

Cynthia Brian's Gardening Guide for February

- **IDENTIFY:** With the rains, fungi are at their edible best. If you don't know how to identify mushrooms that grow in your garden, do not eat them. Buy from a reputable source and enjoy the impressive nutritional benefits of this humble fungus. Whether you eat shitake white, oyster, hen-of-the-woods, Portobello, or others, mushrooms are brimming with phytochemicals, antioxidants, and fiber, all which are packed with anti-inflammatory properties that can protect you from numerous diseases.
- **APPRECIATE:** Daffodils and narcissi have unfurled their blooms suggesting the promise of printemps.
- **BUY:** "Growing with the Goddess Gardener" is a gift that will give perennially. Order copies with extra freebies at <http://www.CynthiaBrian.com/online-store>.
- **PERUSE** catalogs to create your plan for spring planting.
- **FIND** a rose with the same name of your partner. If you have the dollars, there are companies that will allow you to name a rose.
- **ENJOY** this final month of garden rest before the busy spring season arrives.

Happy Gardening. Happy Growing. Happy Love Day!



Don't eat the mushrooms growing in your garden unless you know they are edible.



Hills of narcissi and early daffodils light up the winter landscape.



A trellis of rambling white roses.



The fragrant ruffled lilac rose, Angel Face.