

Lamorinda

OUR HOMES

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Digging Deep with Goddess Gardener, Cynthia Brian

Blossoms and bouquets: gardening is not canceled!



A bouquet of tulips and roses add spring joy to any room. Photo C. Brian

By Cynthia Brian

“We have it in our power to begin the world again.” – Thomas Paine

What a difference a day makes! Who could have ever predicted that as the vernal equinox approached in the Northern Hemisphere the entire world would be mandated to stay home, pause, and practice social distancing?

Are you in compliance? As adults, we have the ability and the responsibility to be role models in keeping ourselves and our families safe and healthy whilst we are housebound. Thankfully, spring has sprung and our garden can be our protective sanctuary and our personal oasis. Although we can't share our gardens personally with others, we can go outside to exercise, dig in the dirt, and enjoy the beauty that surrounds us. It's time to develop our green thumbs as gardening is open and we have the time.

In the weeks since I've closed my StarStyle® Productions LLC office to shelter in place, my garden has been my refuge and my workplace. Although I won't be consulting or coaching in person, I am working for hire via Skype, Zoom, and phone to offer assistance when needed. I've decided to reframe this crisis as a positive timeout to rebalance, readjust, rejuvenate and rest. Instead of rushing to cross items off my to-do list, I can pace myself and enjoy the process of weeding, sowing, planting, pruning, cleaning and repairing. The fruit trees in my orchard

are gloriously full of blooms, while spring-flowering trees and shrubs are triumphant in their abundance of pretty petals. It's been a joy to stroll through the landscape shooting photos of the emerging rebirth. Every day something new sprouts and I am so grateful to be able to witness Mother Nature in action. Taking snips of branches in bloom and flowers unfurling, I am filling my indoor spaces with hope for a healthy future.

When one of my girlfriends, Nancy Roetzer, retired from school teaching, she began taking flower arranging classes through the adult center. Her bouquets and arrangements are inspired by her hikes in the woods and especially by the many waterfalls she has experienced. Her waterfall style floral design shows movement, flow and layering. Featured in this issue is a spectacular showstopper using tulips, roses, carnations, cushion spray chrysanthemums (*Dendranthema*), cone bush (*Leucadendron*), ferns, vines, and moss.

What a terrific idea to experiment with creating floral displays during these dark days! Whether we cut a few stems and add them to a whimsical vessel or decide to be more formal with our innovations, this is an opportune moment to get our ingenuity fueled and fired.

We do have it in our power to begin the world anew. Listen to and abide by the mandates of the experts. We may not be able to predict the course of the virus, but we do have agency over our actions and reactions. My April Gardening Guide provides a plethora of ideas to keep you occupied, safe, happy and healthy as we navigate the next month together and apart.

Enjoy the blossoms, bouquets, and the colorful photos of our developing spring, a reminder that life goes on. Gardening is not canceled.

See Gardening Guide for April on Page D6.



Nancy Roetzer's "Waterfall" arrangement was inspired by the many waterfalls she's seen while hiking.