

Digging Deep with Goddess Gardener, Cynthia Brian

Fall flying



Calibrachoa called Seaside petunia is a colorful fall addition.



Butterfly stone crop is easy to grow and looks great in a pot.



Save the seeds of sunflowers to plant and to feed the birds.

Photos Cynthia Brian

... continued from Page D1

Some birds migrate short distances, traveling from forests to wetlands, or the coast to your backyard! Whether flying long or short distances, birds need to stop, rest and eat. And this is where gardeners can help keep them healthy and safe in their migration journey.

Food: Migratory birds rely on flowering plants, shrubs, and trees

that produce seeds, berries, nectar and insects. Birds pecking at your lawn are not eating it. They are dining on insects that could be harmful to your lawn. The birds are your friends indicating that your lawn has an invader. Does your garden provide this nutrition?

Water: Ponds, bird baths, fountains, and other water features offer a cool thirst-quencher and refreshing bath for migrating birds.

Does your garden entice birds to stop by for a drink?

Shelter: Trees and bushes offer protection from predators and a place to rest. Does your garden provide a safe environment for avian visitors?

To attract and support our flying friends this fall, walk around your garden to ascertain if you are providing the elements they need. Plant native vegetation, keep your bird feeders full, and allow seed-

heads to develop on some perennials. Provide a clean and accessible water source such as a gurgling fountain or a pond with a circulating water feature.

By creating a bird-friendly landscape, you'll not only be contributing to bird conservation, but you will enjoy their efforts to help your garden grow and glow. Love the earth, the sun, and the animals.