

CREATE stunning aromatic bouquets with blooming lilacs, wisteria, jasmine and roses.

REGISTER your yard or garden as a Certified Wildlife Habitat at <https://www.nwf.org/CertifiedWildlifeHabitat>. The \$20 fee supports wildlife.

FOLLOW up ground fertilizing of flowers, perennials, vegetables, and fruits with foliar and micro-nutrients at appropriate times during the growing season.

EAT fresh fruits and veggies, especially those you grow yourself.

SLEEP seven to eight hours every day to keep your immune system strong.

BREATHE and know that the sun is going to shine tomorrow.

It may take some months before we are social gathering again. For those of us who usually shake hands or hug, we may be wise to take the advice of the World Health Organization and begin bowing. Or do as I learned in India last year: clasp hands in prayer, bow, and whisper Namaste. Although we are apart, we are together, and we can view this time as a learning experience. Get thee into thy garden. Grow thyself! Be wild and free.

Stay healthy. Stay safe. Stay home.

Happy Gardening. Happy Growing.



A bee feasts on euphorbia nectar.



Reblooming iris performs best when fertilized after the first blooms disappear.



Cynthia Brian under her Meyer lemon tree flanked by azaleas and camellias,

Cynthia Brian, The Goddess Gardener, is available for hire to help you prepare for your spring garden. Raised in the vineyards of Napa County, Cynthia is a New York Times best-selling author, actor, radio personality, speaker, media and writing coach as well as the Founder and Executive Director of Be the Star You Are!@ 501 c3. Tune into Cynthia's StarStyle® Radio Broadcast at www.StarStyleRadio.com. Buy copies of her best-selling books, including, Chicken Soup for the Gardener's Soul, Growing with the Goddess Gardener, and Be the Star You Are! Millennials to Boomers at www.cynthiabrian.com/online-store. Cynthia is available for virtual writing projects, garden consults, and inspirational lectures. Cynthia@GoddessGardener.com www.GoddessGardener.com