

DIALOGUE

A QUARTERLY MAGAZINE

A publication of the Unitarian Universalist Fellowship of San Dieguito

Inspired by our UU principles, we are a vibrant, intentionally diverse congregation that models and promotes both locally and globally: love, spiritual growth, service, right relations and sustainable living.

October 2018

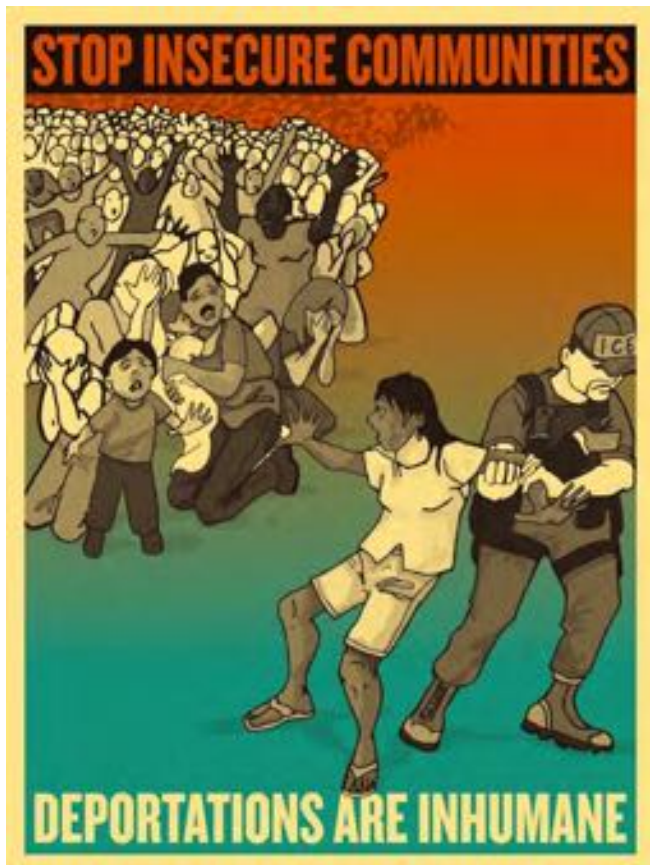


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Rev Meghan's Corner



I spent the first weekend of August at the border in the southern Arizona desert where I participated in a delegation of 60 faith leaders from around the country in an initiative called “Faith Floods the Desert,” supporting the movement [No More Deaths/No Mas Muertes](#) (NMD) in partnership with the local [Ajo Samaritans](#). It was an intense and powerful and at times overwhelming experience.

No More Deaths is an organization that provides humanitarian relief to migrants, mobilizes search and rescue operations for disappeared migrants, and documents how border enforcement pushes migration into some of the most remote and dangerous areas in Arizona’s deserts. “Faith Floods the Desert” was an initiative sponsored jointly between NMD, the [UU Service Committee](#), and the [UUA](#) in response to the increasing criminalization of migrant relief work by the U.S. government.

Our delegation gathered in Ajo, Ariz., a small former copper mining town located 40 miles north of the U.S./ Mexico border. All day Saturday we attended a briefing with leaders and volunteers from NMD, who explained the history and context of the crisis at the border.

For those interested in learning more, I strongly recommend their report, “[Disappeared: How the US Border Enforcement is Fueling a Missing Persons Crisis](#).” Saturday evening there was a press conference in the plaza of the small town. Reverend Susan Frederick-Gray, President of the Unitarian Universalist Association spoke these words:

“We need to recognize that this system of criminalization and cruelty is devastating the lives of children and parents and families here at the border, all over the world, and also in the interior of the United States... Those of us who identify as Americans, we lose some of our humanity when we allow this to continue.”

