

Digging Deep with Cynthia Brian Garden Gratitude

... continued from page D9

We all bounce back from challenges and tomorrow is another day.

This year when we celebrate Thanksgiving, my table will be laden with the goodness from my garden including my mashed home grown potatoes infused with thyme, sage, and rosemary, a wine roasted turkey stuffed with orchard apples, onions, and grapes, plus a fresh picked salad of baby lettuces, arugula, kale, fennel, and sliced Fuji persimmons. Grace will be one of gratitude for the bounty and beauty that Mother Nature provides every day of the year, no matter what the season.

As I leave work in San Francisco, each time I witness the spectacular sunset in my rear view mirror going east on the Bay Bridge, I breathe a sigh of relief as the grazing cows on the hillside come into view. The forests of trees, the smell of the wild grasses, the capaciousness of our open spaces, and the sounds of birds replace the honking horns, crowded streets, and urine soaked sidewalk odors of the city. I give thanks that I have the opportunity to spend my days in a tranquil environment where I breathe clean air and enjoy the lushness of the valleys within a short drive of cultural amenities. Even the eerie howls of the coyotes singing at the moon, the herds of hungry deer dining along my driveway, and the wild turkeys roosting in my pines roots me in gratitude for my rustic simplicity.

I am home. And home is where my heart is.

May you enjoy a cornucopia of blessings and joy this November with your loved ones. Thank you for being such dedicated, involved readers. I appreciate you.

Happy Gardening. Happy Growing. Happy Thanksgiving.

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