

Digging Deep with Goddess Gardener, Cynthia Brian **Grateful gobbler**



Don't eat the mushrooms sprouting unless you are knowledgeable.



Pumpkins and gourds for Thanksgiving.



Abelia blooms brighten the garden.

Photos Cynthia Brian

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Persimmons, pumpkins, and squash supply part of the cornucopia of colorful edible produce that is healthy and delicious for any autumn feast. Fuyu persimmons sliced thinly add panache to fall salads and make crunchy, tasty snacks. Hachiya persimmons must be very soft, almost mushy, before they'll release their sweetness. They are delicious as a fresh dessert or made into puddings, cakes, and breads. Pumpkins and squash are superfoods that will boost your immunity and increase your intake of vitamins and minerals including vitamin C, magnesium, vitamin B6, potassium, vitamin E, folate, fatty acids, and other micronutrients. Along with gourds, they also create stunning displays on your Thanksgiving table.

Although many people may disagree, I am grateful for the gobblers that grace my grounds. The wild turkeys eat fallen rotten fruit, fertilize the orchard with their excrement, and respond to my attempts to talk turkey. In other words, turkeys amuse me.

As I look out upon my fall garden, I am comforted by the tranquility, the colors of the vegetation, and the changing of the seasons. Mostly I

am thankful to be alive and healthy and this year, have the ability to celebrate together as a family, along with the wild turkeys, deer, squirrels, raccoons, skunks, and other critters in our rural arena.

With the shopping season in full swing, give the gifts that keep on giving by purchasing any of my award-winning books from www.CynthiaBrian.com/online-store. Proceeds benefit the literacy charity, Be the Star You Are!® 501 c3 and you'll receive a plethora of additional gifts with every purchase.

Mark your calendars: Join 5 A Rent-a-Space and Be the Star You Are!® on Saturday, Dec. 4 from 11 a.m. to 2 p.m. for free family fun at Santa Day. Enjoy hot cocoa and treats while kids write letters to Santa, take a free photo with Jolly St. Nick, and receive a tree ornament kit. Thanks to Mark Hoogs Team (www.TeamHoogs.com) at State Farm Insurance for sponsoring Be the Star You Are!® For more info visit www.BetheStarYouAre.org.

Wishing you a bountiful, healthy, and love-filled Thanksgiving. Celebrate a Gobbler Gratitude Day!

Happy Gardening. Happy Growing.