

# Cynthia Brian's Gardening Guide for January

**FREE** seed catalog and free shipping on over 500 seed varieties at Sow True Seed through Jan. 15. Use Code SHIPFREE19 at <https://sowtrueseed.com/>.

**FILL** a nature RX, even in the cold weather, and go outside for at least 15 minutes a day. The benefits include relaxation, better sleep, fresh air, physical activity and stress reduction.

**START** a gratitude habit for the New Year. It's the season to be thankful and if you start now being appreciative for the small things in life, you can turn this feeling into a year-round practice, bringing you more joy.

**PICKUP** for your holiday tree is available through Jan. 18 on your regular collection day. Remove lights, ornaments, tinsel, and trimmings. Unfortunately, flocked trees are not included in the collection. Schedule a pickup for a fee. Call (925) 685-4711.

**BOOST** your vitamin C with fresh fruit from citrus trees. Ripening for the next two months you will enjoy sweet navel orange, lime, lemon, grapefruit and Clementine.

**HARVEST** your Hachiya and Fuyu persimmons that are still hanging.

**SHARPEN** pruning shears in preparation for the heavy rose pruning you'll do toward the end of January. In the meantime, allow the rosehips to flourish as food for the birds.

**PREPARE** for winter. A wife's tale from the old country states that when the berries are full, the winter will be long. Cotoneaster, holly, and pyracantha berries are feeding the birds.

**IDENTIFY** mushrooms before consuming. Many are toxic.

Happy Gardening. Happy Growing.

Cynthia Brian



*With the rains, mushrooms have surfaced. Be aware of what ones are edible.*



*Rosehips can be left for the birds dinner until late January heavy pruning.*

*Photos Cynthia Brian*



*Cotoneaster branches are full of berries. Winter is here.*



*Cynthia Brian's Mom "trending" as Vanna White on Wheel of Fortune with Pat Sajak.*

Cynthia Brian, The Goddess Gardener, raised in the vineyards of Napa County, is a New York Times best-selling author, actor, radio personality, speaker, media and writing coach as well as the Founder and Executive Director of Be the Star You Are!® S01 c3.

Tune into Cynthia's Radio show and order her books at [www.StarStyleRadio.com](http://www.StarStyleRadio.com).

Buy a copy of her new books, Growing with the Goddess Gardener and Be the Star You Are! Millennials to Boomers at [www.cynthiabrian.com/online-store](http://www.cynthiabrian.com/online-store).

Hire Cynthia for projects, consults, and lectures.

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