

# Central Ridge VILLAGER

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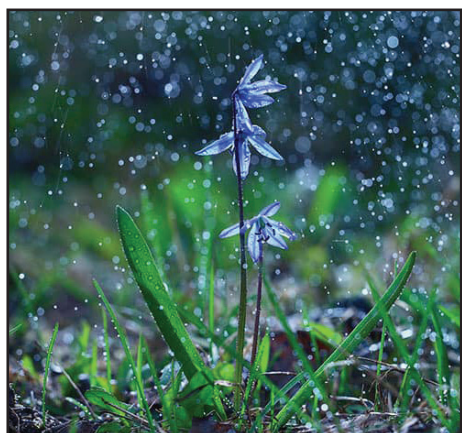
Serving the Residents of Citrus County's Central Ridge Area

## Gardening is not Cancelled

By Martha Vaughn

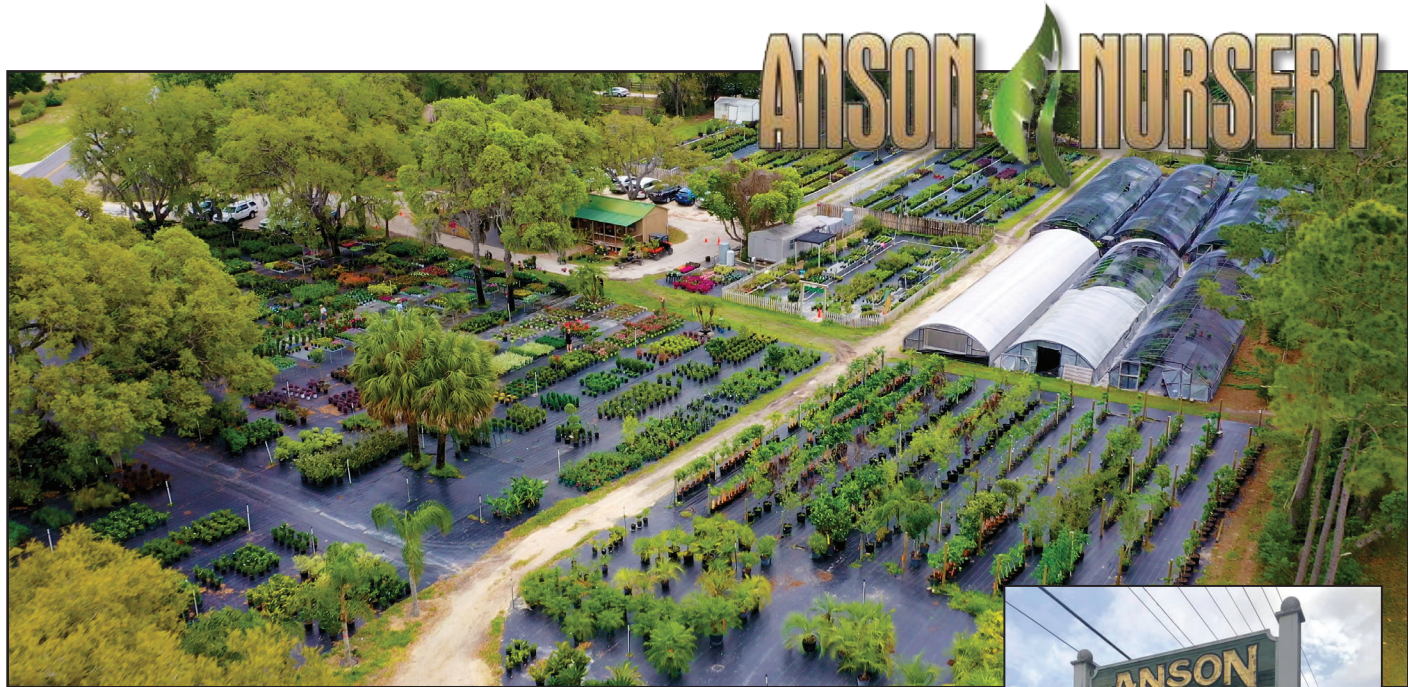
One of my favorite things about Central Florida is the gardening I get to do. Not only is the act of gardening therapeutic to me, the result transports me instantly to places in my memories, on my bucket list, or to places I dream about. As the seasons change so does my garden. Nothing is better than sitting outside among nature's beauty watching the birds, butterflies and the bees do what they do. Nestled in Citrus County, is Anson Nursery and for over 26 years, they have been the working with Citrus County residents for all their landscape, garden and planting needs. From plants to trees; edibles to sustainables, Anson Nursery has everything you would need and even some whimsical garden swag!

