

Digging Deep with Goddess Gardener, Cynthia Brian

Grounded!

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Choose brightly colored flowers and dark green foliage that will lay flat. California poppy, bougainvillea, pansy, violets, rose petals and nasturtium work especially well. Hang them with ribbon by a window to reflect the rainbow of hues.

5. Decorate your mailbox. Plant a climbing rose or trumpet vine at your mailbox to brighten your street. You'll need to keep it shaped and pruned.

6. Grow a vegetable garden. Besides the ease and rapid sprouting of beets, radishes and carrots, one of the most rewarding combinations to do with kids is to plant a Three Sisters Garden. If possible, give your child her own little plot so she will feel proud of being a farmer. The Iroquois Native Americans planted corn, beans and squash for a balanced diet. Corn is a source of carbohydrates, beans offer proteins, and squash is filled with vitamins. The corn is the pole for the beans to climb while the squash grows low to the ground providing shade and keeping the soil moist. There is nothing tastier or more nutritious than home-grown food. Make sure to plant tomatoes and peppers now.

7. Plant herbs and flowers in containers. In several containers, sow seeds of your favorite herbs for seasonings. Dill, cilantro, parsley, basil, thyme or mint. Sprinkle a few flower seeds for color. Cover with wire to keep the critters and birds out, using Christmas clips to secure the wire. Decorate with rocks, shells, or other trinkets that your kids have found.

8. Go on a tasting adventure. For this experience, an adult must know with 100% accuracy that a plant is edible because there are many toxic flowers and leaves in nature that can make us very sick or worse. This is an educational encounter that kids truly savor. Some unexpected plants that can be sampled include rose, nasturtium, fennel, calendula, dandelion, wild mustard, miner's lettuce, and the berries of Oregon Grape. Leaves and flowers of all herbs can be sampled. Make sure there are no pesticides or insecticides on any of these specimens. Record the flavors in the journal. Do you find something sweet, sour, bitter, or something else? Emphasize the importance of knowing what is edible and what is poisonous before tasting anything.

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Let your child plant seeds in a container, using Christmas light clips to hold the wire in place.



Plant a climbing rose to cover your street-side mailbox.