

# Why We Garden! Part 1

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## Exercise

Extended sitting has become the killer disease du jour. Gardeners get off the couch, unplug from the computer, and move outside in the fresh air. Digging, raking, hauling, lifting, planting, mowing, and hoeing burns calories. In fact, one hour of weeding burns approximately 300 calories for women and 400 for men, which is the same amount as moderate walking or cycling. Forty-five minutes of gardening equals 30 minutes of aerobics. Carrying buckets of stones, bricks, or water strengthens our muscles. We are cross training at every age.

## Beauty

Gardeners are artists. Plants are the paint and our grounds are the canvas. Our unique creative styles offer solace to the senses. There is wonder and magic in the natural world and gardeners express themselves to surprise and delight. Many Lamorindans own second homes in the Sierras. The beauty of their snow-laden winter wonderland rivals the burst of May flora after the melt. The first signs of crocus and daffodils in January lift spirits while the perfume of roses and bright hues of summer perennials remind us that the outdoors are for entertaining.

## Pride

How exciting it is to grow a spectacular peach or a beautiful dinner plate dahlia! We feel a sense of accomplishment, of a job well done, something tangible that we

manifested through our personalized manual labor. Being in the age of technology and big business, many of us don't use the motor skills in our work life that we use in the garden. We are proud of our calloused hands and muddy boots.

## Connections

Not only do we feel a soulful connection with our Mother Earth, but we gain a better understanding of ourselves and of others. No matter what level we are in our gardening adventure, we connect and communicate with one another about our trials, triumphs, and hurdles. Many join garden clubs or become members of a community garden. Our social circles expand over the latest recipe we cooked with ingredients from our potagers.

## Sharing

A garden is to share. It is such a joy to bring a basket of extra corn, Swiss chard, or plums to a neighbor or friend. Gardeners distribute rose canes after January pruning, bouquets of flowers as hostess gifts, and volunteer plants that have been pulled for transplanting. We share our knowledge of what works and what doesn't work, short cuts we have found, and specimens that flourish in our area. We collect and dry seeds to give to those who could benefit. Without all of the slips, pinches, cuttings, and rootings from my mother's garden, I wouldn't have my heritage showcase. If you've ever attended one of my garden presentations or seminars, you have benefited from the plethora of seeds, herbs, fruits, and other goodies I give away. Sharing is integral to a gardener's life.

There are so many reasons that we love to garden – rain, sleet, snow, or sunshine – that we'll continue this conversation in next month's Digging Deep. I'd love you to email me your main motives for being a gardener. Email me at [Cynthia@GoddessGardener.com](mailto:Cynthia@GoddessGardener.com). I'll do my best to incorporate the many ways we make this world a more beautiful place by doing what we love. Make a New Year's resolution to find the marvelous in nature.

Happy Gardening and Happy Growing!



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## IT'S TIME TO PRUNE YOUR PINE TREES

With current winter drought conditions home owners need to make sure to water their trees too. Lack of water brings bugs and diseases. Proper pruning is also essential this time of year for your Pine trees. Bark Beetles can infest your tree when it is weak from lack of water or due to sap that comes from pruning in the spring and summer; these beetles are dormant during the fall and winter months. Beetles also can carry diseases from tree to tree, and the only way to stop them is to prevent them by having a healthy tree in the first place.

So don't wait until it's too late have a complete inspection by a Certified Arborist at Advance Tree Service





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*Fresh picked carrots sprinkled with basil are ready to roast.*



*The final crop of persimmons sits on the chopping block with fresh greens and Meyer lemons.*