

## October Garden Thoughts from Cynthia Brian



Arugula, also known as rocket lettuce, boasts restorative and revitalizing properties. Dry the seeds on a plate. Plant in any season.

Photos Cynthia Brian




Fennel seeds are being dried on a cookie sheet. The seeds aid in digestion.

- **MIMIC** Mother Nature by scattering wildflower seeds in fall for a spring showcase.
- **PRE-COOL** tulip bulbs for a minimum of four weeks and preferably ten weeks before planting. Make sure to cool in a refrigerator at 38-45 degrees Fahrenheit without any fruit or vegetables that emit ethylene gas, such as apples. Other bulbs like to be stored in an area with good air circulation, low humidity, and away from sunlight with temperatures in the 50-70-degree range.
- **DID** you know that sunflowers track the sun? Mature sunflowers will tip their heads toward the east warming the flowers more quickly bringing five times the number of pollinators. Save those seeds! (UC Davis study)
- **OVER SEED** lawns right before the rains come. I am using Pearl's Premium organic seed and am very happy with the results. Follow directions on the package. [www.PearlsPremium.com](http://www.PearlsPremium.com).

Happy Gardening and Happy Growing!




Cynthia Brian's apple trees are filled with disease-fighting benefits.



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