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**Happy New Year!**  
*Wishing you the joy of family,  
the gift of friends, and the best  
of everything in 2013*

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## Digging Deep

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As you look around, you'll notice that everyone is "wired" with smart phones, apps, texting, Skyping, and the latest gadgets that supposedly make our lives easier, faster, stress-free. But according to reports from the Garden Media Group, what people are really searching for is a connection with Mother Nature. People want to be happy and the joy of gardening offers satisfaction. Being in nature, whether it is walking the paths at the Lafayette Reservoir or digging a hole in your yard to plant your redbud offers a bliss that is not found on Facebook, Tumblr, or Twitter. Fashion and furnishing designers are taking their cues from nature with brighter, bolder colors and textures that trees, flowers, birds, bees, rocks, streams, and anything from the natural world uniquely provide. We have the opportunity to enhance our lives, increase our positivity, and boost our immune systems through our horticultural endeavors.

From eco-scaping to native plants, living green walls to houseplants, herbs to edibles, together we will energize our lifestyles, lower our blood pressures, and freshen our indoor and outdoor spaces. In casual conversations, people often tell me they want to know and not wonder where their food comes from. My response is if you want to know for certain, grow your own! You and only you know what is in your soil. By going organic and being a conscientious steward of our earth, we will not only be sustainable, we'll be healthier and subsequently happier.

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*Spider orchids are beautiful indoors in January.*



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