

Digging Deep with Goddess Gardener, Cynthia Brian

The musty, sweet smell ... it's fall



Primroses add color to the garden throughout fall and winter.

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COVER any exposed soil with straw, grass clippings, aged wood chips, pine needles, or even shredded newspaper to reduce weed growth, moderate soil temperatures, retain moisture, and reduce erosion over winter.

BUY six packs of perennials including columbine, carnations, penstemon, and coral bells.

BRIGHTEN your fall garden with pops of color from pansies, cyclamen, violas, Mums, stock, Iceland poppies, and primroses.

FIND favorite fall color trees to add to your landscape where selections are vast at your local nursery.

SCATTER California wildflower seeds including poppies and lupines and sow seeds of sweet Alyssum, bachelor buttons, forget-me-nots, and milkweed.

DEADHEAD roses for continued blooms during the holidays.

PRUNE dead branches from trees and shrubs.

BEWARE hungry coyotes have been on a rampage killing poultry, cats, and small dogs. Keep your animals and small children safe.

ENJOY the many colors of lantana blooming throughout fall in purple, orange, red, white, and yellow.

GET READY to plant bulbs towards the end of the month for a spring show.

IN THE VEGETABLE GARDEN

During a cold winter, there is nothing better than knowing that you have organic, tasty, greens and vegetables growing right outside your door. Fall is the best time to get these nutritious edibles going for



Pick pumpkins now.

a bountiful harvest in the new year. Most of these plants prefer extra nitrogen. Side-dress them with a balanced fertilizer as they grow.

Plant seeds or seedlings of:

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| Varieties of | Swiss Chard | Cabbage | Cauliflower |
| lettuce | Chicory | Radish | Kohlrabi |
| Asian greens | Kale | Broccoli | Peas |
| Spinach | Cress | Broccoli rabe | Turnips |
| Arugula | Beets | Carrots | |

Make sure to plant shallots and garlic now to harvest next summer.

Although I don't like the darkness that descends so much earlier when I still have so many chores to complete, I am reveling in the cooler days that allow for laboring longer with less strain. Digging in the dirt in fall bequeaths the most luscious autumn aromas ... musty, musky, intoxicatingly earthy. I wish I could bottle it!

Thank you to so many readers who sent me notes of healing. You touched my heart and my spirit, and I am very appreciative. I am following my own advice. Each day anew ... and a wee bit slower!

Go outside and breathe in the fragrance of fall and know that, as gardeners, we will be resting soon, along with Mother Nature.

Happy Gardening. Happy Growing!