

## Digging Deep with Goddess Gardener, Cynthia Brian

# Victory Gardens 3.0

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Before planting your Victory Garden 3.0, research the maturity date for the crops you wish to grow as harvest dates vary greatly. If you plant from seeds, you'll have lettuce and radishes within two weeks. If you are planting zucchini or corn, the time frame is longer, perhaps 100 days. Citrus, apples, and peaches can be planted in large containers.

We are living through a frightening, complicated international crisis. If we have learned any lesson from history, it is that we can win the victory when we work together with empathy, caring, and intelligence. Growing even a portion of our own food will help us be healthier while creating a more sustainable lifestyle. We'll get exercise, sunshine, fresh air, and have fun growing with



**Cynthia Brian** relishes these magenta hydrangeas.

Cynthia Brian, The Goddess Gardener, is available for hire to help you prepare for your spring garden. Raised in the vineyards of Napa County, Cynthia is a New York Times best-selling author, actor, radio personality, speaker, media and writing coach, as well as the Founder and Executive Director of Be the Star You Are!® 501 c3. Tune into Cynthia's StarStyle® Radio Broadcast at [www.StarStyleRadio.com](http://www.StarStyleRadio.com). Buy copies of her best-selling books, including, *Chicken Soup for the Gardener's Soul*, *Growing with the Goddess Gardener*, and *Be the Star You Are! Millennials to Boomers* at [www.cynthiabrian.com/online-store](http://www.cynthiabrian.com/online-store). Cynthia is available for virtual writing projects, garden consults, and inspirational lectures. [Cynthia@GoddessGardener.com](mailto:Cynthia@GoddessGardener.com) [www.GoddessGardener.com](http://www.GoddessGardener.com)

our families. Plus, butterflies, bees, and birds will pollinate and entertain as our garden reduces stress and offers soul fulfillment. Don't forget to plant some "pretties" like Asiatic lilies, gazanias, trumpet vine and

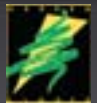
hydrangeas. Annual and perennial flowers add fragrance, structure and beauty to our lives.

Stay safe. Stay healthy. Plant your Victory Garden 3.0 today!

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