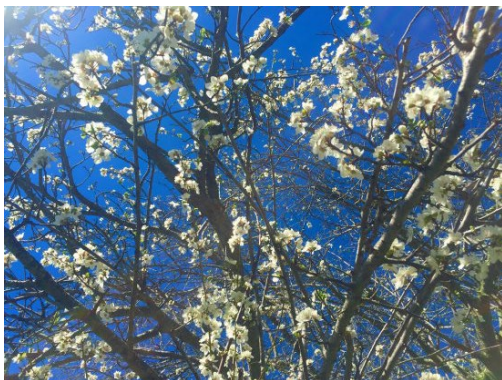


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Digging Deep with Goddess Gardener, Cynthia Brian

By Cynthia Brian



Plum tree with white blossoms. Photos Cynthia Brian

"The heart is like a garden. What seeds will you plant there?" ~ Buddha

The first vista I witness every morning as I traipse downstairs in my pink fluffy slippers to grab a cup of java invigorates my day. Outside my stairwell window, a tall crimson camellia tree sways in the breeze flanked by a shimmering evergreen flowering pear. Rounding the corner, I look to my right. Through the handmade stained-glass arch, winter and spring commingle. The bright cerise flowers of the peach tree frame the hillside carpeted by sprouting ranunculus, anemones, and hundreds of daffodils in a myriad of colors and textures: yellow on yellow, white and yellow, peach and white, white with white, orange and yellow. Frilly, singles, doubles, clusters . all with throats singing to the sky. Bare branches of pistache trees hug the redwoods. Butter-hued Meyer lemons hang like well-placed ornaments. I never fail to be awed by the majesty and beauty regardless of the season.

Looking out to my colorful panoramas was carefully planned many years ago when I planted the first seeds and bulbs. Bringing the outdoors in has always been a priority for me. For over two decades I practiced interior design as a professional member of the American Society of Interior Designers. I believe that our landscape is an extension of our homes and as such must reflect our moods, tastes, personalities, and preferential palettes. For me, color is an essential element to my happiness. When I look through a window, I want to see my internal penchants reflected by nature. Looking out is looking in.

With less than three weeks to go before the vernal equinox, this is an auspicious time to contemplate how we want to orient our window views for the future. When you look out your windows, what do you want to see? Do you want flowering or fruiting trees? Do you want a monochromatic design? Are you like me and want to luxuriate in color? Are bulbs the surprise you anticipate yearly, or do you prefer planting annuals and perennials?

My garden is in bloom with pear, peach, and plum trees. Orange, tangerine, tangelo, lemon and lime trees are filled with ripening fruit. Daffodils blanket the landscape, tulips are beginning to pop, columbine, wild strawberry, and vinca minor are flush with flowers. I couldn't finish pruning all my rose bushes because so many were still budding. Nature orchestrates a steady stream of amazement.

Although the nights are still cool, the days are warming allowing the soil temperatures to rise. Weeds are rapidly sprouting, and the ground can be worked in preparation for seeding and planting. Read garden catalogs or books for ideas on how to design spaces that will offer you years of enjoyment. I'm preparing beds in full sun where I'll scatter seeds of Lauren's dark grape poppies. Poppies can handle frost and bloom best when started in early spring. These seedlings will emerge within 14 days. The flowers will boast four-to-five inch chalice-shaped flowers in a showy port wine hue and they will self-sow for future enjoyment.

Another favorite perennial plant that I'm adding to my garden is the Lenten rose, or hellebore. These plants that feature chartreuse, white, pink, and purple flowers with evergreen foliage are hummingbird friendly, deer-resistant and water-wise. They thrive in part sun to full shade and are hardy to minus 30 degrees Fahrenheit.

What will you plant in your spring garden as you look out?

Cynthia Brian's March Gardening Guide

RESTORE your mental and physical healthy by planting a beautiful vista outside your windows.

FILTER your indoor air with houseplants. According to NASA, 87% of volatile organic compounds are removed by live plants naturally. Now that is nothing to sneeze over!

RETHINK the design of your landscape to coincide with your interior spaces.

PULL weeds as they sprout.

PERUSE garden catalogs to plan a 2021 victory garden of healthy vegetables and herbs.

FERTILIZE lawns.

SCATTER slug and snail bait.

REACH horticultural heights with a selection of flowering trees and shrubs.

SUPPORT the Moraga Garden Club's project, Moraga for Monarchs, by helping to install a Monarch Butterfly Habitat and Education Garden at Rancho Laguna Park. Visit www.moragagardenclub.com.

FORCE branches of crabapple, quince, forsythia, and red bud by placing your tree prunings in a bucket of water in a dark place until the buds swell. Move the branches to a beautiful vase filled with warm water and enjoy the show. Change the water daily and add a few drops of bleach to ward off bacteria.

TRIM dead foliage from your ornamental grasses using sharp hedge clippers.

PICK up camellias blossoms that have fallen to the ground. Decaying blooms harbor petal blight.

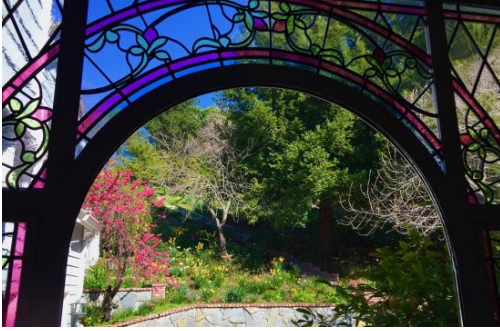
AERATE your lawn. The soil is compacted from winter rains and foot traffic. Leave the plugs to add nutrients back into the grass.

SPRINKLE poppy seeds as spring advances.

Happy Gardening. Happy Growing!



Columbine blooms alongside the wild strawberry. Photos Cynthia Brian



Looking out the window to flowering pear and camellia tree. Photos Cynthia Brian



Perennial chartreuse Lenten rose (hellebore) is deer-resistant and water-wise. Photos Cynthia Brian



Flowering peach tree blossom growing in a pot.



Daffodils at sunset.



A glorious David Austin rose, Lady Hamilton, that has bloomed all year.



A favorite morning view of a plethora of daffodils and flowers.



Cynthia Brian under her tangerine tree. 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

Reach the reporter at: info@lamorindaweekly.com

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