On Sunday morning we drove out two hours into the middle of the Sonoran Desert. On the drive we wrote messages of hope and blessing in Spanish on the two water jugs we each planned to carry and leave in the desert. Once the vans stopped we piled out and walked as far as we could collectively walk under the unrelenting August sun. We walked about a half mile from the road and placed the gallon jugs about 20-30 feet away from one another before we made our way back to the vans. The temperature was climbing by the minute; several people grew dizzy and nauseous; the glue holding the soles of one man’s shoes melted away. The heat was breathtaking. There is a very good [short documentary video](#) about the weekend.

But most importantly, please support the work of No More Deaths by signing [this letter](#) to the land managers of the West Desert, demanding that they “acknowledge the gravity and severity of the humanitarian crisis occurring on the lands (they) steward, and take immediate action to protect the lives and dignity of all people on these lands by upholding the right to receive and provide humanitarian aid.”

In solidarity and love,
Rev. Meghan



Happenings: July through September, 2018

Horse Heaven Campout June 29 - July 2

About 20 people camped out in beautiful Horse Heaven the weekend before July 4th. The weather was perfect though a little chilly at night. That didn't stop us from having nice campfire conversations. In fact, besides hiking, conversations is what we do. The youth from 5 to 15 had an especially good time playing games and got along especially well. There were two dogs in attendance and they got along as well.



UUFSD Indivisible Patriots, Sun, July 8

Our meeting focused primarily on how to get out the vote for the upcoming November election. Voting is democracy's superpower! So, for anyone who is upset by policies such as separating migrant children from their parents at the border, banning transgender people from serving in the military and rescinding DACA, (just to name a few)...YOUR VOTE IS YOUR VOICE! The group planned the following events for Fall 2018 to encourage voter engagement:

Voter Registration Training - September 9, 2018 at 12:15 pm in Fellowship Hall

Citizens have to be registered before they can vote. So, voter registration training is a critical step to get out the vote. Thank you to Patriots Caroline DeMar, Debbie Hecht and Betsy Gilpin for organizing this event!

Voter Information Tools E-mail Chain - Ongoing

Thank you Patriot Debbie Hecht for suggesting/taking on this project of starting an e-mail chain of voter information/engagement tools!

Voter Pledge Drive - September 16 & 23, 2018 in the Core Area during the Gathering Hour

Studies show that people who make a written commitment to vote are more likely to actually vote.

49th Congressional District Candidate Forum - Sunday, Oct. 14 at 12:20 pm in Fellowship Hall

Candidate Mike Levin has accepted our invitation and we are awaiting an RSVP from Candidate Diane Harkey. One of these two candidates will be the next US Representative for the 49th Congressional District. This is an incredible opportunity to learn about their positions and communicate what priorities on the national front you think are important.



UUFSD at the San Diego Gay Rights Parade, Saturday, July 14



Rev. Meghan, Robin Sales, Kay Bolden and her son Cameron, Liz Young, and Alison Crotty took part in the march. Several other members were present at the parade route to celebrate Gay Rights Day



Lama Kathy, Friday, Saturday & Sunday July 20-22

Our Solana Beach Dharma Study Groups which have met at UUFSD for over 25 years, were delighted to again welcome Lama Kathy Wesley.

Her theme was Deepening Our Meditation and she focused on four factors: Motivation, Technique, Meditation in Everyday Life, and Bringing Our Meditation to the Spiritual Path. As always, she spoke warmly in accessible language that inspired and encouraged us. Our hope is that Lama Kathy will continue to visit annually for many years to come. Our meditation groups meet in Palmer Library every Thursday from 5:30 pm to 6:45 pm and every Friday from 10:30am to 11:45am (some arrive at 10am for a long silent sitting).



Social Justice Action Planning Meeting, Sunday, August 12

Twenty-five members and friends met to plan Social Justice projects for the upcoming fiscal year. **The Backpack Project** goal of preparing 120 backpacks has been exceeded and **Cases de Luz** celebrated its 100th home build this year and is constructing a fourth community center in Tijuana.

We also heard from Angela Fuji, the Social Justice cluster coordinator (for the 5 UU churches in San Diego), on efforts being made to increase inter-church participation in Social Justice projects.

