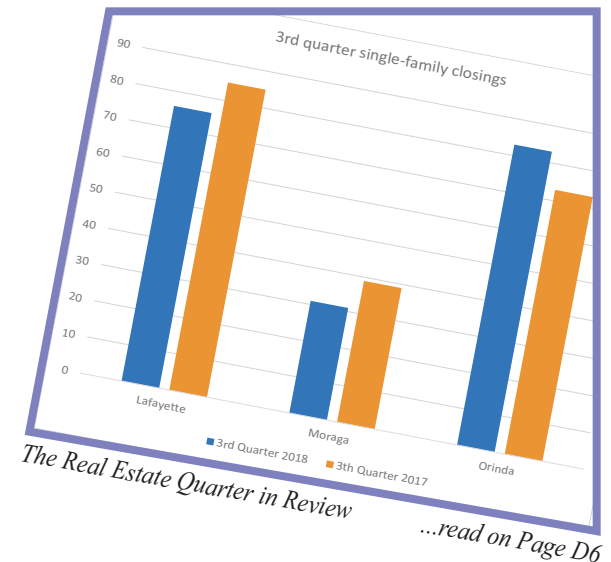


Lamorinda OUR HOMES

Lamorinda Weekly Volume 12 Issue 17 Wednesday, October 17, 2018



Cynthia Brian's Gardening Guide

Legends of the fall

By Cynthia Brian

"Delicious autumn! My very soul is wedded to it." – George Elliot



Apples are ripe and ready. Bobbing for apples was a game begun because of the goddess Pomona.

Photos Cynthia Brian

Fall is filled with legends, myths, fairs and festivals, all celebrating the bounty from various cultures around the world. Pomona was the Roman goddess of apples. Bacchus, the Roman god of grapes, and his Greek counterpart, Dionysus, taught humans how to make wine. Many Native American tribes traditionally held special autumn dances to celebrate the corn harvest and the Hopi considered this the most auspicious time of the year for weddings. The Chinese and Vietnamese commemorate farmers and family reunions with Moon festivals, lotus seed paste-filled moon-cakes, and retelling of folk tales. The ancient Celts, who lived 2,000 years ago, marked the end of the harvest with the festival of Samhain, the origin of our Halloween.

In my 20s, I was booked as a model by a talent agency named Demeter. Having always been fascinated by Greek mythology, I revisited my history books for a refresher lesson.

Demeter, the sister of Zeus, Poseidon and Hades, was the goddess of the harvest, agriculture and grain. After her daughter Persephone was abducted by Hades and brought to the underworld, Demeter wandered the earth heartbroken, refusing to allow crops to grow. Being king of the gods, Zeus knew he had

to intervene or everyone would starve so he sent Hermes to Hades to bring Persephone home. Before she left to see her mother, Hades tricked Persephone into eating a few pomegranate seeds guaranteeing that she would return to the darkness for one season a year. Demeter mourned that time which became known as winter but celebrated the previous season, autumn, by reaping the abundance of the crops.

Fall is considered a time to slow down, seek serenity, and soothe the sores of summer. It's a time of color changes, chillier temperatures and cooler temperaments. Most of all, we rejoice the fruits of our toils. October has also been a premier month for earthquakes, fires and financial failures. Be prepared as this fact is not a myth. ... continued on Page D12



Dinosaur lacinto kale can be grown all year.