

Cynthia Brian's Mid-January Gardening Guide

- **RECORD** your landscaping escapades by writing in a garden journal online or in print. Your journals will track trends and seasons for the forthcoming years.
- **CLEAN** your garden tools in a bucket of vinegar and water for 20 minutes. Remove your tools and dip a sponge in a bowl of baking soda. Scrub off the rust.
- **SPROUT** onions and chives in your kitchen by cutting the greens, then putting the roots in a glass of water. Within a week you'll have fresh greens for your salads and soups. (Change the water daily.)
- **START** yams or sweet potatoes by rooting in a glass jar with water. This is a simple, fun growing opportunity for kids! When lush leaves emerge, it's time to plant outside to produce more yams or potatoes.
- **REPLENISH** bird feeders with nutritious seeds keeping our avian visitors nearby while supplementing their dietary requirements during the cold season.
- **READ** seed and bulb catalogs or magazines that feature gardens.
- **HARVEST** sugar snap peas, arugula, Swiss Chard, greens, and Brussels sprouts.
- **REDUCE** watering on houseplants as they rest for a winter's nap.
- **RESOLVE** to spend a minimum of 30 minutes per day outside. Studies indicated that every person needs at least 15 minutes of outdoor sunlight daily for necessary Vitamin D replenishment.
- **REFRAIN** from heavy pruning of your rose bushes until buds and blooms are finished.
- **PLANT** a container of aloe to use on burns and bites.
- **RECONNECT** and be renewed by nature.



Close up of jonquil. One stem will perfume a room.



Yam growing in a glass jar can be planted in the garden.



Cynthia Brian

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. Receive a FREE inspirational music DVD. Hire Cynthia for writing projects, garden consults, and inspirational lectures. Cynthia@GoddessGardener.com www.GoddessGardener.com

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