

# Lamorinda

# OUR HOMES

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Things to get rid of right now

... read on Page OH4

## Digging Deep with Goddess Gardener, Cynthia Brian

### Freedom flowers

By Cynthia Brian

Photos Cynthia Brian



Midnight blue agapanthus shine in the July landscape.

*“Just living isn’t enough,” said the butterfly. “One must also have sunshine, freedom, and a little flower.” Hans Christian Andersen*

When we think of July, Independence Day looms large. Parades, barbecues, family gatherings, music, pool parties, fireworks, and flying the red, white, and blue are all part of the entertainment.

We have plenty of sunshine and since just living isn’t enough, what do freedom and flowers have in common?

Both are linked to beauty and an enhanced lifestyle. Flowers connect us to nature and thrill us with their glorious colors, textures, forms, and scents. The beauty of freedom is that we live life with ease. We make choices, feel liberated, and can express ourselves without fear. Both flowers and freedom are fleeting and fragile. They are not free. If we don’t care for and protect these precious gifts, they will wilt and die.

To celebrate our national pride, have fun with what I call “freedom” flowers, fruits, vegetables, and accessories that reflect our loyalty to “Old Glory”. Plant an American flag garden with a pattern using red and white flowers for the stripes, with blue flowers punctuated by small white flowers to mimic the stars. Create a patriotic theme in a mixed border with large blocks of the three colors, or decorate with curated urns and con-



Impatiens in red and white are excellent freedom flowers.

tainers. Add string lights that flicker red, white, and blue, place tiny American flags throughout the garden, or raise a large banner on a flagpole as a focal point. Add a red birdhouse and incorporate windchimes or statuary in unexpected places in the landscape that complement the theme. Don’t forget festive tablecloths, patio pillows, and blanket throws as decorative and utilitarian elements! Add nutrition with bowls of fruit, and platters of vegetables with dips and chips for a cheerful culinary celebration.

Here are a few ideas for the flowers, fruits, and vegetables to utilize in your garden, plant in pots on your patio or porch, and decorate for this July holiday.

... continued on Page OH8

Alpine strawberries are a delicious addition to salads.

