

Digging Deep with Goddess Gardener, Cynthia Brian

The Next Best Thing



Pick dandelions from an organic lawn and add to salads.

... continued from Page D16

3. Spray DEET or other bug spray on your clothing and wear a scarf and gloves to deter the biters. I have purchased scarves, shirts, socks, and leggings from Insect Shield (www.insectshield.com) with a technology that was originally developed to protect the United States Military. Their process binds a proprietary permethrin formula tightly to fabric fibers—resulting in effective, odorless insect protection that lasts through seventy-two washings. It repels ticks, mosquitoes, ants, flies, and more. And it

works! When I don't wear it, I fall prey.

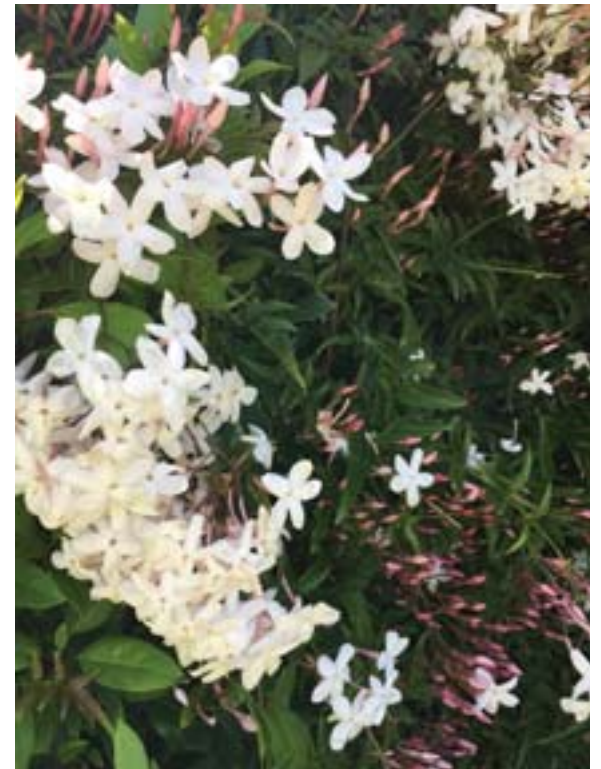
4. Paint tool handles a bright color. When my hand clipper fell out of its holster into my lush ground cover, the bright red handles were easily discoverable.

5. Buy a box of surgical gloves to wear under your regular gardening gloves. I love the feel of the dirt and the plants, which means I am always removing my gardening gloves. The surgical gloves provide protection and I can still feel my way around.

6. Invest in a pair of good boots with durable, nonslip soles. Use your clogs for simple things like watering, but for the heavy tasks, boots are the answer. On our ranch boots are the required footwear as rattlesnakes may be lurking in the grass. Plus balance is increased with sturdy footwear.

7. Grow vegetables and flowers in raised beds. Besides easier harvesting, when you design your raised beds with tough meshed wire underneath, you'll keep the rodents, rabbits, and other diggers out of your precious treasures.

8. Make paths wider. When I first created my stairways and walkways, they were a narrow 30 inches. I have now redesigned them to be more open, up to four feet wide, allowing me to maneuver easily with my myriad tools and plants.



Photos Cynthia Brian

Jasmine perfumes the air and is a great climber.

... continued on Page D19



AGENT 2019

**COLDWELL
BANKER**

RESIDENTIAL BROKERAGE

CLIENTS ARE ALWAYS FIRST

Suzanne Toner Geoffrion

Cell: (925) 699-4832

Email: Suzanne.Geoffrion@cbnorcal.com

Website: www.myagentsuzanne.com

DRE#01878803

