

Digging Deep with Cynthia Brian

Cultivating thankfulness

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A privacy screen hedge of holly with green berries on the verge of turning red.

Photos Cynthia Brian

We take for granted so many things in life. By starting to be grateful for the simple essentials such as running water, electricity, clean air, a cozy bed, food on the table and people who love us, we can begin a daily routine of being grateful. Add appreciation to the plants and trees that grace your garden providing privacy, flowers, fragrance, shade, food and stress relief, and you'll take the first step on your journey of gratitude.

Before long we will be putting our gardens to bed and our tools in the shed. For the



Harvested bulbs waiting to be planted.

moment, the sun is shining and we are blessed to live in a climate that allows us a long growing period filled with healthy outdoor activities.

This year when you celebrate the American ritual of Thanksgiving, mulch your mind by living every day with mindful thankfulness. Harvest the riches of gratefulness.

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." – John Fitzgerald Kennedy