Filling Backpacks, Sunday, August 19 & Deliveries of 130 Backpacks



Filling Back Backpacks



Loading to Deliver



Community Resource Center



Encinitas Unified School District



Backpacks Being Used - Tijuana



Stand Up For Kids, Oceanside

A special thanks goes out to our backpack project coordinator **Liz Young** and to team members Nick Baltins, Kathy Faller, Robin Sales, Norma Showalter, Callen Hyland, Heather Stroud, Evie Stroud, and Jeanie Donelson. **And, of course to members and friends of the UUFSD** who donated generously to the project. We raised our goal from 100 to 120 backpacks and ended up filling 130 backpacks.

Annual Beach Party Saturday, August 25

Members and friends of UUFSD joined Heather Stroud, Shawn Anderson and Betsy Gilpin for a yummy picnic supper at Moonlight Beach. These annual beach parties began with Betsy's 60th birthday celebration and at this beach party we and celebrated her 76th birthday. Hoping to keep this birthday tradition going for many more years. The kids were getting antsy about eating birthday cake, so they got it out and they dug in. Literally.



**Continuing the Conversation, Sunday, August 26
Beloved Conversations on Race in America**



Members and friends of the UUFSD gathered to continue our dialogue on race relations. We had a very good discussion. We shared what books, essays, movies and podcasts on race we recommend. We also shared our experiences on social media talking about race and how to respond to racism or intolerance. We discussed how hard it is to continue to explore our own white privilege, identify micro aggressions and how to educate others on identifying institutional racism and identify unconscious bias. We want to learn how to be the best allies for people of color. We also want to actively create ongoing alliances with people of color. **For information on upcoming "Beloved Conversations" contact Robin Sales at rls728@hotmail.com**



**Families In Need - An Immigration Rights Project - The Fellowship Responds
Raising \$1400 in Two Weeks, August 26 and September 1**

Four families, recently released from immigration detention were in need of our help. They have 9 children among them and the children are registered to begin the school year in Encinitas. We were able to give each of the kids a backpack but they desperately needed school clothes and shoes and groceries. Members donated goods and money so that we were able to give each family a gift card to Target so the families can outfit their kids for the school year and buy food.



Voter Registration Training & Pledge Drive, Sunday, September 9, 16 & 23

Huge thanks to Patriots Caroline De Mar and Betsy Gilpin who lead last Sunday's Voter Registration Training by the League of Women Voters. We had a great turnout without roughly 20 people in attendance. The training was really informative and the food was delicious!

At the Voter Registration Training Event, the League of Women Voters Rep advised that one of the most important things people can be doing to increase voter turnout is voter engagement. We were advised that the voter registration rate of No San Diego County residents is quite good, (around 80%). However, when it comes to voting in midterm elections, the numbers are disappointing. We, as part of the solution, and encouraged Fellowship friends to fill out a Voter Pledge Card.

Our pledge drive was on Sunday, 9/16 and Sunday, 9/23 during the Gathering Hour in the Core Area. Members and friends stopped by to fill out voter pledge card and/or to help others do the same.



Workshop on the “Work that Reconnects,” Sunday, Sep 9

Reverend Sarah Gibb Mispaugh conducted a workshop on Joanna Macy and Sam Mowe’s work “The Work That Reconnects.” It is a process that helps build motivation, creativity, courage, and solidarity for the transition to a sustainable human culture. The sequence works as a spiral because it repeats itself. The spiral can take place over the course of a day, a project, or a lifetime. We come back to it again and again as a source of strength and fresh perspectives.

1. Coming from gratitude: The spiral begins with gratitude because that quiets the frantic mind and grounds us, stimulating our empathy and confidence. It helps us to be more fully present and opens psychic space for acknowledging the pain we carry for our world.

2. Honoring our pain: For each person the process of honoring our pain involves acknowledging our despair for the world, validating it as a wholesome response to the present crisis, letting ourselves experience the pain, and acknowledging it with others, recognizing that we are not alone.

