

Digging Deep with Goddess Gardener, Cynthia Brian **June Boon**



Tasty nasturtium cascades over a raised bed.



Fire-engine red geraniums punch up the ambiance.

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Roses bloom profusely in my garden adding beauty and perfume, while the common corn-flags add spires of fuchsia pink torches. My perennial, spicy-scented Asiatic lilies attract pollinators with captivating fragrances amidst big, bold blooms. Although these lilies make gorgeous bouquets, as the splendid stars of my garden, I am loathe to cut any!

The fern-like foliage of yarrow adds visual interest while improving drainage with its deep roots that assist in breaking up compacted clay. The leaves accumulate nutrients, making yarrow an excellent compost companion. By attracting pollinators and ladybugs, yarrow increases biodiversity, promoting a healthier ecosystem. As a medicinal plant with compounds containing anti-inflammatory, antiseptic, and analgesic properties, yarrow has been used for centuries to treat wounds, alleviate symptoms of colds and fevers, and reduce the pain of insect bites.

The edible flowers and leaves of nasturtium add a peppery punch to salads, sandwiches, and sides. These “Nonna” plants, as I call them because they grew in my grandmother’s gardens, are easily grown from seed. Their dense flowers and foliage can cascade over walls, fences, and raised beds, or create a living mulch as a ground cover to suppress weeds.

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Fruit trees in blossom in a friend's rustic orchard carpeted with low-cut green grass.