

# Cynthia Brian's Mid-Month Reminders

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**RAKE** leaves to mix into your compost pile. Do not put them in the green bin unless they are diseased as leaf mould adds valuable nutrients back into the soil.

**REFRAIN** from raking an area completely clean as bare soil is not a natural state. Allow a small covering of leaves to slowly decompose where they fell. By clearing the soil completely, erosion and leaching are invited.

**TRENCH** plant your bulbs of muscari, tulips and hyacinths to get the job done swiftly.

**ADD** healthy houseplants to your interior décor to clean the air, lower blood pressure, help with concentration, and reduce stress.

**FORCE** amaryllis, hyacinths and paperwhites as thoughtful green holiday gifts.

**SCATTER** wild flower seeds for a surprise spring showing.

**CHECK** trees for stability before winter storms arrive. Call in a professional arborist to help you prune any unwanted or dangerous branches. Safety is of the utmost importance.

**FERTILIZE** your entire landscape. An especially auspicious time to throw fertilizer or pre-emergent is right before a rainfall for maximum absorption.

**PICK** the last of your grapes and use the colorful grape leaves in your autumn arrangements.

**THROW** snail and slug bait before the crawlers devour your precious plantings.

**DIVIDE** perennials such as daylilies, dahlias and iris.

**EXPLORE** the diversity of our local hillsides with an invigorating Thanksgiving hike.

**TAP** into your inner child and roll in the fallen leaves. Make angel wings as if the leaves were snow. Remember how fun that was when you were just a kid!

**ARRANGE** dried grasses, mushrooms, acorns, magnolia cones, moss and lichen-covered branches for an elegant tabletop setting.

**MEDITATE** outside in the chilly autumn air and breathe in the aromas of the earth.

**CLEAN**, sharpen and oil tools before putting away for the winter.

**ADD** a cornucopia of gratitude to your daily fruit basket.

Wishing you a blessed Thanksgiving with family and friends.

Happy Gardening. Happy Growing.

Cynthia Brian



Cynthia Brian thanks you for reading *Digging Deep*. Happy Thanksgiving.

Cynthia Brian, The Goddess Gardener, raised in the vineyards of Napa County, is a New York Times best selling author, actor, radio personality, speaker, media and writing coach as well as the Founder and Executive Director of Be the Star You Are!® 501 c3. Please make a donation to help with hurricane & fire disaster relief at [www.BetheStarYouAre.org](http://www.BetheStarYouAre.org). Tune into Cynthia's Radio show and order her books at [www.StarStyleRadio.com](http://www.StarStyleRadio.com).

My new book, *Growing with the Goddess Gardener*, is available at [www.cynthiabrian.com/online-store](http://www.cynthiabrian.com/online-store).

Available for hire for any gardening project.

[Cynthia@GoddessGardener.com](mailto:Cynthia@GoddessGardener.com)

[www.GoddessGardener.com](http://www.GoddessGardener.com)

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