. The sap (made as a wash or rinse) has been used to treat gums and conjunctivitis. The leaves and stems may be used in an eye rinse or as a tea for the lungs.

**Preparation & Dosage:** standard dosage for tea, however, given the strength of the tree medicine, one may only want to sip on divided portions of the tea until the desired effect is obtained.

*Plant Care:*

**Sun:** full sun

**Water:** low; max 1x / month once established

**Soil:** fast draining sandy or decomposed granite soil
Mexican Skullcap (*Scutellaria platyphylla*)

**Medical Properties:** moderately good for anxiety, reducing stress

**Preparation & Dosage:** standard dosage for tea

**Plant Care:**
- **Sun:** full
- **Water:** low
- **Soil:** Rocky areas, washes and sandy areas
LET THE GARDEN INSPIRE YOU
Write a poem

[Blank lines for writing]

[Sketch of flowers]
Olive Leaf (Olea europaea)

**MEDICINAL PROPERTIES:** antiviral, anti-inflammatory, antifungal, lowers cholesterol - also lowers blood pressure, so use in small amounts. This is an excellent tea for deeply embedded viruses that don’t seem to go away. If you are fighting a virus then you may consume up to 3 cups of this tea per day.

**PREPARATION & DOSAGE:** standard dosage for tea

*Plant Care:*

**Sun:** full sun

**Water:** low water

**Soil:** well-drained soil

Rosemary (Salvia rosmarinus)

**MEDICINAL PROPERTIES:** Digestive, antibacterial, feeds the central nervous system and heart, calming, joint pain (w/ginger), headache, cramps and gas
pain, indigestion, lung sedative, skin wash, cold, grief, heart, brain, uterus, skin. Rosemary promotes circulation and strengthening of the system. Rosemary combines well with spearmint or ginger.

It mixes well with Spearmint/Yerbabuena, which addresses: Headaches, menstrual cramps, nausea/vomiting, digestion, relaxes solar plexus, brightens the mind.

**Preparation & Dosage:** Rosemary can be bitter and stimulating, so begin with one half teaspoon in 1 cup water. If combined with mint, mix three parts of mint with one part of Rosemary. This is a good tea to take before 5 PM to brighten your mind and allow you to be more alert in the evening. However, for some they may need to take it earlier in the day if they find it to stimulating. When combined with gender, it particularly is useful for coldness in the womb or the lungs. People who are hot in nature may find this combination to warming and irritating for them.

**Plant Care:**

**Sun:** full sun

**Water:** 2-4x/month once established; allow to dry out thoroughly between each watering

**Soil:** well-drained, preferably sandy soil
Saguaro (*Carnegiea gigantea*)

**MEDICINAL PROPERTIES:** the treasured Saguaro fruit is made into a revered drink and dried fruit for the O’odham.

**Plant Care:**

*Sun:* full sun

*Water:* allow to dry out thoroughly between each watering once a month in the summer for 30 minutes.

*Soil:* well-drained soil
**Wild lettuce** (*Lactuca virosa*)

**Medicinal Properties:** Wild lettuce is been in abundance in recent years in the desert. It is a sedative for mild insomnia.

**Preparation & Dosage:** The medicinal content of Wild Lettuce is in the latex, or white milky substance. It is a time-intensive process that requires cutting the stems and gathering the milky sap, which contains the sedating medicine.

**Plant Care:**
- **Sun:** prefers full sun and will tolerate partial shade
- **Water:** always keep the soil moist but never let it become soggy
- **Soil:** moist, fertile, well-draining soil

**Yucca** (*Yucca elata*)

**Medicinal Properties:** The roots are pounded and boiled to make a traditional soap. The root treats liver gallbladder conditions and is used in formulas for osteoarthritis; stomach disorders; high cholesterol, diabetes, migraines and to address the production of certain hormones.

**Plant Care:**
- **Sun:** full sun
- **Water:** 2-4x month once established; allow to dry out thoroughly between each watering
- **Soil:** well-drained, preferably sandy soil
Visitors at the Garden

Desert Mallow/Pima Indian Mallow/ Palmer’s Indian Mallow (**Abutilon palmeri**)  
**Medicinal Properties:** Leaves, seeds, flowers, stems, roots. In traditional Medicine of Mexico, it is considered to have similar properties to others in its species with anti-inflammatory and sedative properties, depending on the plant substance. The leaves, among other uses, are used as an emollient, laxative, tonic, for coughs, and has sedating qualities; stems: astringent; seeds: anti-inflammatory.

This uncultivated garden visitor can spread throughout a garden.

*Plant Care:*

**Sun:** Full  
**Water:** Drought resistant, low water  
**Soil:** adapts to rocky or sandy well-draining soils.
San Miguelito/ Coralito/ Queens Wreath/ Coral Vine: *(Antigonon leptopus)*

**Medicinal Properties:** traditionally used for colds, fevers, pain, diabetes, menstruation, and venereal diseases. Flowers and twigs are used.

