

## Digging Deep with Goddess Gardener, Cynthia Brian

# Cultivating artful gratefulness

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A variety of trees, both deciduous and evergreen, fruiting and flowering, screen and define the property. I've been pruning, thinning, and cutting deadwood in anticipation of fire season.

My goal during this coronavirus crisis is to keep our immune systems strong by eating as many fresh vegetables, herbs, and fruits from my garden as possible. Artichokes are almost ready to be harvested. My citrus crop has been supplying my family and friends with daily doses of vitamin C. After delivering lemon limes to my neighbor, she offered me a goji berry plant which I am excited to grow as a living fence. Also called the matrimony vine, goji berry plants can be pruned and shaped to keep them small so that the red fruit which will ripen from July to October can be easily harvested. The berries contain more vitamin C than oranges, more potassium than a banana, and more iron than a steak. In addition, I learned that goji berries contain a high concentrate of vitamins B1, B2, B6, C, E, and 18 different amino acids and

zinc. I am so thankful to grow this new specimen that will enhance our health.

Gardening is not a hobby; it is an essential part of my creative being. Gardening is a survival skill and an art form. It is gratifying to sow a seed, water, fertilize, prune, and nurture that tiny seedling to full bloom. No matter how small a home is, we can always grow herbs in a pot on a windowsill or fill containers with vegetables and flowers displayed on a balcony or porch. With a garden, we bring beauty into our lives. Especially in troubling times, beauty is critical to grow our hopes and dreams. This lockdown has sparked an increased appreciation for the solitude and splendor of gardening.

Let your garden be your most attractive work of art. Plant a painter's palette of exquisite color. A garden is a refuge, a sanctuary, a quiet, safe place. Propagate positive possibilities and cultivate artful gratitude.

Stay healthy. Stay safe. Stay home. Stay grateful.



**Snails snacked on Jackmanii clematis wrestled from the roses.**

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New Orinda Listing!



**300 Village View Court, Orinda**

**\$2,295,000**

2 Bed    2.5 Bath    2,500± SF    0.16± Acres

An Orindawoods treasure unlike any other. Warm and welcoming from the moment you step onto the property, this magnificent single level home exudes elegance redefined. With impeccable design, timeless finishes and worry-free living, you will rediscover what 'home' should be. The coveted end of cul-de-sac location offers unparalleled privacy and optimized outdoor living spaces for year round entertaining and enjoyment. Elevate your lifestyle today!  
[300villageview.com](http://300villageview.com)

New Moraga Listing!



**1267 Bollinger Canyon Road**

**\$1,395,000**

Main Home: 2 Bed / 1 Bath    Container Home: 1 Bed / 1 Bath  
Workshop: 60 ft x 30 ft    Barn: 8 Stalls    12± Acres

This spectacular 12± acre mostly usable parcel is located in the heart of Bollinger Canyon. Sheltered by the hills from fog, this lovely property enjoys cool nights and warm days in summer. A darling two bedroom, one bathroom home, a stunning one bedroom, one bathroom container home, a 60 foot x 30 foot workshop and an 8 stall barn offer the ultimate in country living versatility. [1267BollingerCanyon.com](http://1267BollingerCanyon.com)