

Digging Deep with Goddess Gardener, Cynthia Brian

A green themed New Year!



The purple florets of society garlic add purple to the greenscape.



A former gravel path boasts a salad of wild arugula and nasturtium.

Photos Cynthia Brian

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The Center for Disease Control and Prevention released a survey that found 42% of Americans experienced anxiety or depression in 2021 compared to just 11% pre-pandemic. Growing, giving, and receiving flowers, herbs, vegetables and fruits trigger the feel-good hormones that heal. Most seeds that are being sold this year will be for edibles as more and more people realize that growing what we want to consume is easy, nutritious, and better for the planet.

The Garden Media Group reported that in 2021, 18.3 million people took up gardening, with interest levels equal between men and women. Eighty percent of the younger generation consider gardening a worthwhile and “cool” endeavor as the concern with climate change, plant and wildlife extinction, and food equity escalates. People with children are especially interested in growing organic and natural foods. Purchasing grow-your-own kits that include the container, seeds, plants, fertilizer, and supports as well as raised beds are expected to be in high de-

mand. Adding native plants to increase biodiversity and forage for the birds and wildlife will also be a critical ingredient. The National Wildlife Federation launched a Guide for Wildlife collection of keystone native plants that will attract insects that will feed 95% of backyard bird species. Getting to know our neighborhood birds has already become a popular pastime.

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