

Changing Seasons

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Frost and freeze alerts from weather forecasters brings a sense of urgency (to protect tender annuals) and also a sense of relief.

As a gardener, the end of another growing season means a break from the cycle of care and cultivation. Months of planting, watering and weeding have gone by as well as harvesting. Soon there will be a chance to rest. The pressure to “keep things alive” will subside. I won’t forget about gardening entirely. Planning for next season and spending more time with houseplants will be possible. Autumn is a time to pause, rest and rejuvenate for the next growing season.

There is a touch of freedom that happens in the Fall. Birds are migrating. Watching hummingbirds get ready to leave is a powerful metaphor for freedom. Those tiny little birds are compelled to fly thousands of miles based on their instinct. They will go toward warmer climates and it is really inspiring to know they take off into the unknown.

Reflection happens in the fall as well. Thinking of what worked well in the garden and what did not are explored.

I learned that double blossomed annuals (cosmos) do not contain as much nectar for hummingbirds as the single blossomed varieties. I will make a note of that before I go plant shopping next spring.

Also, a new “hummingbird favorite” was used this year. The Salvia ‘Amistad’ plant (an annual) was visited regularly by them and was beautiful as a patio container plant. It’s stunning blue tubular flowers were a joy to look at and the fragrance was pleasing.

The drought of this summer also had a few lessons. Our garden club will plan for less annuals in garden areas as they tend to be “thirstier” than established perennials. Our “watering team” toted many containers of water where water sources were not present.

The impermanence of autumn—the way everything is in a state of transition seems to speak of freedom. Bright, colorful leaves, the fading warmth, and the last blooms of the season are ending. That makes them all the more precious.

As gardeners stepping back for a bit of rest, or hummingbirds on their epic journeys- autumn represents a kind of liberation—a time to relax and prepare for the new cycle ahead.

Happy Autumn!

Littleton Garden Club welcomes new members from around the area.

Please visit our website: <https://www.littletonnhgardenclub.org/>

for information about our meetings and our club.

Also, visit us at the annual PIE FEST/Craft Sale on Sat. Sept. 27th 11-3 at the Littleton Community Center.

