

Harvest Time By Beverly Denver

The other day I was flipping through the October issue of a popular lifestyle magazine — a national publication I have been subscribing to and enjoying for many, many years.

On the cover was a charming photo of several small, pumpkin-shaped cakes dripping with yummy-looking white icing! Inside, the pages were filled with more attractive images. There were delightful vignettes with painted jack-o-lanterns, Halloween treats and woven baskets filled with the farmer's bounty. Also a feast for the eyes were picturesque images of beautiful American landscapes, splashed with the season's most luscious colors — rusty reds, oranges and yellows.

I've spent a lot of time looking (and re-looking) at that particular issue, mostly because of those awe-inspiring photos!

Truth is, they speak to me, and I like their messages. They say volumes about autumn and remind me why this season is, and always has been, my favorite of the year.

Ah, autumn! How sweet it is!

These days, even in Houston, temperatures drop and cooler breezes send shivers of delight up our spines.

The change in the weather encourages us to get outdoors and reconnect with Mother Nature. Taking a bike ride around the neighborhood and a stroll along a nature trail are — all of a sudden — more enticing. Inviting friends over for a backyard barbecue or to gather at Memorial Park for an old-fashioned picnic seems — all of sudden — like a really good idea.

We find ourselves double-checking the city calendar, making sure we don't miss the fun of our favorite festivals. And, in Houston, we are blessed; there are just so many of them!

In autumn, we also get to relish in the yields of the harvests. So many great fruits come into their own about now: pumpkins, of course, but also apples, pears, avocados and kiwi, as well as many of our favorite veggies — broccoli, sweet potatoes, green beans and spinach!

Just thinking about harvest time and all that good stuff makes me want to run right over to the Farmer's Market and load up!

But, harvest time also reminds me of something else — the old adage: "We reap what we sow."

It occurs to me — just now — how very much the wisdom of that saying applies to all of us and to all the things we try to grow — like our careers or businesses. Like relationships that are so very dear to us.

My mother — the daughter of a farmer, by the way — used to say, "Actions speak louder than words, and routine behaviors have a lot to do with the way things turn out. We only collect in the fall what we plant and tend to all year long."

She was right! And, it is at harvest time when I am most likely to remember and, once again, take her words to heart.