



*The front porch is filled with the hope of tomorrow after a funeral celebration.*



*A restorative garden featuring ultra green Baby's breath with a Japanese Temple*

## *Gardening Guide for October*

# Autumn Awakenings in a Healing Garden

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Begin to create your own garden of healing and inspiration by incorporating these simple elements. Dream, awaken and heal this autumn.

- Make the choice for clean, healthy living. We have the ability to grow our own food no matter how small our living space. For indoor gardening experiment with grow lights or hydroponic measures.
- Plant an herb garden that is easily accessible to your kitchen. Not only do herbs flavor food, herbs are healers. Their natural medicine can be used to increase energy, fight colds, relieve pain and quiet the mind. Herbs can be grown on windowsills, too. Lavender will help you sleep, peppermint curbs an appetite, rosemary increases cognitive skills, chamomile soothes upset tummies and basil is a disinfectant.
- Encourage your children to join in garden activities that relate to healthy eating. Gardening lures children away from a sedentary lifestyle while they are learning about biology and nutrition. Let them plant, pick and plate.
- Minimize the harmful effects of UV rays by enjoying the shade of a tree. According to the University of Purdue, sitting under the umbrella of a tree is the equivalent of slathering yourself with SPF 10. Make sure your property has a tree or two as sun protectors.
- Bring plants to your office to create a healthier happier workspace. Plants have been proven to increase productivity.
- Create boundaries and define personal spaces with plants and hedges. We all need downtime to rejuvenate.
- To maximize a small space, grow low-maintenance, compact blueberry bushes with multiple herbs and leafy greens in one large container for a continuous harvest. As a bonus, basil, thyme, sage, rosemary, chives, lavender, lemon balm, mint, and other fragrant herbs repel insects.
- Clean, healthy gardening means no pesticides, insecticides, synthetic fertilizers, nor GMO seeds. We want to ensure the health of people, pets, and our planet.
- Take a class or workshop to help you grow your knowledge about living in nature.
- Encourage lizards and bats to take up residence. The western fence lizard carries a protein that destroys the Borrelia bacteria that resides in the stomachs of ticks carrying Lyme disease, and bats eat 6,000-8,000 mosquitoes nightly. Other pluses are that lizards eat lots of unwanted garden insects and bats are pollinators.
- Install a water feature. Moving water contains high levels of negative ions thought to reduce depression and other anxiety disorders.

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