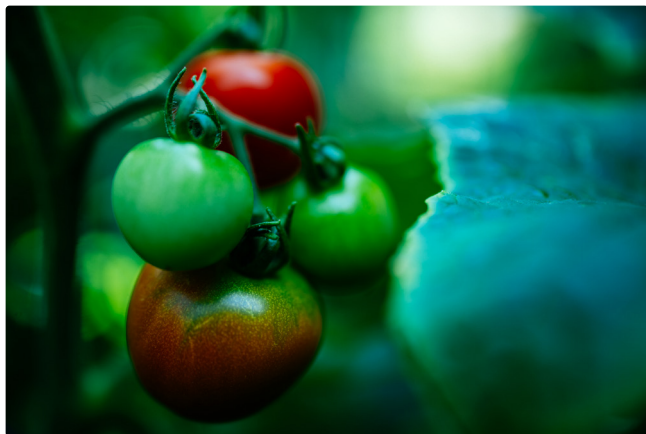


GROUNDING

COMMUNITY MAKES US WHOLE





Hello GROUNDING

... is a small independent magazine to spread love for South Germany's plants & wildlife and to share my perspective on their unique beauty.

It's inspired by a similar newsletter from my cousin, Fort Lauderdale artist Stephanie McMillan.

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Hello DEAR PEOPLE

Let's notice the wildlife living all around us, even in the middle of a city.

Each of us is one node in a vast and beautiful network of living beings.

Isn't it strange that we make movies about trying to communicate with space aliens, when there are already so many amazing intelligences right here, among us, whom we don't even know ?

To encounter an entity of another Earthling species, with mutual respect, is a glorious experience.

Let's get grounded.





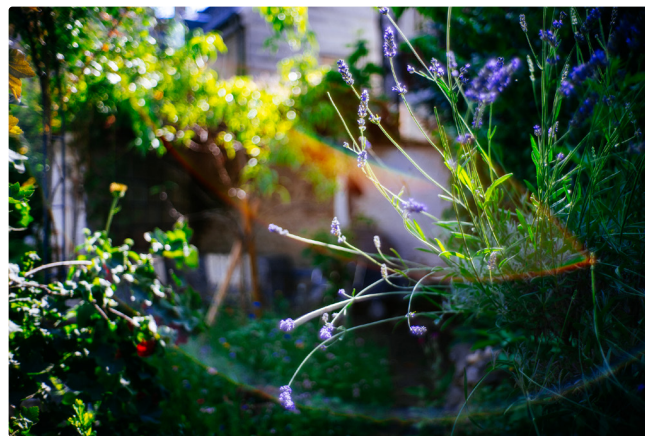
Hello LAVENDER

The Romans already used lavender to extract fragrant bath essences. The name of this plant is derived from the Latin word lavare, meaning "to wash."

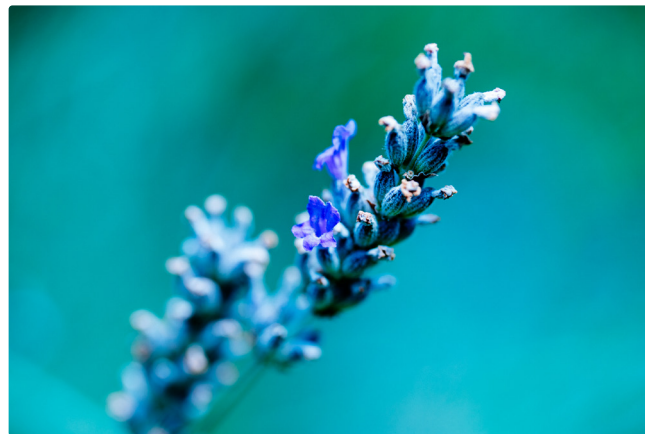
True lavender is related to mint and sage and requires a sunny, warm location with nutrient-poor, well-drained soil. In summer, lavender flowers attract bees, butterflies, and other insects.

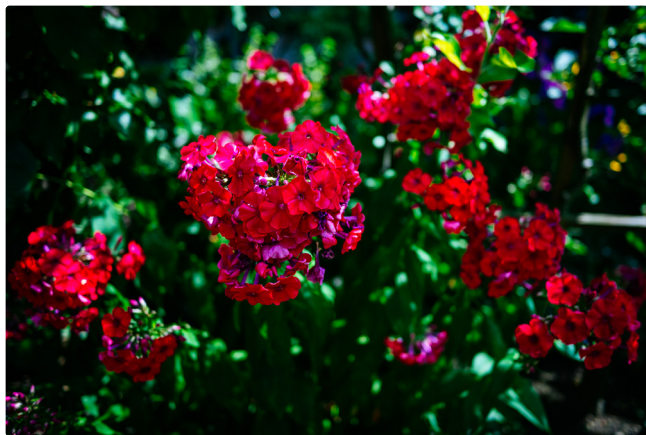
The plant has been known since ancient times as an important medicinal plant. The essential oils from its flowers and leaves have a calming and harmonizing effect.

