

Digging Deep with Cynthia Brian

Garden trends for 2019, Part 2

“We live in a society exquisitely dependent on science and technology, in which hardly anyone knows anything about science and technology.” – Carl Sagan



Pepper berries can be ground into soups and stews.

By Cynthia Brian

As we enter 2019, we have to ask ourselves if we have become indoor creatures addicted to technology? While adults are spending over 11 hours daily with their devices, the American Academy of Pediatrics estimates that teens spend over seven hours a day with screen time, ‘tweens spend four and a half hours a day, and even children to age 8 are engaging in 48 minutes daily.

Pruning technology screen time is definitely an important trend for this year. What can we do to cut back? Get thee into the garden!

Gardening teaches so many critical skills including patience, responsibility, trust, love and gratitude. Gardeners are stewards of the earth. When we spend time in the dirt, we can’t be hooked up to computers or looking at screens. We could listen to music, but, wouldn’t



Photos Cynthia Brian

Calendula flowers are edible and also great made into a winter salve to hydrate, soothe, and nourish dry skin.

it be better to listen to the songs of the birds and the breeze blowing through the trees?

Children are natural lovers of nature. When we encourage kids to be outside, they will naturally choose outdoor activities over plugged-in connectivity. Show kids a seed catalogue and let them choose a few packets of seeds. When they choose their favorite flowers or vegetables, they will be excited to care for them. By watching their plants grow, children learn respect and understanding for the cycles of life.

It is estimated that in winter over 10 million Americans experience seasonal affective disorder. Don’t get disconnected from your natural rhythms. Spending 15 to 30 minutes outdoors in the daylight will help eliminate the blues. Take your coffee break outside, walk around the block, or sweep your porch. Move and get outside.

Sustainability is a trend that is becoming

the style and the norm. It is estimated that one third of all food is wasted each year globally and that Americans throw out 4.4 pounds per day. The movement is toward zero waste. Recycling, upcycling, eliminating, and renewing are the key actions we need to employ to address the waste issue. Composting can reduce household waste by 40 percent. Build a compost bin, buy a tumbler, use a bucket, but whatever you choose, start composting today to help Mother Nature endure the onslaught of destructive behaviors.

Insects and pollinators are disappearing. The United Nations warns that 40 percent of bees and butterflies risk global extinction.

We can help by eliminating pesticides and insecticides while planting flowers and plants the pollinators love. Attract ladybugs, beetles, spiders, bees, hummingbirds, butterflies and other beneficial insects by establishing friendly, inviting habitats.

Here’s a short list of plants attractive to pollinators:

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Anise	Jupiter’s Beard
Aster	Lantana
Beebalm	Lavender
Bergenia	Lilac
Black-eyed Susan	Lupine
Blanket Flower	Marigold
Butterfly Bush	Mexican Heather
Candytuft	Milkweed
Calendula	Nicotiana
Cardinal Flower	Penstemon
Catmint	Phlox
Coneflower	Rose
Cosmos	Sage
Daisy	Salvia
Dill	Scabiosa
Fennel	Verbena
Gerbera	Yarrow
Globe Thistle	Zinnia