3. Seeing with new eyes: Out of this darkness a new world can arise. Even though we cannot see clearly how it’s going to turn out, we are still called to let the future into our imagination. We will never be able to build what we have not first cherished in our hearts.

4. Going Forth: We go forth into the actions that call each of us, according to our situation, gifts, and limitations. Many people don’t get involved in the healing of our world because there are so many different issues that seem to compete with each other. Just find what you love to work on and take joy in that. Never try to do it alone. Link up with others; you’ll spark each other’s ideas and sustain each other’s energy. We don’t wait for a blueprint or fail-proof scheme, for each step will be our teacher, bringing new perspectives and opportunities.



What Is The Leadership Development Council?

The LDC is a small group working to bring forth the leadership potential in each one of us and to make our engagement in the work of the Fellowship part of our spiritual journey. While the LDC includes the Nominating Committee, which proposes candidates for the board, it has a much broader scope.

How do we do that?

Working with Rev. Meghan, we offer a variety of learning opportunities to strengthen personal and professional skills and offer tools to infuse our work here with purpose, meaning, and connection.

What are these learning opportunities?

Coming this fall will be the **Serving with Grace** program, which gives us an understanding of how to find our niche in the community. Led by Rev. Meghan this class offers a new paradigm, and over time changes our culture. Serving with Grace will be Saturday mornings: October 20, November 3 and November 10. 9am-noon.

Rev. Meghan will offer a class on writing and present a “This I Believe” statement, which allows our members to share stories of their own journeys.

“**Speaking From the Heart**” will be Wednesday evenings: November 28, December 5 and December 12. 6:30-8:30

Lisa Shaffer, former Encinitas City Council member, negotiator of international agreements for NASA, and ethics teacher at UCSD, offered a one-time workshop on **Getting Things Done** on September 18.

Marta Giri, marketing and social media expert, is arranging an opportunity after a Sunday service to have technology assistance from our tech savvy folks. We envision tables, each focusing on an application such as Instagram, Google Docs, Facebook, or answering any open questions. People can go from table to table like speed dating.

In April 2019, we will again offer a four week class on **Non-Violent Communication**. This is the world-famous model developed by Marshall Rosenberg to communicate in difficult circumstances. These classes will take place on four consecutive Monday evenings, beginning April 1 from 6:30 to 8:30pm, and is offered by trained facilitator, Pat Kurtz

Twice yearly we host a Board/LDC brunch and program to give a behind-the-scenes look at the Fellowship’s inner workings and long range planning. We give a brief history of our congregation and discuss our future plans and dreams. If you would like to attend, contact christieturner@gmail.com or any board member. There is no asking for volunteering at this event. Rather, we hope the event will inspire a sense of belonging to the community and stimulate curiosity about how and when to get more involved.

The LDC is also working on improvements to our Fellowship website and social media to make it easier for everyone to find information about volunteer opportunities and to connect interested people with relevant and meaningful Fellowship service activities.

Who is on the LDC?

Marta Giri, Kim Dowes, Lisa Shaffer, and Christie Turner.

For more information contact Christie Turner at: christieturner@gmail.com

Watercolor Class

Participants explored watercolor possibilities and loosens up with Jim Q. Millard. Whether a beginner or a more experienced painter, they improved their painting skills and learned from Jim's expertise, with plenty of time to paint. Participants followed his demo painting, or brought their own reference material. Jim help ed guide participants with demos and personal help on composition, color and values, shapes, and brush handling. The class size was limited to 15 people.



When Women Write Their Lives, 6 Week Workshop Series –Tuesdays, July 3–August 7 “A Mighty Mini Memoir”



Six women met together, this past summer, around the table in the library on Tuesday mornings, to share their life stories. Our intent was to write the odyssey our lives have taken us on, in order to create a “Mighty Mini Memoir”. *When Women Write Their Lives* was a weekly life writing class of supportive guidance in the inspired company of women. It was our opportunity to touch into the hidden rewards of memoir and the safety of a writer's circle as we wrote. The class was designed for those just beginning to enter into the writer's life, as we shared in the rich fruits of a women's life writing circle.

