

*Digging Deep with Goddess Gardener, Cynthia Brian*

## Changing Color Guard

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Sugar maples boast an added benefit; the sap can be tapped and boiled to make a rich and delicious maple syrup. At the home of my cousin, Donnie, and his wife, I sampled two versions of this delectable syrup that they made from their backyard sugar maple tree. Holes in the tree trunk were a testament to the tapping. The sap must be boiled down to the correct consistency and the process is time-consuming. The syrup will be light, medium, or very dark depending on what month the harvesting is done. The flavors vary with the darkest syrup being the richest and most dense.

The vibrant colors of autumn are not only experienced in the chang-

ing of the leaves, but also in containers and beds planted with mums, dahlias, cannas, marigolds, petunias, roses, phlox, calibrachos, salvias, sages, verbenas, impatiens, and coleus. It's easy to design a beautiful combination by tucking several different species into a container filled with potting soil, allowing calibrachos, verbenas, and petunias to spill over the sides.

As I wander my garden, I anticipate that every leaf will become a flower bursting with burgundy, maroon, bronze, gold, red, yellow, and orange. The color guard of autumn is majestic and worth the wait. Be a leaf peeper!

Happy Gardening! Happy Growing.

**MARK YOUR CALENDAR:** Be the Star You Are!® charity volunteers will once again collaborate for the Santa Day at 5A, Dec. 2 from 11 a.m. to 2 p.m., 455 Moraga Rd. #F, Moraga. FREE crafts, holiday treats, plus a photo with Santa and his elf! More info: [www.bethestaryouare.org/copy-of-events](http://www.bethestaryouare.org/copy-of-events)



**Cynthia Brian advocates to continue to deadhead roses through winter.**

For more gardening advice for all seasons, check out Growing with the Goddess Gardener at <https://www.CynthiaBrian.com/books>. Raised in the vineyards of Napa County, Cynthia Brian 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](http://www.StarStyleRadio.com). Her newest children's picture book, Family Forever, from the series, Stella Bella's Barnyard Adventures is available now at <https://www.CynthiaBrian.com/online-store>. Hire Cynthia for writing projects, garden consults, and inspirational lectures. [Cynthia@GoddessGardener.com](mailto:Cynthia@GoddessGardener.com) <https://www.CynthiaBrian.com>

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