

Cynthia Brian's Gardening Guide for November

... continued from page D9

- **PLANT** garlic and shallots before the weather turns cold. Easy to grow, they will overwinter to supply you with big savory bulbs for a summer harvest.
- **ARRANGE** roses, clivia, euphorbia and branches for a beautiful fall display.
- **GROW** chrysanthemums. These long blooming flowers are available in a variety of colors and textures adding a smile to any visitor.
- **PROVIDE** food and water for the birds, especially since many are migrating.
- **HARVEST** cruciferous vegetables including cauliflower, broccoli, kale, carrots, beets, Swiss chard, Brussels sprouts as well as arugula and nasturtiums for your healthy meals. These foods are high in antioxidants, which support the body's ability to fight off toxins and reduce chronic inflammation.
- **AERATE** your lawns. For more information on grass selections and the benefits of planting grass, see <https://www.lamorindaweekly.com/archive/issue1117/Digging-Deep-with-Cynthia-Brian-The-grass-is-always-greener.html>
- **MARVEL** at the changing colors of the leaves on trees, specifically Japanese maple, pistache, liquid amber and crape myrtle.
- **CHECK** out the glorious bark of a eucalyptus tree.
- **CUT** a few branches from grapevines to use as table décor for an autumn gathering.
- **BRING** houseplants outside for a shower and day in the cooler sunshine. They'll be ready for a winter of air freshening back inside.
- **ADD** a peaceful, quiet element to a container by planting a white mandevilla. If you protect it from frost, you'll get an annual display of florets.
- **PACK** "To Go emergency bags" and keep one in your home and in your car. In case of a disaster, every second counts.
- **TAKE** a break and head to the beach. The sea air will refresh and reawaken your joyful spirit. (It works every time for me!)
- **GET** ready for Thanksgiving with a garden display of mixed pumpkins, gourds, and scarecrows.

Gratitude is the theme for November. The days are short. The soil is warm and we all pray for rain. Our thoughts and prayers go to all of those who have suffered in the recent natural disasters. It's been a challenging few months for our country and our world, yet despite the tragedies, let us all count our blessings and keep on smiling.



The architecture of the live oak invites tree climbers and awe.



Deer resistant and hardy, purple Russian sage adds pizzazz to any garden.

Photos Cynthia Brian



Peach hued Angel Trumpet Vine and delicious.



Banana trees offer privacy and delicious fruit.