

Lamorinda

OUR HOMES

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Sudden Oak Death

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Digging Deep with Goddess Gardener, Cynthia Brian

The spirit of spring



Forget-me-nots self-seeded amidst the fluorescent pink cyclamen in the foreground.

By Cynthia Brian

“On the first warm day of Spring, I dig my fingers deep into the soft earth. I can feel its energy, and my spirit’s soar.” ~ Helen Hayes

Do you feel the energy? Did you wake up one morning to witness most of the leaves on your deciduous trees unfurled? After our long, cold, rainy winter, the warmer weather you experience is a salve for your soul. Does your spirit soar when you say: “Today is the day I will be digging in my garden?”

As cliché as it is, spring is the season of rebirth, renewal, and regeneration. Nowhere is this more evident than in the growth we experience in our gardens. The days will continue to get longer until the summer equinox, the air is refreshing, flowers and trees are in constant bloom, and we have a spring in our step. We feel younger and more alive. William Shakespeare in his wisdom wrote, “April hath put a spirit of youth in everything.” William, you are so correct!

Spring is a magical time of year when we can finally get back into our gardens, plunge our fingers into the soil, and instead of planning, we begin planting! How therapeutic it is to scatter seeds, inhale the fresh air



The happy faces of orange and cream daffodils. Photos Cynthia Brian

scented by the flowers, and be immersed in nature. As we stroll through our landscapes, we see what needs to be done and we also learn new things. Plants that have self-seeded are magically popping up in unexpected places. The sky-blue forget-me-nots remind me to remember and record what has happened and what will be happening in each plot.

Observe and interact with your plants. The emotional and mental benefits you will receive by immersing yourself in the wonders of nature will reduce stress, anxiety, depression, and improve your overall mental health. As you wander in your yard, plaster your face with a big smile. Lose track of time as you engage with the nurturing of seedlings in this new reborn growing season.

Feel the satisfaction of watching your tulip bulbs grow into gorgeous, cupped flowers, the pride in picking a bouquet of peonies to display, and the joy in knowing that by summer, you will be harvesting nutritious vegetables cultivated by you. If there are children or grandchildren in your vicinity, provide them with seeds to sow their favorite vegetables or fruits. They will be amazed at the course of nature, and how something so tiny as a seed can mature into something edible and delectable.

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