

Cynthia Brian's Digging Deep Gardening Guide For Febuary

"There are two ways you can live your life - one as if nothing is a miracle, and the other as if everything is a miracle." -- Albert Einstein

Thank the heavens for the unfussy ubiquitous jonquil that waft away the weariness of winter's dark days with delicious scents. The crocus surprise and delight us as they pop up in the landscape. I personally am fond of the deep velvety moss covering brick walks, stone paths, and benches. The verdant green carpet reminds me of prehistoric forests. The occasional early daffodil stretches its golden head toward the scattered sunshine. February's dreariness is lessened with miracles from the garden.

- **BOOST** your spirits by buying a flowering houseplant for the kitchen.
- **ENROLL** in a gardening class.
- **SOAK** seeds of radishes, peas, beans, and alfalfa in a jar of water, drain, sprout, and eat.
- **READ** seed catalogues in preparation for choosing spring delights.
- **EXPLORE** a cactus garden. How about visiting the Ruth Bancroft Gardens in Walnut Creek? <http://www.ruthbancroftgarden.org/>
- **EXPERIMENT** with more sustainable methods of gardening by not using synthetic fertilizers or pesticides.
- **EXPERIENCE** the healthy heart benefits of the ripening citrus and add the juice to your freshly picked kale, Swiss chard, and spinach.
- **SHARE** your best rose canes with neighbors and friends. If you are interested in receiving any cuttings from my prize winning roses, email me at Cynthia@GoddessGardener.com.
- **FIGHT** child obesity by growing your own vegetables and donating extras to a food pantry. If you have winter produce, share the wealth.
- **PROTECT** your hands from winter wear by applying lotion before putting on your garden gloves.
- **CLEAN** and sharpen your tools now. Make any repairs or replacements before spring springs.
- **FILL** your bird feeders weekly to keep our feathered friends in your garden during the cold season. If you feed them, they will come.
- **PHOTOGRAPH** an area of your garden and repeat every month to watch the changes.
- **WRITE** in your journal so you'll remember what each week brings to your outdoor sanctuary.
- **BRIGHTEN** the dismal days with a window box or porch pot of color spots available at your local garden center.
- **PLANT** succulents or cactus in a special sunny spot.
- **COVER** any frost tender plants with blankets or move inside the garage during the cold nights.
- **COMPOST**, compost, compost. I know you are tired of hearing me prod you, but this is an imperative ingredient of natural, organic gardening. Feed your soil and it will feed you.
- **HARVEST** winter cabbages, kale, Swiss chard, and spinach.
- **REMEMBER** your loved one on Valentine's Day with the gift of flowers from the florist or your backyard. (Add some dark chocolate for the lady in your life) Keep warm. Think sunny thoughts. Dream of spring light. Explore, experiment, experience. The splendor of the desert awaits your visit.

Happy gardening to you!



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-- Orinda Buyer



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