

# Cynthia Brian's Gardening Guide for January

*"If we had no winter, the spring would not be so pleasant."* Anne Bradstreet  
1612-1672, Poet

As winters dark cloak blankets January days, gardeners are given the luxurious time to contemplate their spring and summer gardens. Curled up in front of the fireplace with a cup of herbal tea, we sift through our piles of catalogues, dreaming of fragrant blossoms, tasty herbs, and sweet vegetables in the months to come. After a snooze, it's time to leap into tomorrow by getting yourself and your children outside for some face time with Mother Nature.

- **SPRAY** your fruit trees and roses with the final dormant spray of horticultural oil to kill overwintering insect eggs.
- **PICK** a sunny window in your kitchen and plant an all season herb garden to star in your culinary creations.
- **SAVE** trees by recycling Christmas cards as gift tags or tree decorations for next year.
- **PRUNE** crepe myrtles and roses this month. Canes from the roses may be shared with friends. I will again be offering complimentary rose canes to anyone who is interested at the end of January. Email me for information at [Cynthia@GoddessGardener.com](mailto:Cynthia@GoddessGardener.com).
- **TERRARIUMS** have made a fashion come back. I remember making terrariums for friends and families when I was in college! Soil-less tillandsia, humid loving orchids, and rainforest ferns are terrific terrarium selections.
- **HEIGHTEN** harmony with nature by reducing or eliminating chemical usage in your yard.
- **CREATE** a backyard habitat for birds, butterflies, and beneficial bugs.
- **REPLENISH** bird feeders with nutritious seeds keeping our avian visitors nearby while supplementing their dietary requirements during the cold season.
- **MULCH** your beds with three inches of organic matter.
- **PLANT** bare roots now, including roses, fruit trees, berry bushes, and vines.
- **PERK** up the dreary landscape with color spots of primroses, violas, and pansies.
- **STUDY** plant catalogues for ideas on new specimens to order or buy at your garden center.
- **COMPOST**, compost, compost. You'll enrich your garden while saving the environment, too.
- **CELEBRATE** Three Wise Kings Day on January 6th (also known as the Epiphany) by surprising the children with fresh oranges and tangerines plucked from your tree. It's been a family custom in our household for over a century.
- **SPROUT** onions and chives in your kitchen by cutting the greens, then putting the roots in a glass of water. Within a week you'll have fresh greens for your salads and soups. This is a simple, fun growing opportunity for kids! (Change the water daily)
- **START** a new garden project plan. Consider trellising for vertical growing.
- **RECORD** your landscaping escapades by writing in a garden journal this week. Save your journals to track trends and seasons.
- **REDUCE** watering on houseplants as they rest for a winter's nap.
- **RESOLVE** to spend a minimum of thirty minutes per day outside. Studies indicated that every person needs at least fifteen minutes of outdoor sunlight daily for necessary Vitamin D replenishment. An additional fifteen is for frolicking.
- **TAKE** oodles of videos and photos of your garden and children. When you look back in a few years, you'll be shocked at how quickly both have grown and changed.
- **THANKS** to reader Jo for emailing me this note regarding our feathered friends: "When the birds eat the berries in the winter and then are seen flying "drunk", they are, in fact, not drunk on fermented berries. Birds are like airplanes with specific weight/balance properties. When they stuff themselves in a feeding frenzy, they are out of balance and haven't learned to fly straight with the change in center of gravity."



*After cutting shallots or small onions, put the roots in a glass of water. Delicious, edible green sprouts thrive. Photo C. Brian*

Wishing everyone a bright, cheery, healthy, wealthy 2012 as we grow into the people we are meant to be. My gratitude to you all for the role you play in the creation of my garden stories. Happy New Year!

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.

