

Lamorinda

OUR HOMES

Lamorinda Weekly Volume 18 Issue 3 Wednesday, March 27, 2024



E-battery fire concerns

... read on Page OH4

Digging Deep with Goddess Gardener, Cynthia Brian

Spring into Action

By Cynthia Brian

Photos Cynthia Brian



Blue-eyed star grass is a California native

“All through the long winter, I dream of my garden. On the first warm day of Spring, I dig my fingers deep into the soft earth. I can feel its energy, and my spirits soar.”—Helen Hayes

The minute the air warmed, I headed to the garden. Spring is finally here and without a doubt, it is my favorite season. This year it is especially meaningful because, this, my first spring article, is the 500th column that I've written for the Lamorinda Weekly. Yes, you read that correctly. Since 2008, although not all of them were about gardening, 500 original articles penned by me have been published in this paper. Thank you all for publishing, reading, and commenting.

People often ask me where I get my ideas for new columns. The simple answer is—in nature. When I am out in the garden I am totally focused on the tasks at hand. I listen to the bird songs, the rustling wind, the mooing cows, the fluttering leaves, and the croaking frogs. No earbuds, music, or podcasts while I'm working because the sound of the outdoors helps me be present to ponder.

Before I go out, I slather on the sunscreen and fill my water canis-



Plant a container with freesia, cyclamen, stonecrop, and a small palm.

ter so that I stay hydrated while weeding, seeding, and feeding. When it is cold, I'll wear long pants and a sweatshirt, but when it gets hot, I prefer a tank top and shorts.

This is what my garden gear consists of:

- * Two pairs of gloves: a pair of surgical gloves underneath my garden gloves
- * An Insect Shield® permethrin-infused kerchief wrapped around my neck to keep the ticks away.
- * A scarf on my head with a ballcap covering it.
- * My garden apron with pockets for my pruning shears, sunglasses, and seeds.
- * Rubber boots with two pairs of socks.

In past years, before I donned the Insect Shield® permethrin-infused kerchief, ticks would attack my neck. Three times ticks had to be surgically removed because they were too close to vital organs. This past week, on day three of the warm weather, I worked in a tank top. Alas, a tick tagged me on the shoulder. I only noticed it after my shower.

... continued on Page OH8