

Digging Deep

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Plant thornless and dwarf raspberries and beautiful blueberries as landscape shrubs for a double whammy of attractiveness and wellbeing. Want to give yourself the gift of super nutrients in a bush? Instead of paying high prices for the juices or dried fruit of goji berries, plant The Vitamin Berries™ Collection from Proven Winners. The company has introduced Sweet Lifeberry and Big Lifeberry which boast a plethora of purple flowers followed by juicy red berries gracing long branched shrubs. The bushes are showy, easy to grow with the fruit ripening in autumn. Fresh or frozen, this exotic super fruit will reap health benefits all season.

Herbs are the gateway drug of gardening. If you think you have a black thumb, plant rosemary, oregano, or Russian sage and you'll soon be singing the praises of green while enjoying the flavors of savory dishes. For cleaner indoor air, buy orchids, palms, and peace lilies to scrub away the toxins. Do you love the exotic flavors of Thai food? Plant a kaffir lime with hourglass-looking double leaves, or take a cutting of a green lemongrass stalk from an Asian grocer to root in water. Heirloom seeds including tomatoes, eggplants, and squash, Canterbury bells, delphinium, foxglove, and many other fruits and vegetables may be from old-fashioned gardens, but they are the future of gardens today. Check out www.rareseeds.com from Baker Creek Heirloom Seed Company offering over 1,400 seed varieties from 70 countries.

Shatter the limits, blow up the barriers, and multiply the possibilities with soulful mindfulness. Hurray, it's a brand new year and we're planting a new leaf!



Swiss chard is an excellent green for winter sautes.



A pale pink amaryllis is an elegant choice to spruce up interiors.