

Digging Deep with Goddess Gardener, Cynthia Brian

Fields of Dreams

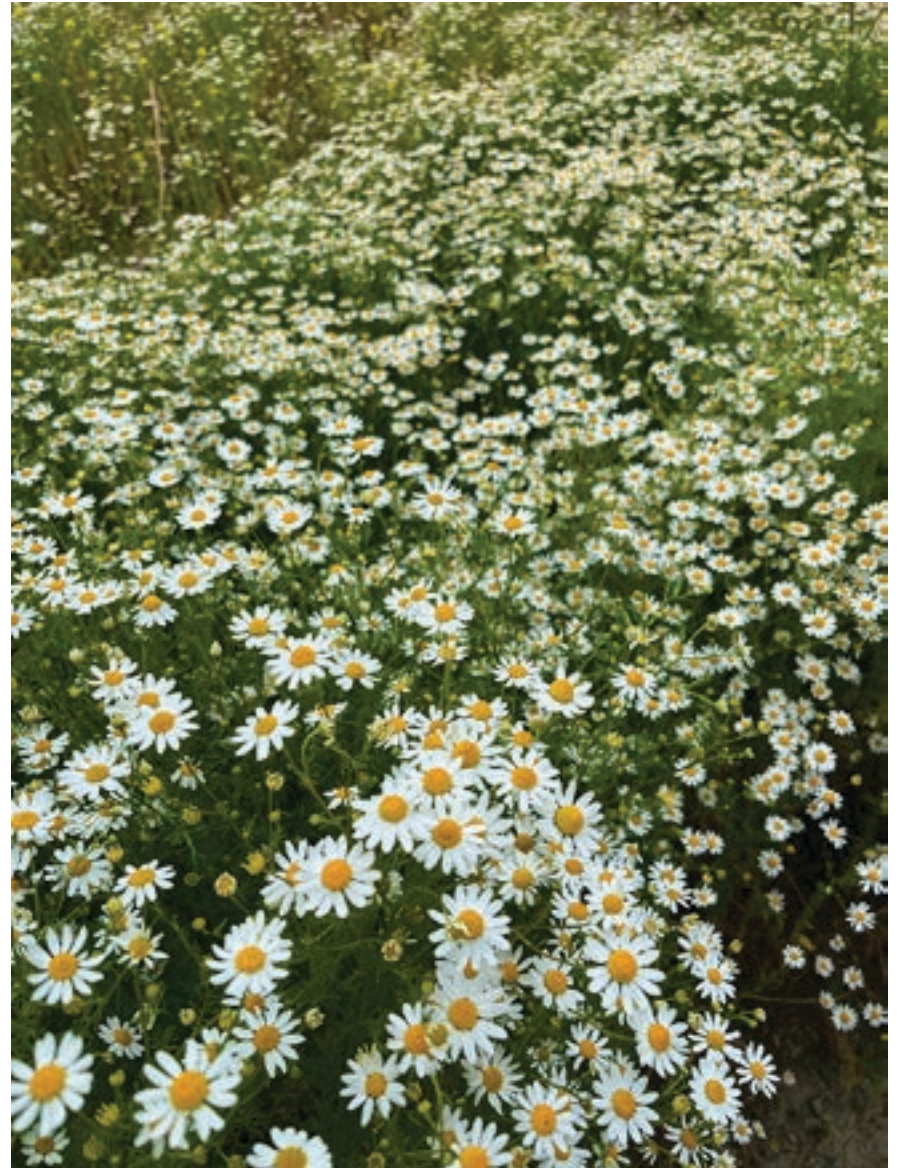


This field has not been weeded and is overgrown with vetch, euphorbia, thistle, grasses, and more, covering the flowers below.

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Many of the grasses that self-seeded from the surrounding hillsides would be interesting in a container as a stand-alone display, but infiltrated into the centers of my flowers hinder the graceful arches of color.

Allergy season is ferocious this year. My eyes are consistently red and irritated and despite taking an antihistamine, I sneeze while weeding. According to a 2021 study published in Proceedings of the National Academy of Sciences of America, an academic journal, between 1990 and 2018, the North American pollen season lengthened 20 days with 20% more pollen. Warming temperatures, changing rainfall patterns, and ris-



Photos Cynthia Brian

This field of chamomile smells as beautiful as it looks.

ing atmospheric carbon dioxide levels are cited as causing increased pollen production. Trees, grass, and weeds are causing this sniffing, stuffiness, coughing, congestion and itching. Hopefully, these seasonal allergies will be alleviated by late June.

As I write this, I'm taking a break from my weeding work. Tomorrow I'll be back wearing my coveralls, hat, sunglasses, apron, boots, and gloves for another round of freeing my fields of dreams from the primal forces of nature. Slowly and joyfully, I am witnessing the glistening glory of my efforts.

Happy Gardening. Happy Growing.