

Digging Deep with Goddess Gardener, Cynthia Brian

Victory Gardens 3.0



Queen Anne and Bing cherries are ripe and ready to be picked.



Fragrant and glorious pink Asiatic lilies in full bloom at beauty to our lives.

Photos Cynthia Brian

By Cynthia Brian

"In every adversity there lies the seed of an equivalent advantage. In every defeat is a lesson showing you how to win the victory next time." – Robert Collier, Writer and Publisher

In March 1917, a month before the United States entered World War I, Americans across our lands were asked to plant produce to help feed the Allies fighting in Europe. It wasn't only farmers who were solicited to start planting. President Woodrow Wilson declared that "food will win the war," as he encouraged city folks to plant in vacant lots, fields, parks and pots. So began the "war garden" to sow seeds of victory.

During World War II, food shortages prevailed once again. Victory Gardens sprouted throughout America, Europe, Canada, and Australia supplying over 33% of the necessary food for our country. Eleanor Roosevelt even dug up part of the White House lawn to plant a vegetable garden. Turnips, tomatoes, lettuce, peas, beets, beans, cabbages, carrots, squash, onions, potatoes, and many other vegetables were easy to grow and preserve by canning for the winter months. By 1943 there were approximately 18 million Victory gardens

throughout the United States, 12 million of them in cities, and 6 million in rural areas.

Today we face major adversities from different kinds of conflicts. The COVID-19 pandemic combined with racial civil unrest throughout our cities, our country, and our world have the potential to increase food scarcity and shortages. We have already witnessed throngs of people emptying grocery store shelves of staples and canned goods. It is easier than ever to grow our own food no matter what our space limitations. If you have a yard, you can choose a small area to plant the vegetables, fruits, and herbs that you love. If you only have a porch or balcony, use pots to grow tomatoes, lettuces, basil, parsley and peppers. According to the U.S.D.A., 15% of the world's food supply is now grown in cities. Ready to get started?

FIRST

Only five things are needed to grow your Victory Garden 3.0:

1. A patch of land, raised bed, or pots that are two gallons or larger
2. Bags of high-quality garden soil
3. Healthy plants
4. Mulch

5. Water

SECOND

1. Find an area that will get at least six hours of sunlight per day.
2. If you are working a patch or raised bed, pull out any weeds and prepare the ground by adding new garden soil. If using pots, wash the pots, make certain there is a drainage hole at the bottom, add a few pebbles, or cracked pottery to help with drainage and fill the pots with your purchased soil. Vegetables need organic matter including compost or manure to thrive because the organic matter decomposes the essential nutrients of nitrogen, phosphorus, and potassium to enrich the roots.
3. Buy healthy plants from your local nursery or garden center. Check for vibrant green leaves. Look for any insect or snail infestation. Plant according to instructions.
4. Top with peat moss or other mulch. Peat moss adds aeration, retains moisture, and reduce the leaching of the nutrients. It is a great mulch and can also increase the efficiency in a compost pile.
5. Water thoroughly and maintain moisture while growing.

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