

Cynthia Brian's Gardening Guide for May

"Now every field is clothed with grass, and every tree with leaves; now the woods put forth their blossoms, and the year assumes its gay attire." – Virgil

By Cynthia Brian



A path lined with larkspur, cineraria, lambs ear, penstemon, and white roses invites a springtime stroll.

Photos Cynthia Brian

May is one of the most beautiful months of the year in our California gardens. The weather is warm, yet mild, as our landscapes burst into bloom. The birds are chirping while building nests, the bees are buzzing, the frogs are croaking, butterflies and hummingbirds flit through the air. A renaissance of nature is in full swing and we are the delighted recipients of the rewards.

This is the month that we really get up, get out,

and get going as summer entertaining approaches. The colors, shapes, textures, and fragrance of spring's cool combinations create a tapestry of sensory explosions. It's easy to spend hours, days even, working the earth to design the drama and harness the harmony that we crave and need. Drought tolerant and native plants are our go-to specimens for the season. Add velvety lamb's ears or gray Artemisia, both deer and rabbit resistant,

to your beds of warm hued snapdragons for a punch of genius. For a mega health boost, make sure to plant a variety of carrots in red, orange, yellow, and purple. They are not only great for our eyes, but are loaded with Vitamin A and C, rich in antioxidants, including beta-carotene, high in fiber and cancer fighting nutrients, and low in calories. Welcome to your garden!

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