

Cynthia Brian's Mid-Month Nature Guide



Asian Pears need to be yellow before picking for the sweetest flavor.



Black Eyed Susan shines in a garden.



Bougainvillea brightens an arbor.

Photos Cynthia Brian

Allow Asian Pears to ripen on the tree. When the skin color changes from green to yellow they are ready for picking. Fruit can be stored at room temperature for two to three weeks and up to six months in refrigeration.

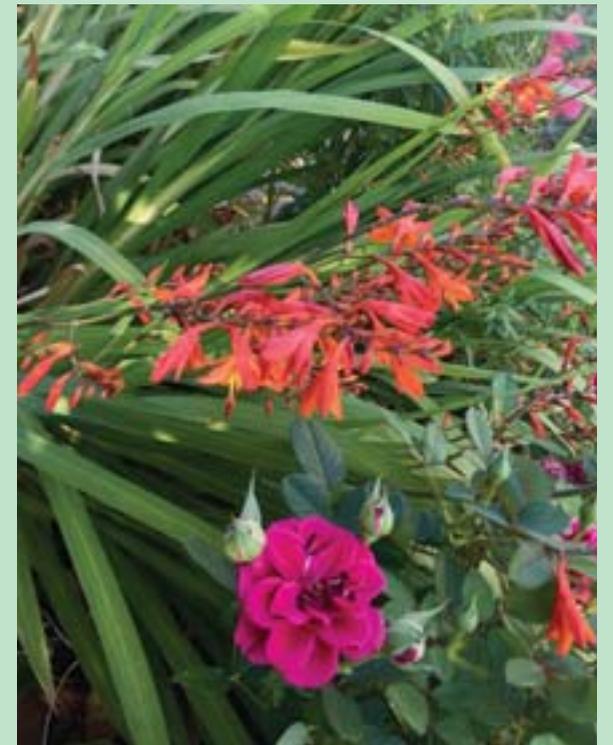
Super Star Vegetables: Kale has been on the popular healthy vegetable list for several years. In the near future, you'll start seeing more publicity around beets and cauliflower. Packed with vitamins C, K, and B6, cauliflower can be roasted, mashed, steamed or eaten raw. Beets have anti-inflammatory properties, lower blood glucose, improve muscle power, and aid heart health. Plan on planting all three this autumn.

Order or be on the look out for bulbs of garlic, shallots and onions for fall planting.

Warning: Coyotes are getting bolder. In less than a week, I came within 10 feet of a coyote on my driveway at 9 a.m. and another ambling down Camino Pablo at the school sidewalk around 3:30 p.m. Neither of these large carnivores were frightened by me. Keep your small animals and children safe. My article "Rats, Rattles, and Voles" (<http://www.lamorindaweekly.com/archive/issue1111/Gardening-Guide-for-August-Rats-rattles-and-voles.html>) increased the conversation concerning wild animals around our homes. Readers reported an increase in skunks, raccoons, foxes, coyotes, deer, moles, voles, rats, mice and snakes. Although these critters were here before we settled, we do need to be vigilant to protect ourselves.

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Pre-order my forthcoming garden book, "Growing with the Goddess Gardener," Book I in the Garden Shorts Series. Publishing was greatly delayed but copies of the book will be shipped by September. All pre-orders will receive extra goodies such as heirloom seeds, bookmarks, and more. Book is \$14.95 for black/white interior. Price for color interior photos has not been determined yet. Email me for details, Cynthia@GoddessGardener.com. 25 percent of the proceeds benefit the 501c3 Be the Star You Are!® charity. <http://www.GoddessGardener.com/>
Happy Gardening and Happy Growing!



Crocosmia firecracker with miniature roses.