Lois Sunrich led the circle. She is known for her expertise in women's story, life writing, publishing and books arts, as well as producing city-wide story art community projects. For the past 30 years Lois has facilitated life writing retreats and circles, as a tool to help uncover and maintain creativity in our lives. She is the Founding Director of StoryArts, Inc. a nonprofit organization celebrating life's stories.





San Diego Food Bank July, August & September

July: We bagged 12,500 pounds of apples with help from 6 UUFSD members.

August: We had 9 people from UUFSD last night, 2 kids even!!!! We all bagged 6,200 lbs of carrots.

September: We bagged 7,800 pounds of pears and apples. Two new UUFSD members joined our crew in September. **!!!WOW!!!**

Let Flowers Bring Joy

We have a relationship with the Encinitas Trader Joe's to rescue flowers that would otherwise be discarded. WE collect the flowers on Saturday morning and bring them to the fellowship on Sunday. Some of the flowers are used to beautify the fellowship, while other bouquets are taken by members and friends to bring some light, color and beauty to people they know who are suffering or hurting in some way, including themselves.



Welcome Angela Fujii

Angela Fujii is our Cluster Social Justice Coordinator. She will serve all five UU congregations in San Diego County. In this role, she hopes to facilitate connection, communication and collaboration between congregations, encourage shared learning and information exchange, and contribute to leadership development to increase our collective engagement and impact. Angela is relatively new to Unitarian Universalism and just celebrated her first anniversary on staff at First Church, where she is the Justice Ministry Coordinator. She is a social worker by nature, nurture and training. She engages in this work because of her deeply-held belief in the inherent dignity and worth of all people.



Summer Singers 2018

Thanks to our Summer Singers Caroline DeMar, Ed Ulms, Wenda Alvarez, Christine Lehman, Lynn Talley Linda Kavanaugh, Greg Brown, Dan Kassel, Pamela Parker, Monique Kunewalder and Jeff Severinghaus,



WHAT GIVES MEANING TO MY LIFE ?

Conversations with members of the UUFSD Mens Groups



Greg Brown

I believe there is no inherent meaning to life - no overall God-given plan. I'm born, I grow up, live my life, maybe raise a family, and eventually die. From the outside I'm not so different from billions of other humans on this planet. So what does it all mean? Anything?

It's too easy to just adopt whatever our society tells us ought to be meaningful. Although very often my true feelings agree with what's the norm for middle class whites, I think it's important to take the challenge of the fourth UU principle seriously, and to undertake "A free and responsible search for truth and meaning." In putting together a few thoughts on the subject, I realize that my own search hasn't been very rigorous. So it's a good exercise to contemplate and record some of what meaning I've found after living 75 years.

There are many pleasures I enjoy in my life: family, friends, hobbies, reading, creative activities; but all these experiences are transitory. Sometimes I feel very engaged, and sometimes I seem to just be going through the motions. The meaning is elusive.

If some of my artwork is juried into an art show, I feel recognized. My hard work is validated at least temporarily. That means something to me. My art has made a connection with the jurors, and presumably with gallery goers.

Where does meaning come from? Who awards meaning? Is it totally subjective, do you give it to yourself, or is it something given by those around you – through a pat on the back or an Academy Award?

When I examine my life, I find that solitary activities are often enjoyable. Making my art, for instance, but the art making has little meaning to me if nobody besides me likes it. The meaning for me is in making connections with other people emotionally and intellectually in the 'here and now'. A work of art needs to spark a moment of recognition or joy or bonding between the viewer and the artist.

I love singing. Harmonizing with others feels wonderful, especially when it's challenging, well composed music we're singing. What could be more 'in the moment'? When the rich harmonies die away there's silence, nothing left but a feeling, but the connection was made.

