

# Lamorinda

# OUR HOMES

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Lamorinda Home Sales

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## Digging Deep with Goddess Gardener, Cynthia Brian

### Prescription to Plant

By Cynthia Brian



A purple crape myrtle is full of flowing flowers. Photos Cynthia Brian

*"Gardening is a way of showing that you believe in tomorrow"*  
Audrey Hepburn

Only two weeks until autumn officially arrives. With the intense heat of this past summer, a cooler fall offers a welcome prescription to plant. The summer sun fried the leaves on many plants. On the hottest days, I installed umbrellas to shade my gardenias, heucheras, geums, and penstemons. Since July when temperatures were blazing, I have positioned 30 containers of Proven Winners reblooming azaleas snuggled under the canopy of my camellia tree awaiting optimal weather for final siting. Because all newly planted specimens need ample water and mild warmth



Chinese lanterns, Abutilon 'nabob, attract butterflies, bees, and hummingbirds.

to acclimate to their new environs, I anticipate getting these shrubs in the ground in late September, or maybe even early October.

Now is the time to plan for planting. I am busy helping clients prepare for the coming season. For a prescription that yields healthy results, fall is the perfect time to plant everything.

Why is autumn an excellent time to start digging deep?

**Cooler Temperatures:** Because the sun's angle is lower in the sky in fall, its rays strike the earth at a more oblique angle, reducing the intensity of the heat compared to summer days.

Newly planted specimens endure less sun stress, allowing them to establish stronger roots.

**Milder Sunlight:** Fall days are shorter, and nights are cooler. The milder sunlight combined with the cooler temperatures creates a comfortable environment for gardeners to plant. Without the extreme heat of summer, plants can establish themselves before the next blooming season.

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