

## Cynthia Brian's Gardening Guide for April

- **SOW** seeds that will attract birds to your garden. Suggestions include coneflower, anise hyssop, bachelor's button, Mexican sunflower, cosmos and black-eyed Susan.
- **SHOOT** photos of the abundant flowering trees including tulip magnolia, crabapple, peach, plum, prune, cherry, pear and apple.
- **CLEAN** debris from berms and drainage ditches to prevent flooding. The soil and leaves can be added to your compost pile.
- **PULL** weeds while the ground is soft.
- **PLAN** your vegetable garden for the foods you love the most.
- **PLANT** seeds of greens, beets, carrots and turnips now.
- **CUT** a branch or two from your favorite flowering trees or shrubs. Redbuds, crabapple, plum, and peach are glorious in vases.
- **INTRODUCE** plants that will make you smile. I planted sunflowers, sweet peas, nasturtiums and purple hyacinth bean.
- **TAKE** a garden class online or watch YouTube videos with gardening tips.
- **MAKE** teas and cocktails from herbs you grow including mint, rosemary, sage and fennel.
- **REPOT** houseplants.
- **BOOST** your immune system with a diet rich in fruits, vegetables, leafy greens, nuts and fatty fish. Adopt a Mediterranean style of eating.
- **WALK** around your garden to admire the spring growth.
- **BUILD** a planter box.
- **ORDER** gardening books to read. Be inspired and motivated by "Chicken Soup for the Gardener's Soul," "Growing with the Goddess Gardener," and "Be the Star You Are! Millennials to Boomers" available at [www.cynthiabrian.com/online-store](http://www.cynthiabrian.com/online-store).
- **INHALE** the perfume of fragrant plants. Roses are blooming and fruit blossoms are delightful.
- **LOWER** your stress by strolling alone in the outdoors amongst trees and on trails.
- **MEDITATE** in your garden, or on your balcony, patio or porch.
- **LISTEN** to the birds, frogs and insects as they begin their spring songs.
- **NOURISH** your spirit by sitting by a fountain or pond.
- **EAT** plenty of fresh citruses, especially homegrown, to increase your vitamin C intake. Oranges, tangelos, tangerines, grapefruit and lemons are ripe and ready for picking.
- **EXERCISE** includes all gardening chores: raking sweeping, weeding, lifting, pruning, planting, digging, fertilizing, and chopping wood. Workout outside.
- **TAKE** a nap and on a warm day, get your z's outside in the fresh air.
- **SHARE** your garden skills with your children. Let them plant seeds of vegetables and herbs they want to eat.
- **FERTILIZE** lawns. Lawn food is available at your local hardware store.
- **GROW** your own bouquets. Create a stunning floral art with a variety of roses, stock, tulips, iris, calla lilies and mock orange.

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The dense white blooms on this prune tree forecast a hearty harvest.



Varieties of tulip magnolias are blooming at varying times.



Rich rose blossoms on a flowering purple plum tree.