



# BROOKLYN\_BORN

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## The Omega and the Alpha (A City Girl Goes Country – recap)

Friday, November 22, 2013

I've purposely written that common Greek alphabet reference in reverse - "The end and the beginning."

Since April I've posted a series of blogs about this city bred couple attempting to grow their own food. There have been successes and failures and disputes with the local wildlife about who is entitled to the fruits of our labor. Thanks to all who provided advice and encouragement.

First the "omega" part

After the first freeze of the season, I looked out on my deck to see this.



My little pepper plant that produced so well all season is now history, but you can see its last valiant attempt to grow one more pepper. It's about a half inch long.

We picked and dried a variety of herbs before the cold weather hit.

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Our DD (Sparker Hayburner) provided me with this



(The white foam bowl is only for the photo so you can actually see the spices).  
I've crushed and stored everything in bottles that once contained store bought spices.

Now the "alpha" part  
We've begun again. Our seeds have sprouted into little herb plants in our sunroom.



Now we're planning for Season 2. Stay tuned for next year's series.

Now that I think of it, nature is mirroring what many experience in our weight loss journey – starting over. Of course, WE have a choice where my pepper plant didn't. If we don't quit, we don't have to start over. But if we do quit, it's doesn't have to be the Omega, just follow it up with an Alpha.

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**MARYJEANSL**

Love to see the little plants just starting! I think you two are doing very, very well with your gardening. My ds and I have discovered that we just can't grow tomatoes successfully, but he/we has/have been reasonably successful with fruit trees (peach, lemon, orange, pomegranate) and herbs (basil, chives, oregano). We also have a prolific grape vine, but the grapes it produces are tiny and full of seeds, and I won't eat them because I hate grapes with seeds. The birds can have them as far as I am concerned. I feel pretty much the same way about pomegranates.

2758 days ago



**CD12146214**

I have really enjoyed your blogs on your gardening exploits. A couple more seasons and you will have enough for a book!

Take care.  
2759 days ago



**FANGFACEKITTY**

Fresh foods and herbs are the best. I've noticed that when you grow and dry your own herbs they last much longer than the store bought ones (because who really knows how long those herbs have been sitting in the light in their bottles?). And it's great that you are recycling the bottles!

I'm going to cut the last of my thyme and parsley today, and try (again!) to start various herbs and veggies from seed. My attempts at container gardening this year were not very successful. I really miss the garden I had in the US (pic on my page if you are interested) but since I am renting right now I can't plant in the ground.

2759 days ago



**DAISYBELL6**

What a fantastic job you did harvesting and saving your spices!

2760 days ago



**PHEBESS**

Great job on growing some of your own food - rewarding, isn't it? (Marigolds keep out some insects.)

2760 days ago



**MERRYMARY42**

great blog, and do you plan on having tomatoes in your sun room, can't see why that would not work, at least you are going to have some mighty early ones next year, not sure when you have your last freeze, but beings I was raised in Iowa, we planted late, here in California, we put tomatoes out by the middle of March, anyway, best of luck next season, and fresh herbs and spices are so much better.

way to go  
2760 days ago



**CD14034154**

Brooklyn,

Great reinforcement for everybody!!! Thanks for reminding me!!!

Be blessed,

- Nancy Jean -  
GA  
2760 days ago



**WATERMELLEN**

Nice ending -- and fresh beginning too!

2760 days ago



**PHOENIX1949**

Kudos to you. Plants seem to shrivel and die when I've touched them!

2760 days ago



**CD13758606**

I applaud you for your gallant efforts, abundance of success, and determination to renew your efforts. I also admire and envy your efforts, as my garden never transferred from my previous residence, and I so miss getting dirty, and collecting the fruits of my labor. Some day I will celebrate as you are today. I am smiling at your bounty.





2760 days ago



**CHANGINGHORSES**

Wow, nice job! This sounds wonderful.



2760 days ago



**DR1939**

A plus to the garden is all the additional exercise you get from planting, weeding, and harvesting.



2760 days ago



**BOOKAPHILE**

Wow! I wouldn't have thought of starting the new plants so soon. You must heat your sun room.



I love your analogy to the cycle of weight loss/regain/loss. Here's to another year of maintenance that doesn't require starting over! Maybe we're wintering over the same healthy weight?

2760 days ago



**GINIEMIE**

What are you starting? I'll plant early spring, with construction I've given up on anything but my parsley. The Omega & the Alpha, good blog, and you are right we do have a choice.



2760 days ago



**SLIMMERJESSE**

Very cool!

2761 days ago



**KELLIEBEAN**

I really admire you!

I hope season two is awesome!



2761 days ago



**CELIAMINER**

I'm with Kanoe in admiring your gardening. Our (meaning DH's) efforts produced one measly, teeny tomato...the rest were eaten by squirrels. Something (deer?) ate the parsley, sage, and cilantro, but the thyme, basil, and rosemary were fabulous all summer. The garlic...not so much, but we did get a few scrawny bulbs.



Next year, DH wants to try tomatoes again, but he will have to buy some chicken wire to thwart the squirrels. Would love some homegrown maters!



2761 days ago



**TERI-RIFIC**

does "Green Acres" ring a bell? We had city friends who moved to, not the country, but the suburbs. They couldn't sleep because it was too dark and too quiet at night. You are doing great. Love the Omega Alpha analogy. A funny book to read is, "The 85 dollar tomato" (or some high number I forget)



2761 days ago



**MJREIMERS**

Great job on growing foods that will keep you on your healthy journey. I love the herbs! You are fortunate to have the opportunity to grow your own food. (We don't have the proper soil, sun or space.) Good luck with season 2!



2761 days ago



**MISCHAKEO**

I admire your gardening. I love fresh herbs and think your own spices would be wonderful. I just made a recipe using fresh rosemary and there was an incredible difference. Hope you two have a successful second season. You are turning into farmers.



2761 days ago

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