

Digging Deep with Goddess Gardener, Cynthia Brian Growing Dinner

Photos Cynthia Brian



Cynthia's granddaughter reads to the chickens after collecting fresh eggs.

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At the end of June every year, I harvest my cherry plums. This year a strange thing transpired with one of my trees. My twenty-year-old plum tree no longer bore purple plums, but large orange plums that ripened in August. We picked a basket, which had a sweet apricot taste. Since I grow so many roses and continue to deadhead the spent blooms every few days, I have spectacular roses constantly in bloom. For a special summer salad, try scattering a few rose petals on a platter of peaches, plums, and melon dressed with a homemade lemon and herb vinaigrette. Cool, refreshing, and delectable.

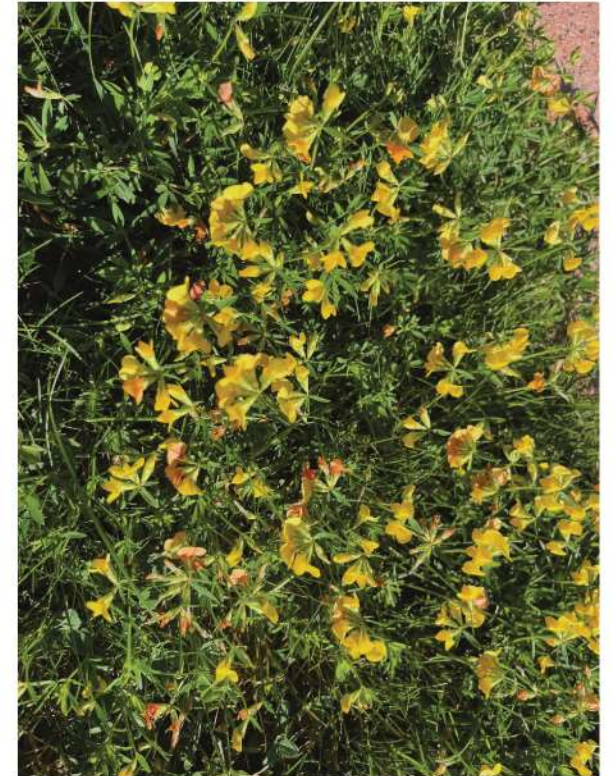
My granddaughter was impressed that the birds and wildlife also enjoyed a feast of plenty from the garden. We watched the hummingbirds darting between the blooms of the crape myrtle trees, the bees gathering nectar from the pink clover, and the bunnies munching the Bird's Foot Trefoil, a member of the pea family. Bird's Foot Trefoil is rich in nitrogen

with equal protein to alfalfa. It is often used in pastures and feed for cows and cattle. Both clover and Bird's Foot Trefoil are great alternatives or additives to a grass lawn, as they remain green even in the hot weather, albeit mowing is necessary to remove the flowers.

The benefits of growing our dinners are immense. Fresh, organic produce is nutritious. When we are cognizant of the composition of our soil, growing our food is the healthier option. We save money on buying groceries, with homegrown being more economical. We can be more sustainable and reduce our carbon footprint by minimizing packaging. One of my favorite reasons is the satisfaction of connecting to the earth and watching the growing process.

Every day of "Nonie Camp" my granddaughter went into the garden to pull a few weeds and gather our dinner. She reaped the rewards of organic homegrown and delighted me with her words, "Hmmm, this is so yummy!" Hopefully, she will pass on her love of nature to a future generation and host her version of "Nonie Camp".

Kings can do no more!



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Edible society garlic deters other pests.