Voted Best of the Best in Citrus County for the last two years in Landscaper and Plant/Garden Nursery categories, Anson Nursery specializes in Florida Native and Florida Friendly garden and landscaping supplies. Whether you want to come pick out plants or Anson Nursey Landscaping teams to work their magic, you can rest assured, the best quality products will be used.



Visiting Anson Nursery is an experience for the senses, with over 7 acres to explore, it's a great place to get lost for an afternoon or bring the kids for a socially distanced field trip. Jason Aguilar and his staff are ready to help you find the perfect fit for your project. Edibles are popular right now, Anson Nursery carries lots of varieties of edible plants. Herbs, berries, trees, vegetable gardens, there is nothing better than growing your own food. It's also a great project for the kids to get outside with you. Flowering plants are always very popular, and what a better place to live that will allow for such beautiful colors to bloom! Anson carries perennial and annuals that will keep the butterflies busy all season long.

A large part of the nursery business is education. It's important to understand what your new plants need to thrive and there's no one better than Jason or his staff at listening to clients, understanding our local soils, pests, and weather.



See Gardening/Page 25



  
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# Gardening from Cover

Let them show you how to create a sustainable landscape. Creating a sustainable landscape utilizes practices that conserve Florida's limited and costly natural resources, reduces waste, and helps to prevent air, water and soil pollution. Its focus is on reducing environmental impacts and maximizing value received. Anson Nursery Experts can recommend Florida Native and Non-Native species that have been tested to grow well in our area.



To help keep customers and staff safe and healthy Anson Nursery have hand washing stations, curb side pickup, and delivery and installation services. Open Monday – Friday from 9am – 5pm and on Saturday's from 9am – 4pm, make plans to visit Anson Nursery today. Conveniently located at 5296 West Homosassa Trail, Lecanto, FL 34461. For more information you can call 352-628-4554, visit [www.ansonnursery.net](http://www.ansonnursery.net), or find us on Facebook. Be sure to watch for next month's Gardening Uncovered article.



## TIPS FOR TAKING IT SLOW ALONG YOUR JOURNEY OF GRIEF

Have you ever taken one step forward, just to find yourself falling two steps back?

**It can be frustrating;** just when you think you are making progress, another obstacle appears in your path.

**I have learned through the years** that we all need to travel along this road of life at our own pace, without comparing our journey to others.

There may be some in front of you trying to pull you to where they think you should be while

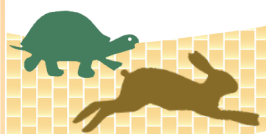
others may be pushing from behind, trying to get you to speed up and get out of their way.

**Those I appreciate the most** are the ones who simply come alongside of you, companionship you along your journey of grief, without criticism of where you are on the path of life.

They can't walk your journey for you, but their company is certainly an encouragement as you travel this difficult road before you.

Here are 3 tips for taking it slow:

### TIP 1 Pace Yourself



Only you know what is in your best interest.

- Use some wisdom to find a pace that works for you.
- Even slow steps are forward steps. Some days, that may mean going at half-speed. If so, that's okay.

Remember the story of the tortoise and the hare. Spoiler alert: the tortoise wins the race.

### TIP 2 Enjoy The Present

*Yesterday is history; Tomorrow is a mystery; Today is a gift – that's why it's called the present.*

- If we are constantly looking back, then we lose our focus on the present.
- If we're overly concerned with the future, then we lose our joy in the present.

### TIP 3 Set Your Own Boundaries

You create your own healthy balance in life. At times, it's a matter of trial and error. If it's not working, then make some calculated changes. Exercise sound judgment and find out what is within your capacity.

Remember, speed is a matter of perspective.

Q: What did the snail say while riding atop the turtle's shell?

A: *Whee!*



Pace yourself. Enjoy the present. Set your own boundaries.

Jonathan Beard, Program Specialist

Friends of Citrus and the Nature Coast – Providing help, hope and healing to people in grief. 8471 W. Periwinkle Lane, Homosassa Springs FL 34446 • 352.249.1470 • [www.friendsofcitrus.org](http://www.friendsofcitrus.org)

Please consider supporting our mission by visiting [www.friendsofcitrus.org](http://www.friendsofcitrus.org) and leaving your gift today.

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