

# WILDLIFE ON THE EDGE

Two plants this month ~  
**PURPLE LOOSESTRIFE**, a plant not indigenous to this area, which is rapidly choking up the marshy lowlands; and **BORAGE**, the subject of Augusta's column and a dear old friend. Both the purple-blossomed Loosestrife and the Borage with its blue stars are full of medicinal, edible, and other practical possibilities.

*So, Borage, bring always courage to...*

It's been a darned good year, if you are a FLEA.



## WALKING TOWARD THE SOLSTICE

NEWS FROM THE COMMUNITY GARDEN  
 AUGUSTA BENEDICT

Autumn has arrived at the garden. Under starry firmament the crisp snap of evening air marches through our plant beds. It's a harbinger of serious Winter, returning to settle upon the coast. After rare glimpses of Summer essence and a crop of unripe tomatoes it is nice to greet a season that will have some backbone. Tonight, mist hovers amongst the plantings. It's an ephemeral sea, floating not quite high enough to cap the blue starred and nodding Borage blossoms.

Herbalists traditionally use Borage as an antidepressant. Sir Francis Bacon wrote of the plant. "The leaf of burrage hath an excellent spirit to repress the fuliginous vapour of dusky melancholie." However, recent studies indicate that for all intents and purposes Borage has no medicinal value.

For a sense of well-being and elation Borage should be applied to the palate. Freshly picked borage has a snappy cucumber-like taste that will cheer up any salad suffering from fuliginous and dusky melancholie. The flower is perfect as a garnish. The leaves may be steamed, sauteed, or used raw. And, the stems can be used as you would celery.

As an ornamental, the blossoms of this plant not only attract the eye, but honeybees also. The Borage blossom produces high quality nectar. Companion plant Borage with strawberries primarily. Borage is known to strengthen neighboring plants' disease and insect resistance.

If you would like to become a community garden member and begin growing your own vegetables, flowers, and herbs, the volunteer-operated garden welcomes new members. Regularly scheduled work parties are held at the garden each Sunday morning from 9am to 10am. No experience, tools, or horticultural enlightenment are required. The garden's Sprout Queen, Leslie Sroufe, can be reached at 436-0738 for more information. The garden is located at the east end of Madison Street, in the Grove.

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