



Cynthia Brian's Garden Guide for September

"The apple does not fall far from the tree!" Yiddish proverb

September is apple season. I fondly remember 4-H events as a child where we "bobbed for apples" sticking our heads into a barrel of water filled with floating pommies. Thinking back, it doesn't seem very sanitary, yet no one ever got sick. Perhaps the adage about "an apple a day keeps the doctor away" is indeed true. School is back in session and apples make a healthy, nutritious, low calorie snack packed with fiber. As you tend your autumn garden, involve your children in your activities. They will learn to be stewards of our planet by watching your choices and participating in your passions. I definitely didn't fall far from my farm family tree.

- **BOOST** your healing power by plucking ripe tomatoes straight from the vine. Classified as both a vegetable and a fruit, the primary nutrient in tomatoes is lycopene, a powerful antioxidant that neutralizes free radicals and possibly guards against your risk of heart disease, osteoporosis, and diabetes.

- **BREATHE** new life into a tired vegetable garden by adding a playful combination of fall weather crops with festive grey-blue hues such as cilantro, kale, and ornamental cabbages.

- **VISIT** the Be the Star You Are!® charity booth at the Moraga Pear Festival on Saturday, September 24th for complimentary seeds. Buy an autographed copy of the New York Times best seller, Chicken Soup for the Gardener's Soul and Be the Star You Are!® for TEENS to receive FREE potpourri. You'll be supporting the tornado torn schools and hospitals in Joplin, Missouri.

- **THIN** perennials and transplant to other parts of your garden or share with neighbors.

- **FEED** camellias, roses, azaleas, gardenias, and fruit trees.

- **CHECK** out the new bulbs for spring available now from catalogues and some retailers. Next year's daffodils are sensational.

- **SUBSCRIBE** to a CSA program (Community Supported Agriculture) for farm fresh produce shipped to your home if you don't have your own vegetable garden or fruit orchard yet want the freshest seasonal favorites.

- **DOWNLOAD** the Bonide Best Solutions app which helps consumers search by name or photo to identify a problem with pests, weeds, and diseases. Available for iPhones, Droid, and Blackberry.

- **GOPHER-PROOF** your garden by building raised beds with a wire mesh bottom. If you already have gophers, try putting a stick of chewing gum or Exlax down their hole. Let me know your results!

- **SOW** seeds of short season varieties of vegetables and herbs that tolerate cooler nights and shorter days for a late fall feast. Experiment with mesclun mixes, salad greens, arugula, peas, dill, and broccoli raab.

- **PARTY** on the patio with all the elements of great entertaining by having the sounds of a fountain nearby, fall colored leaves as table ornaments, and a fire pit to warm the guests as the evening chills.

- **PROPOGATE** lilies by removing a few scales from the outside of a parent bulb then providing a clean tray filled with sphagnum moss or vermiculite until bulblets form. Make sure to label the type of lily bulb you are growing.

- **EXPERIMENT** in shady areas by planting varieties of ferns. Ferns tolerate moist to moderately dry soil, and the best news is, drum roll please... deer detest them.

- **ADD** botanical diversity to a barren or deprived site by collecting

your perennial seeds and tossing them in those horticultural challenged arenas.

- **SEND** me high quality pics of your glorious garden with a description and they may get published. Email Cynthia@GoddessGardener.com.

- **TAP** into your inner rainbow by coordinating colorful autumn annuals with the changes in the leaves for your front garden.

- **CUT** bouquets of the perky pink Naked Ladies for a long-lived indoor arrangement. I love these glorious gals, and hooray, another floriferous favorite despised by the dear deer!

- **EAT** fresh, crisp red, green, or yellow apples straight from the tree. Don't peel them as 2/3 of the antioxidants and most of the nutrition is in the peel! When some of your crop falls to the ground, make applesauce. Did you know that 2500 varieties of apples grow in the United States with 7500 varieties growing around the world!

See you at the Pear Festival in Moraga on Saturday, September 24th. Looking forward to swapping lawn lore!

Happy Gardening to You!

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My virtual door is always open. I am available as a speaker and consultant. Feel free to contact me.

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