

Digging Deep with Goddess Gardener, Cynthia Brian

Plant for Peace



A salute to the bravery of Ukraine with a hillside of sedum and cherry blossoms.

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I hiked a trail around an Emeryville harbor to soak in the water views and inhale the fresh sea air, while marveling at the spectacular cobalt plumes of Pride of Madeira (echium fastuosum) and the sky blues of California lilac (ceanothus). My mood instantly improved.

Being in nature fosters resilience as well as encourages awe and wonder. Nature is restorative to body, mind, and spirit. Spring is here and the ground is bursting with new life. Trees unfurl luxuriant leaves, bulbs bloom in a kaleidoscope of colors, and fruit trees, including apple, pear, crabapple, and cherry are bursting with buds. This is the perfect season to plant peace.

I've planted three avocado trees that have been nurtured from a pit. A dwarf navel orange has been added to my citrus grove which is buzzing with bees sucking on the sweet nectar. Since I added new nutrient soil last season to my garden, there are numerous weeds. Pulling those weeds is time-consuming, yet it allows me to let my mind wander, relaxing enough to assist in solving challenges. Once my hillside is free of unwanted plants, I will begin to sow seeds of "pretties," flowering annuals that will bring me joy and tranquility.

If you are looking for seeds that will grow in our region, visit the Moraga Library where the Moraga Garden Club has installed a free seed library. The public is invited to take up to five packs of seeds and if you want to donate seeds to this marvelous outreach project, you are invited to do so.

It's not too late to plant roses and since peace is what everyone wants and deserves, consider planting the beautiful Peace Rose. It will brighten your garden and your heart.



The gorgeous blue clematis is an excellent climber on a trellis or arbor.

As I lose myself in nature to find peace, I recall the words of President Dwight D. Eisenhower: "One day the people of the world will want peace so much that the governments will have to get out of their way and give it to them."

I think that time is now!

Peace be with you.



Blue-Eyed Star Grass is a blue and yellow beacon of hope.

Photos Cynthia Brian