It is a visitor that has made its way into the garden, but can be cultivated.

*Plant Care:*

**Sun:** Full.

**Water:** two to three times a week until established

**Soil:** Humus-rich, well-drained soil.
Write!

What natural remedies do you or your family use to make you feel better?
DIY Recipes:

How to make Flower Infused Honey:

**You will need:** Chemical/fragrant free flower petals, fragrant flowers such as Jasmine or Lavender, raw honey, chop stick for stirring, sterilized mason jar.

**Directions:** Fill the mason jar with petals to half of the jar. Add the honey. Stir with a stick. Add more roses, add more honey if there is room. Leave about an inch from the top because the petals will expand. More honey may be added later. Let set for two weeks in a dark place, turning upside down once to let all the petals and honey mix.

Remember these are nervines, and calm the spirit, so they can be quite concentrated. For instance, Lavender flowers are quiet strong and you will only fill a quarter of the jar with them. A similar proportion of only filling a quarter of the mason jar should be used with Jasmine or citrus petals.

You may strain or eat the petals with the honey, put in your teas and tisanes or on crackers, in yogurt, ice cream, etc. Remember these are nervines, and calm the spirit, so they can be quite concentrated. So resist the urge to eat too much and start with just a half teaspoon to see how you relax!
**How to make a Tisane:**

**you will need:** Rosemary and Yerba Buena (spearmint) (for the brain, heart, stomach, lungs and uterus) Tisane

**directions:** Use one part Rosemary to three parts spearmint to fill one teaspoon per one cup of water. Steep 15 minutes. Add one teaspoon honey or maple syrup. Do not drink after 6 p.m. as it may make you alert without caffeine.

**Aloe Vera oil for hair and skin:**

**you will need:** Aloe vera gel scraped from a fresh plant.

**directions:** Blend 1/4 cup of Aloe vera gel. Add 1/4 cup coconut oil and the aloe gel to a ceramic saucepan or small pot. Slowly heat the mixture until it stops bubbling. Cool, then strain the oil into a container and store in the fridge. Apply several hours before shampooing your hair, or leave overnight. Adding a teaspoon of Vitamin E oil will preserve it longer so that it does not have to be refrigerated. May also be applied to the face. Or used as a skin ointment.

**Liniment:** is a liquid that has been infused with herbs and is applied directly to the skin. A carrier may be rubbing alcohol, witch hazel or vinegar. Rubbing al-
cohol is good for pain as is apple cider vinegar. Herbs that are infused in apple cider vinegar may also be good for the skin, depending on the purpose of the medicine. Witch hazel is less drying. From the Dunbar plants, Rosemary, Creosote are good choices for a liniment. Malva, Rosemary, Penstemon, or Creosote and vinegar or witch hazel would be useful for certain skin conditions. Rosemary or Creosote in rubbing alcohol make excellent pain relievers for arthritic conditions. Use 1 ounce of herbs to one quart of liquid. Let set for at least two weeks, gently shaking each day. Respect the spirit of the plant. After two weeks, you may strain the liquid into a separate container. Offer the plants up to the natural world outside and give thanks for the medicine it has provided.

**Creosote oil:** Gobernadora contains numerous antioxidants and is a natural preservative. It works well as a "cold infusion" or Sun oil. In this process, fill a mason jar with \( \frac{1}{4} \) Creosote. Fill the remainder with olive oil. Place in a brown bag and set outside or place uncovered on a window seal. Gently shake the jar daily in several circles for two weeks. Strain. This is an excellent oil for pain.

**Creosote salve:** use a 1:4 beeswax to infused oil ratio. For 1oz of beeswax, use 4 oz (\( \frac{1}{2} \) cup) of infused oil. You can buy a stick of beeswax or beeswax pellets, if
you are using a stick you can grate the beeswax or cut into small pieces. Place beeswax on a double boiler so that it can melt, if you don’t have a double boiler, you can fill one pot with \( \frac{1}{3} \) of water and place a pot on top. The beeswax will be melted by the steam of the water heating the pot on top. Once the beeswax is melted add the strained infused oil. Mix and remove from heat. Pour mixture into a glass jar, using an amber jars will help preserve the salve longer. Store salve in cool & dark place, this should last 1-3 years.
This guide was created in partnership with The Dunbar Coalition, The University of Arizona’s Haury Foundation, Debi Chess, Desiree Hammond, Megan Carney, Patrisia Gonzales, Dianna Taylor, Blu Au, Anton Russell, Yesi Olivera, and Aquil Joel Hameed. Our intention is that this guide will increase awareness and understanding of native herbs and plants in Southern Arizona and preserve and celebrate the history and resilience of the Dunbar Pavilion space.