

Cynthia Brian's Gardening Guide for August

- **CONTROL** allergies by eating local honey. Researchers have found that by ingesting the honey from local bees, many allergy sufferers find relief.
- **CHECK** the level of water for your lawn by putting a coffee cup on your grass then running your sprinklers. To stay green, lawns require about one inch of water.
- **SOW** seeds for cool season Brassicas crops this month. Broccoli, cabbage, Brussels sprouts, kale, turnips, collards, and mustard will get a head start for fall and winter harvests.
- **PROVIDE** water for birds, bees and butterflies with a gurgling fountain in your garden.
- **WATCH** for broken irrigation pipes. If you turn on your sprinkler and you find the pressure is low, investigate the cause. It usually is an underground pipe that is leaking or has broken.
- **PLANT** colorful gazania, lobelia, primrose and petunias for instant garden pizzazz.
- **DEADHEAD** roses weekly. Your plant will stop blooming if you allow the rose hips to form.
- **ADD** fragrance and bring beneficial pollinators to your landscape with black-eyed Susan, milkweed, Echinacea, aster, lavender and bee balm.
- **WATER** deeply and less frequently to train your garden to be water thrifty.
- **PROTECT** your trees as they keep our environment cooler in summer, reduce wind, provide shade to unwind, and clean the air we breathe.
- **ADD** depth and brightness to shade gardens by including astilbe, hosta, phlox, bleeding heart, trillium, helleborus, hardy geranium, and ferns to your landscape.
- **TURN** kitchen and yard waste into high quality compost by either creating a compost pile, buying a bin or tumbler.
- **READ** my newest garden guide, "Growing with the Goddess Gardener," while swinging in the shade in your hammock. Order copies at <http://www.CynthiaBrian.com/online-store> today.
- **HARVEST** tomatoes, peaches, peppers, zucchini, and cucumbers.
- **ACT** quickly when stung by a bee or yellow jacket. Seek medical attention immediately if emergency symptoms emerge.
- **WEAR** sunscreen, sunglasses, a hat, gloves, and boots while gardening. This is sage advice that I haven't always followed but know I must. (Hence the flip-flops and the yellow jacket swarm!)

Have fun in the sun and savor summer sunsets.

Happy Gardening. Happy Growing.

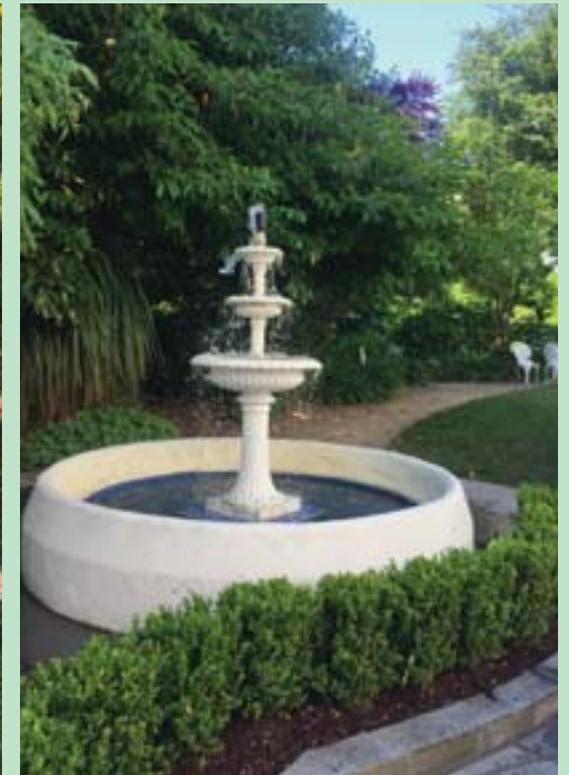
Cynthia Brian



Dahlias, zinnias, and asters speak summer.



Felipe, from Vector Control, exterminates the yellow jacket nest.



A fountain provides a water source for birds and pollinators.