

## *Digging Deep with Goddess Gardener, Cynthia Brian*

### **The birds know best**



**The black mulberries are ripe, the red ones are still immature.**



**Brussel sprouts are almost ready for harvesting.**

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When it is full, transfer the contents to a compost pile or bin outdoors to age. Upgrade your garden with leftovers and watch your vegetables grow strong.

4. Shop smartly. Before going to the grocery store or Farmers' Market, make a list of what you will consume until your next shopping foray. Don't buy items you won't need because they are on sale, or you are just hungry.

5. Expiration dates are not death dates. Food packages exhibit dates when the product is at its best. The "sell by" or "use by" date is not a "throw this away" date. The over-cautiousness leads to excess waste. The USDA recommends looking for changes in color, flavor,

consistency, and smell before tossing. If spoiled, compost it.

We all have the ability and the responsibility to eliminate food waste which will also help towards reducing climate change. It's time we start acting like the birds and animals, eating what's fresh and only what we need. Perhaps when we start doing that, there will be enough for everyone, everywhere.

I'm enjoying my basket of sweet cherries while listening to the chorus of chirping fowls. A slice of my daughter-in-law's cherry pie will be my Independence Day treat. The birds may know best. Time to sing.

Happy Gardening. Happy Growing. Have a safe and fun Independence Day!



**A full bush of oregano, a favorite for Italian cuisine.**



**Save the seed pods of dried arugula to plant in the fall.**

Photos Cynthia Brian