

Digging Deep with Goddess Gardener, Cynthia Brian

Garden garnishes



Is there anything better than a summer tomato salad with all ingredients fresh from the garden?

... continued from Page D1

Because of the plentiful rain last winter and spring, the bounty in our orchards is overflowing. If you like to can or freeze fruit and vegetables for winter dinners, this is the season to do it. Apples, peaches, plums, pears, Asian pears and citrus are ripe and ready. Soon the grapes will ripen and winemaking begins for local vintners. All varieties of vegetables, from Brussels sprouts to corn and zucchini are in abundance. My freezer is already filled to the brim with this



For a tantalizing treat, barbecue nectarines, slathered with honey and nutmeg.

Photo Cynthia Brian

summer's harvest. Since I won't eat tomatoes that aren't homegrown, having freshly preserved tomatoes with sprays of basil for December spaghetti feeds is a flavor-filled luxury.

Cooking in summer is a plant-to-plate pleasure. My stone mortar and pestle sit on my kitchen counter awaiting the pounding of the "weeds." Not sure what to make for tonight's meal? Take a walk around your garden and pluck a few garnishes while tending the weeds. Who could ask for more?