How often do I walk by, rub a few flowers between my fingers, and take a deep breath? Pure summer feelings.



LAVENDER





Hello PHLOX

The most popular varieties for classic perennial beds originate from the river valleys of North America and are characterized by countless, mostly fragrant flowers and symmetrical inflorescences.

Due to its enormous popularity, phlox has been cultivated as a garden plant since the 18th century. The scents of the phlox range from honey-sweet fragrances to the scent of violets to a slightly tart herbal aroma, which the plants use to attract large numbers of butterflies and bees.

In midsummer, during the late twilight, the flowers seem to glow with a light of their own. From a distance, they appear to be calling out: "Look here, I am summer!"

Hello RED CURRANTS

... have long been known from monastery gardens. As early as the 15th century, people there began cultivating varieties of the native wild species "*Ribes rubrum*".

The juicy, red berries are rich in vitamin C, contain many trace elements such as potassium and iron, plenty of pectin, and plant pigments from the anthocyanin group.

I simmer the whole berries and much to my family's horror add rosemary and a generous amount of chili. Some of them, however, are made into traditional jelly and will be used in late November to make the holy "Spitzbuben" Christmas cookies, following a recipe from my mother, Ilse Luise.





Hello **DAHLIA**

In Mexico, their country of origin, dahlias once adorned the temples of the Aztecs.

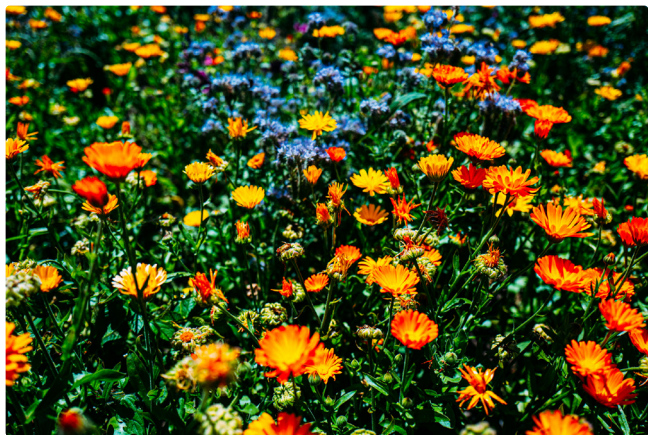
In Central Europe, however, because they are sensitive to frost, they can only be grown in the garden from late April through late November. Afterward, they are dug up, the old foliage is cut back, and the tubers are stored over the winter in a frost-free cellar. Dahlias were originally typical cottage garden plants and are among the most beautiful summer flowers in the garden.

To me, they simply radiate a zest for life. Look, everyone, at how beautiful I am and how wonderful life is. I want to hug them, hold them close, kiss them, and hope that summer never ends. In November, the last blooms defiantly turn their radiant faces toward me.



DAHLIA





Hello MARIGOLD

... also known as calendula, was my mother's favorite flower. I love its mild, distinctive scent. It gives me a soothing feeling of warmth.

It is one of the best-known and most versatile medicinal and garden plants in Europe and is characterized by its bright yellow to deep orange flowers. The plant has anti-inflammatory, antimicrobial, and wound-healing properties and is used in ointments and teas. Marigolds are extremely easy to care for and a real asset to any organic garden. They protect neighboring plants from pests and serve as an important food source for bees and several other insects.

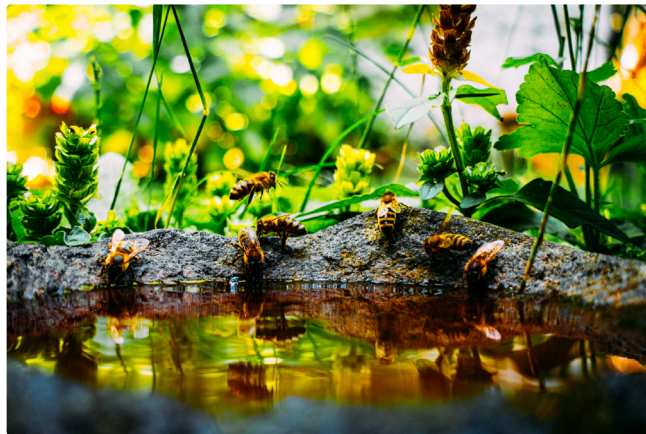
If you're in a bad mood, take a moment to look at them, and lo and behold, they'll smile right back at you.

Hello HONEY BEES

Our neighbors here in the heart of Haidhausen have three bee colonies on the flat roof of their shed. Together with bumblebees, butterflies, and wild bees, they buzz through our little garden. I could watch for hours as they, usually in pairs, fly to a small watering hole to quench their thirst. What wonderful little creatures.

In the fall, our neighbors give us a few jars of their honey. It tastes so wonderful on those bitterly cold January days. I close my eyes and hear the buzzing of the bees, smell the flowers and feel the summer.

Their existence is so fragile and is threatened by environmental toxins, pesticides, and the Asian hornet. They need and deserve our protection.



GROUNDING

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