

Cynthia Brian's Gardening Guide Tips for September

FEED Monarchs with enriching nectar for both the caterpillars and butterflies by planting Swamp Milkweed, Pink Common Milkweed, Asters and Liatris.

EAT ugly and imperfect fruits and vegetables. About one-third of all food produced worldwide, worth around \$1 trillion, gets lost or wasted in food production and consumption systems. Deformed produce tastes the same and is as nutritionally viable as perfect pieces. For bruised fruit or vegetables, cut off the bad bits, make a sauce or a soup.

WATER deeply when your garden is thirsty in the early morning or evening. Do not water during the heat of the day or you'll be wasting H₂O and may burn your plants.

TAKE 20 percent off new season vegetable seeds from Renee's Garden. Enter code 18INTRO at checkout. Offer ends Sept. 15. Receive 50 percent off 2017 seeds. www.reneesgarden.com

USE vegetable stems and trimmings for sauces, sautés and soups. Broccoli stalks can be shaved for a salad, potato peels baked for chips, carrot and cilantro tops made into a pesto. Get creative and don't waste any part of an edible vegetable. Note: do not eat the leaves of rhubarb as they are toxic.

AVOID aches and pains while gardening by stretching before and after your work.

CHOOSE plants for color, shape, size, visual texture, and foliage when planning your garden.

VISIT the Pear and Wine Festival on Sept. 23 at the Moraga Commons. Make sure to stop by the Be the Star You Are! booth for fun activities for the kids. Thanks to Michael VerBrugge Construction, The Lamorinda Weekly, and MB Jesse painting for making the booth possible. Consider making a donation to Operation Hurricane Harvey Disaster Relief to help the displaced in Texas. <http://www.bethestaryouare.org/events>

DIVIDE crowded perennials once they have finished blooming. This includes Naked Ladies.

FERTILIZE your acid loving plants including roses, rhododendrons, azaleas, camellias, fuchsias, ferns and begonias.

PICK Asian pears and apples that are ripe.

The best way to get in contact with me is via email at Cynthia@GoddessGardener.com. As much as I appreciate your questions and concerns, I am unable to respond to the numerous phone calls. Thanks for understanding!

Happy Gardening and Happy Growing!



Grapes ripening on the trellis.

Photos Cynthia Breian



Close-up of green olives.