

Lamorinda

OUR HOMES

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Lamorinda Home Sales

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Digging Deep with Goddess Gardener, Cynthia Brian

Wild and free



Photos Cynthia Brian

A patch of calendula and nasturtium with an owl guard the vegetables.

By Cynthia Brian

"I think that I cannot preserve my health and spirits, unless I spend four hours a day at least — and it is commonly more than that — sauntering through the woods and over the hills and fields, absolutely free from all worldly engagements." — Henry David Thoreau

Mother Nature has an astounding way of rebounding. The blackened, charred hills behind my house from the October wildfire are now a carpet of emerald green grass accessorized by a super bloom of glorious orange California poppies, and tall, bright yellow mustard. My orchard is blanketed with a plethora of colorful wildflowers mixed with the blooms from seeds either scattered by the wind or me at the end of autumn when the first rains drizzled onto our parched earth. Nigella, morning glory, nasturtium, calendula, statice, euphorbia, chamomile, lupin, daisy, yarrow, and more. My fruit trees have been a succession of flowering petals and delicate fragrance, forecasting a bounty of fresh treats to come.

After six weeks of staying at home, my garden is more alive and gorgeous than ever. The sky is blue and free of jet streams. The heady perfume of jasmine, lilacs, and wisteria waft through the clean air. The birds are singing as they build their nests. Trotting turkeys “gobble gobble”— bowing to one another, then gobbling

again in their quest for mates. Untamed vines tangle their tendrils up tree trunks, along wires, and onto fences. Tulip, rose, lavender, iris, azaleas geranium, pelargonium, cyclamen, vinca, bird of paradise, and a plethora of other plants are a parade of festivity. Drifts of daffodils and mounds of grape hyacinth continue to add color and liveliness. Herbs and leafy greens are harvested daily to add nutrition and zest to meals. Freshly picked as needed, oranges, tangerines, lemons, limes, and tangelos provide plenty of vitamin C to keep my family well. My spirits are soaring with gratitude for my garden. I am healthy and happy as I witness spring unfurl in all its glory. I may not be interacting with people, but I am intensely involved with living beings in every moment I spend outdoors. Hopefully, with people ensconced at home, our planet is healing and rebuilding its strength.

The natural world is wild and free. Humans have the power and the responsibility to save our planet. In this beautiful month, be grateful for everything we are and everything we have. Refocus and reclaim your positivity. Reduce stress and anxiety by going where the wild things are ... hills, fields, and your garden. Grow yourself!



Wild and free hillside of statice, nigella, euphorbia, poppy, calendula, and more.