

## Cynthia Brian's Garden Guide for January

**DETACH** ornaments, lights, and tinsel from your Christmas trees and leave them on the curb on your garbage pickup day. Flocked trees can be cut up and put in the green bins.

**BEWARE** of wild boars on the rampage. Boars are causing major damage to landscapes and are a danger to people and pets. Fish and Game offers information. For local assistance with wildlife control including boars, coyotes, turkeys, deer, and more, contact licensed and insured Full Boar Depredation, <https://www.fullboar-llc.com>.

**LOWER** your anxiety with the Japanese practice of shrinrin-yoku or forest bathing. Take a walk in nature and you'll immediately experience relaxation.

**REMOVE** wrapping from any holiday gifted plants to allow for drainage.

**PRUNE** deciduous fruit trees, bushes, flowering shrubs and cane berries. Roses can be heavily pruned toward the end of the month.

**SPRAY** your second application of a dormant spray aimed to kill the many overwintering insects and diseases after you have pruned.

**PICK** a few sprigs of narcissus to perfume an entire room.

**PLANT** all bare root fruit trees, perennials, berries and vines. They cost less and will adapt quickly to their new home.

**ADD** acanthus to your landscape for lush greenery and interesting spring floral spikes.

**BUY** healthy meal kits with farm-fresh ingredients from Sun Basket if you aren't growing your own. <https://bit.ly/2DipPsT>

**BUILD** a river rock dry creek to direct runoff rainwater.

**ORDER** bare-root roses from your local nursery or find beautiful, fragrant cultivars at [www.DavidAustin.com](http://www.DavidAustin.com).

**BRIGHTEN** your winter landscape with sweet peas, society garlic, and guara (which looks like floating butterflies).

**CONTINUE** wearing your mask, social distancing, and washing your hands.

Happy Gardening! Happy Growing! Cheers for 2021!



Damage to a lawn from the wild boars invading neighborhoods. Photos Cynthia Brian



Cynthia Brian wears a glitter mask outdoors for the 2021 New Year!

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). Receive a FREE inspirational music DVD. Hire Cynthia for writing projects, garden consults, and inspirational lectures. [Cynthia@GoddessGardener.com](mailto:Cynthia@GoddessGardener.com) [www.GoddessGardener.com](http://www.GoddessGardener.com)

# McDonnell Nursery

Outdoor  
Pottery sale  
25% off,  
Christmas  
items  
50% off

family owned since 1933

Flowers • Trees • Succulents • Pottery & Fountains  
Benches • Garden Decor • House Plants  
Gifts • Jewelry

[www.mcdonnellnursery.com](http://www.mcdonnellnursery.com)

196 Moraga Way • (925) 254-3713 • Open Wednesday - Sunday