

Cynthia Brian's Mid-Month Reminders



Pick the last of your bell peppers before the rains begin.

1. Boost your levels of vitamin C before flu and cold season begins by brewing a homegrown rose hip, sage, and peppercorn tea. Pick ripe red rose hips from your rose bushes and red peppercorns from your pepper tree. Smash or grind and add to tea pot with shaved ginger, lemon rind, lemon juice, sage leaves, and honey. Peppery and delicious, hot or iced. Substitute garlic for the honey for a zesty herbal broth yummy with steamed vegetables.
2. Pick your remaining peppers, tomatoes, tomatillos, and eggplant before the rains start.
3. Enjoy the fiery red foliage of pistache trees in a container or cut a few branches for indoor displays.
4. Fertilize and aerate lawns this month.
5. Refrigerate tulips, hyacinths, and crocus for four weeks before planting.
6. Thanks to all the fans of the Lamorinda Weekly who stopped by the *Be the Star You Are!*® booth at the Pear and Wine Festival to pick up seeds, potpourri, and participate in our community writing story. If you are interested in knowing how the story evolved, here's the link: http://www.btsya.com/uploads/2014_Once_upon_a_time_REVISED.pdf

Cynthia Brian

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