

# The Art of Growing Grass

... continued from page D12

## Benefits of Maintaining a Lawn

Although many people tend to discourage lawns in landscapes as a water conservation method, I am a firm believer that the humble grass shoot offers benefits to our health and wellbeing. Besides the fact that children and animals enjoy a safe, comfortable place to tumble and toss, lawns contribute to better air quality by trapping dust and smoke particles while cooling the air from the ground up.

Our environments are made more habitable by the generation of oxygen absorbing the pollutants of carbon and sulfur dioxide. Lawns clean the air we breathe. Erosion is controlled because water can't carve deep recesses in a thickly planted lawn. Water filters through turf grass making our ground waters safer and cleaner for the environment. A patch of green soothes the eye when viewing a landscape, offering a resting space between the color explosions of flowers and shrubs. Lawns offer a buffer zone in fire prevention. Several years ago when one of the biggest wild fires in our national history hit the forests of Northern California, our family cabin's grassy meadow became the safe zone for dozens of firefighters from around the country. That lawn literally saved lives and the forest from the raging blaze.

Prepare your grass for healthy growing this spring, and get ready for the fun-filled days of croquet, ball games, picnics, sprinkler baths, or just staring up at the clouds.

Remember that maintaining your lawn enhances the environment, improves your health, and optimizes your enjoyment of the great outdoors. And that's great grass!



A close up look at clover as a lawn substitute.



Pearl's Premium lawn two days after mowing.

## Cynthia Brian's Goddess Gardener Tips for April

**BEWARE** of ticks. Check your body, hair, and clothing after gardening. On a rainy day in mid March when I was covered head to toe in clothing, a tick bit me on my neck. The golf ball size lump is still painful.

**TURN** houseplants a quarter round every week to give adequate amount of sunlight to all parts.

**BAIT** for snails and slugs.

**VISIT** the Wagner Ranch Wildlife Festival on Sunday, April 23 for free family fun. There will be honeybees, goats, turtles, birds, garden activities, food, music, nature tours, arts and crafts. 350 Camino Pablo Rd. at Bear Creek Road in Orinda. <https://fwrna.org/wildlifefest/>

**PERUSE FLOWER PHOTOGRAPHY.** Award winning photographer Anne Morrison Rabe's Spring Flowers exhibit is showcased now at home/made Kitchen & Bakery, 337 Rheem Boulevard in Moraga. Almost all of Anne's photographs were shot with an iPhone. Eat, drink, and enjoy the art. [www.Amr-Photography.com](http://www.Amr-Photography.com)

**PREORDER** my forthcoming garden book, "Growing with the Goddess Gardener," Book I in the Garden Shorts Series. All pre-orders will receive extra goodies such as heirloom seeds, bookmarks, and more. Email me for details, [Cynthia@GoddessGardener.com](mailto:Cynthia@GoddessGardener.com). A quarter of the proceeds benefit the 501c3 Be the Star You Are! charity.

**WIN \$50,000 FOR YOUR GARDEN:** As a judge in America's Best Gardener Contest. I encourage you to enter to win \$50,000. Show the world that your thumb is the greenest by showing the world pictures of your garden today! [www.americasbestgardener.com](http://www.americasbestgardener.com)



Western red bud is a gorgeous native tree with deep pink/purple blooms.