Of course I like to accomplish concrete things, build things, write, invent, cultivate skills, join causes, contribute money. They are all worthwhile, but to me they only become truly meaningful to the extent that they connect me with other people. Each of us is isolated in his or her own body and consciousness. I find my meaning in reaching across that isolation and making loving connections with others. It's a challenge. I hope I learn to get better at it.

What gives my life meaning, and is most important to me:

1. People:

My three sons, JohnMark, Kent and Rafael - and of course their children, my sister Alexandra and all my good friends, like Ashley and Ben who have loved and supported me for all these years.

2. Love:

Loving and being loved in return., Having some warm-loving, well-educated, well-read, articulate, witty and intellectually-stimulating-friends. "To be beloved is all I need. And whom I love, I love indeed"—A poem by Coleridge

3. Spirituality:

Regularly practicing a spiritual discipline, such as contemplative prayer and meditation. Belonging to a warm welcoming spiritual community, with friendly members, (at least some of whom are witty, intellectually critical, and fun to discuss



John Staude

ideas with). I am grateful for the spirit of community here, and I'm grateful to be a member of both the biweekly Men's Group and the monthly Book Study Group.

4. Lifelong-learning:

Daily reading to nourish and exercise my mind, heart, soul, and spirit. Books on Literary-Criticism, Plays and Novels, Religion, Philosophy, Psychology, Sociology, History, Travel Books and Art Books, Poetry, and Biography.

5. Creativity:

Engaging in regular journaling, creative-writing including writing blogs, websites, book-reviews, essays, and of course, continuing writing and completing my autobiography.

6. Culture:

Appreciating exotic foods, dancing, painting and sculpture, and going out to UCSD Osher classes, and to attend classical music concerts, museums, movies, theaters, and performing arts programs.

HOW DOES YOUR GARDEN GROW?

Eva & Steve Rosen

Plumerias Anyone?

The Rosens have over 100 Plumeria plants in various stages of development, from seedlings to mature 15 gallon plants. The colors are extraordinary. Eva catalogues all the plumerias and has them listed on spreadsheets. Some plants are grown from imported seeds others are grafted by Eva and still others are purchased. They are starting to bloom now. This climate warming tropical heat is ideal for them. It's Steve's responsibility to get them planted throughout their extensive property.





Irv Himelblau & Livia Walsh

Crops of organic corn, tomatoes, yellow squash, swiss chard, cucumbers, peppers, egg plant, zucchini, baseball squash, basil, oregano and rosemary. I'm also, getting apples, oranges, tangerines, lemons and peaches. I tried something new and am growing squash, eggplant, swiss chard in containers. Next season I will try bush beans.

I finished making and freezing 8 containers of Apple sauce from our Israeli Apple tree; I'm harvesting Pink Lady and Fuji apples, and peaches. We have a lot of lemons and oranges and waiting for tangerines, and apricots and pluots. ALAS, we have no avocados. Does anyone have a solution for non producing avocado trees?

Liv is the flower grower and has prepared the perfect hideaway for a visiting cat that comes through our yard several times a day. Perfect place for hiding and stalking.



Linda Luisi

Gardening is as much a feast for the eyes as it is for the taste-buds: such as this morning dew clinging to the edge of collard leaves and the spiraling floral arrangement of baby bananas in our front yard. Can you see the baby bananas behind each flower?

Tropical fruit grows well in our yard: papayas, bananas, guava, passion fruit, as well as veggies, birds, and bugs (good bugs, too!). Collards tend to outgrow the





Betsy Gilpin

For me gardening is both a hobby and the way I relax. I have 1.3 acres planted in low-water plants and no sprinkler system. I water by hand giving each plant just the amount of water it requires. It is very meditative. My water bill rarely exceeds \$75 for two months. Yes, I grow a few vegetables that critters don't seem to like, but they regularly defeat my best efforts to keep them out.



Linda Pratt & John Atcheson The Year of the Brussel Sprouts

We grow many things in our garden, but never had success with Brussels Sprouts until now. Very proud! (Eat them— they are good for you!)

