

Cynthia Brian's Gardening Guide for August

"What you plant today, you'll reap tomorrow. Choose wisely!" Cynthia Brian

I've always believed that being a gardener is more than digging in the dirt or communing with nature. The act of gardening makes us better people as we learn invaluable lessons in humility, perseverance, consideration, trust, hard work, patience, responsibility, and faith. A gardener can't be lazy, nor be greedy. Great gardeners are friends of our good earth. Through successes as well as failures, gardeners reap miracles of nourishment, harmony, and reconciliation. With the last full month of summer sunshine, warm evenings, and long hours of daylight, go into your garden to experience the satisfaction of being an authentic caretaker of your place on this planet.

- **SPREAD** a blanket on the lawn and look towards the heavens in the early hours of the morning on Aug. 11, 12, and 13 for a show of shooting stars. It's the annual Perseid meteor shower, perfect for backyard viewing.
- **DRY** herbs by hanging bunches upside down in a dry place, like a garage or shed. Good herbs to dry include lavender, sage, thyme, rosemary, and oregano. Store the dried leaves in a jar.
- **DOUSE** weeds with a concoction of white vinegar and liquid dish soap. To a gallon of the vinegar, add a capful of dish soap, shake in a spray bottle, use proactively.
- **GATHER** the seeds of fennel and cilantro after the flowers are spent. Dry the seeds on a cooking sheet. Cilantro seeds are called coriander. Both add flavor and texture to both sweet and savory recipes.
- **PRESERVE** flat-leaf parsley, basil, and chives by freezing them in ice cube trays. Put a spoonful of the chopped leaves in each cell, add water, and freeze. When you want a dash of fresh flavor, pop an ice cube.
- **PLANT** edamame and sweet potatoes, both warm weather crops. The soil needs to be warmer than 60 degrees. Plan on harvesting edamame in 90-100 days when the pods are plump but still green for a heart healthy omega 3 boost. To make potassium rich sweet potatoes sweeter, store at 90 degrees for two weeks after harvesting.
- **DEADHEAD** roses, annuals, and perennials as blooms fade to keep them coming through frost.
- **GROW** celery by rooting the base of your store bought vegetable. Put the stub in a glass jar filled with water in a sunny location, then transplant to a container or garden when rooted.
- **KEEP** bugs at bay for your evening dine outs by hanging dryer softener sheets next to, but not touching, light fixtures. As the sheets heat up, the smell drives moths, mosquitoes, and other flyers away. Place a citronella plant in a container on your patio as an additional insect repellent.
- **HARVEST** cucumbers and make an easy spicy summer snack as well as soothing eye pack. Peel, slice, add red onions, rice vinegar, and marinate for one hour in the refrigerator. Save the peels to place on your eyes to eliminate puffiness after swimming.
- **COLOR** your world with a bed of brightly hued zinnias. They are great for arrangements and cutting.
- **RE-PURPOSE** old pantyhose by using the seat to protect big watermelons and squash on the vines. The legs can be used to store bulbs or onions.
- **WATCH** butterflies pollinate your flowers as they flutter from blossom to blossom on monarda, tithonia, sunflowers, zinnias, butterfly bush, cosmos, alyssum, marigolds, thyme, oregano, and marjoram.
- **EXTEND** your garden's production with a second season planting of beets, scallions, kohlrabi, chard, broccoli, lettuce, peas, and carrots to carry your fresh offerings into late fall.
- **TOSS** a salad comprised of edible herbs, tender leaves, and fruit from your garden including basil, sage, thyme, loveage, fennel, arugula, spinach, chives, chard, tarragon, kale, beet tops, lettuce, cilantro, parsley, sorrel, apples, and plums dressed with lemon juice and olive oil for a tasty jolt of mineral rich nutrition.
- **DETER** deer by building fences 10 feet or higher. Send me an email if you discover ways to keep deer out without fences! Cynthia@goddessgardener.com
- **MAKE** jam, jelly, or wine with the beautiful blue elderberries at their peak this month.
- **PICNIC** on the patio where you can enjoy the beauty and scents of the hot August nights.
- **SHARE** your excess vegetable and fruit harvest with the neighborhood and take the extras to the local food bank for those in need to savor.

Enjoy the final days of summer with barbecues and swim parties with family and friends. School is back in session soon. Drive carefully.

Happy gardening and happy growing to you!

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Cynthia is available as a speaker and consultant.



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RISK ASSESSMENT

Some level of risk must be accepted to experience the benefits that the tree provides. Fortunately, tree failure is an infrequent occurrence. Serious damage, injury, or death from tree failure is rare. Tree failures during normal weather conditions are sometimes predictable and preventable. Decisions on whether a tree inspection is required or what level of assessment is appropriate should be made by an arborist with the consideration for what is a reasonable and proportional to the specific condition and situations. Have an arborist from Advance Tree Service take the risk away by assessing your trees health today. So don't wait until it's too late, call your local Arborist at Advance Tree Service and Landscaping to help you assess your risk today.

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