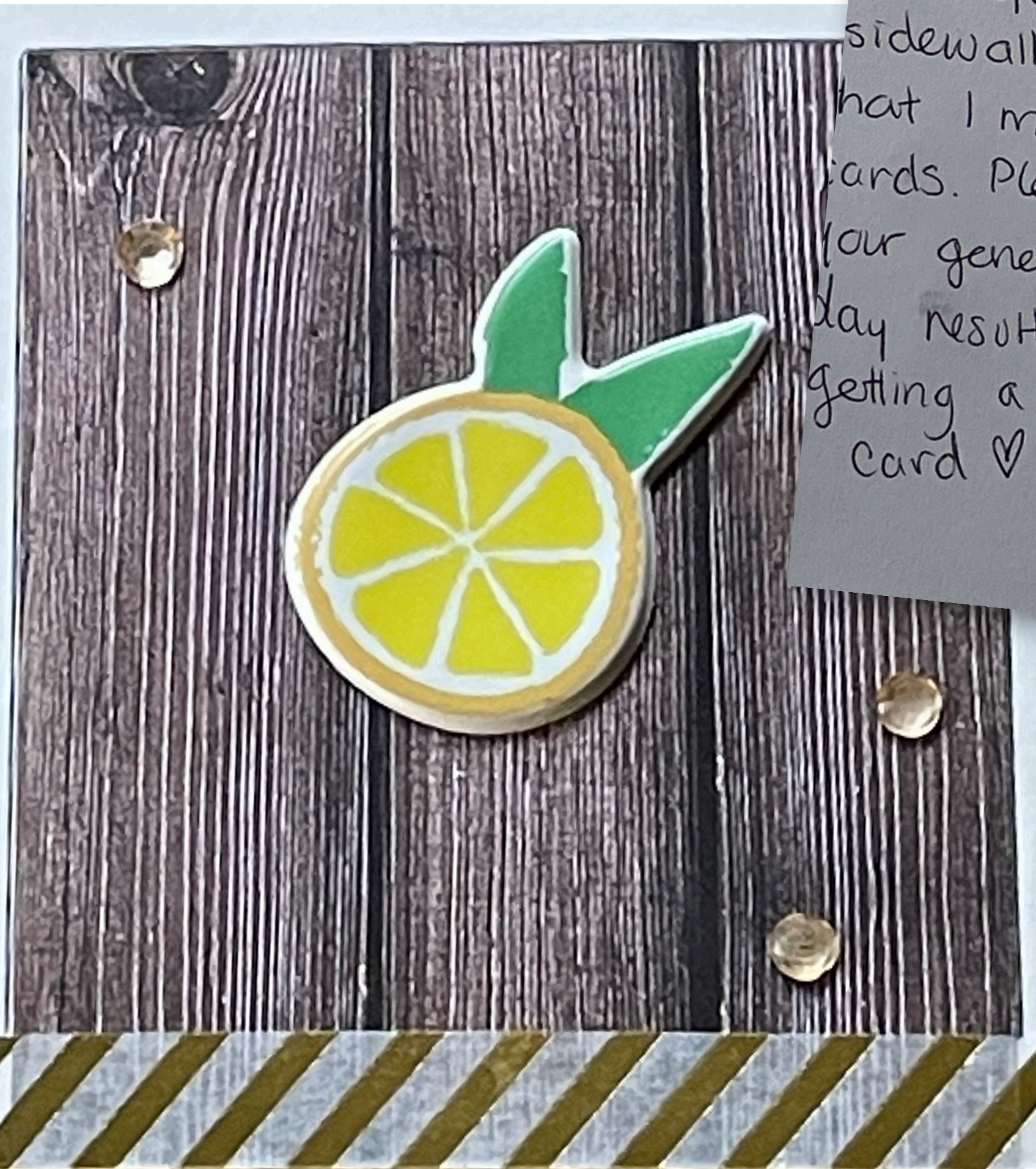


## THAT AND THIS



## The Sweetness of Sharing

By Jill L. Ferguson

**M**any of you around the neighborhood may not know my name or my face (unless you know Coconut and Casper, my cattle dog and her brother). But many of you know my house because we frequently put organic limes, lemons, and bitter oranges in a bag on our sidewalk in front of our yellow Orizaba Avenue Craftsman. In fact, we put bags out there so often that sometimes neighbors whose names we don't know will see us out walking the dogs and say, "Hey, we could really use some lemons."

We love that Bluff Heights is this way: neighborly, people and dog-friendly, and sharing. And that's one reason we support the Backyard Bounty project the Bluff Heights Neighborhood Association started a few months ago. The program is simple. On the second Sunday of the month, from 9 am until noon (or for however long there is supply), place your abundance of homegrown fruit and veggies in a bag in front of your home to share with your neighbors. This is an activity that helps people get to know each other better and ensures we all have healthy things to eat and enjoy.

Last month's Backyard Bounty brought us an unexpected blessing. We received a handmade notecard in the mail from a woman in Reno. She had been visiting the neighborhood and picked up one of our lemons. She enjoyed it so much that it inspired her to make a line of lemon greeting cards and to write to us. She addressed it to "Nice Human," since she didn't know our names. I share this as an example of how you never know how sharing your abundance affects others and what it might mean to them.

If you haven't participated yet, the next Backyard Bounty is Sunday May 8.

*Jill Ferguson is an artist, best-selling author, coach, consultant, entrepreneur, and founder of Women's Wellness Weekends. She lives in Bluff Heights with her husband, Rick Heckt, and their very smart dog Coconut and very cute dog Casper.*