We have two 635 gallon rain barrels that we use to water out garden. With our roof size, each barrel is capable of capturing up to 3000 gallons per year. And both barrels will fill with as little as a quarter inch of rain. At this point, we distribute the water either by gravity using a hose that we attach to the base of the tanks, or by hand using an old-fashioned watering can.



Kay & Chris Byrnes

Our tomato plant has the good grace to ripen one tomato per day. Massive green vines signal the sweet potatoes growing below with some standard white potato plants scattered throughout. Beets grow well around here and taste incredible when fresh from the ground. The greens are salad fillers.





Rigdon Currie

What do you think of a young 87 year-old who plants fruit trees? **Orchard:** 5’ wide on north side of property: 18 kinds of fruit: tangerines, navel oranges, lemons, limes, avocado, apricots, 9 stone fruits on 2 trees, 2 figs, Fuji apple. **Raised beds:** herb & vegetable garden on south side of house: bay leaves, rosemary, spearmint, parsley, tarragon, dill, oregano, chives, sage, Basil, thyme, cilantro, marjoram, eggplant, chard, lettuce, onions, scallions, beans, sweet peas, 3 kinds of



Karen Eckhart

1. Cantaloupe: I get a kick out of repurposing things no longer serving their original role. Here you see my cantaloupe crop growing out of the water tank of a ‘60s toilet, cracked and discarded after a bathroom remodel.
2. Upside-down tomatoes: This hanging waterproof grow bag is engineered to hold a tomato plant without letting the soil escape. It was interesting to see how quickly after planting the



vines turned upward, as though they had been planted in the ground!

3. Gardenia Bush: The biggest surprise of this summer—a glorious flowering of a 15 year old gardenia bush which had previously struggled with foliage and produced only one or two blooms a year. There are fourteen simultaneous blooms and at least that many more buds to come—what a joy to sniff and to behold!

Kimberly Fowler

I started gardening about 10 years ago and in those early days about the only thing I could keep alive was tomato plants. I kept at it though and now I plant a variety of edibles in my garden and yard. My garden consists of raised planting beds, wall mounted containers, and berries/trees mixed into my flowering beds. This season, I added three new trees: a peach, banana and avocado.

What’s harvesting now: apples, corn, tomatoes, zucchini, blackberries, figs, jalapeño peppers, basil and grapes. The cucumbers are just starting to come in and pumpkin seeds have just gone in the ground.



The challenge with this bounty is how to not let it go to waste. I started home canning a few years ago and have discovered some wonderful ways to preserve our garden. From dehydrating to fruit jams to different types of pickles, I am always looking for new ideas!

Farmer Rich Macdonald

Front yard has 22 fruit trees and vines: Haas and Fuerte avocados, Anna,

Fuji, and Pink Lady apples, lemon, lime, orange, grapefruit, tangerine citrus, blackberries and blueberries, asparagus and artichokes, many herbs including caper berry. Back yard has annuals: tomatoes and peppers in summer, broccoli and cabbage crops in winter.



Maryanne & Paul Trause

OK, so it's just a start, a huge concrete terrace planter!!! Wait until you see our planter garden flourish over the next year. The concrete is laid, now all there is left is to fill the thirty foot terrace planter with soil, fertilizer and plants.



Tiffany Fox

My garden is not perfect and it's a little mangy and definitely a never-ending work-in-progress but oh, the joy it brings me. This morning I counted five different species of butterfly among the flowers, along with bees and ladybugs and June bugs and grasshoppers and at least one baby lizard. The sun has baked the parsley, basil and chard, and I'm on the last of the apples, tomatoes and strawberries, but I've still got flowers for days, and even some kale. And the miniature orange tree I planted 10 years ago. churns out the best juicing oranges this side of Florida. I've gone and made myself my own little paradise, from cobbled-together knowledge and a whole lot of failed experiments. And when I make myself a bouquet from all the pretties I have grown myself, well, there are few feelings finer than that one.