

Digging Deep with Goddess Gardener, Cynthia Brian

The birds know best



Cut a few leaves of cabbage for salads or cooking.

... continued from Page D1

It amounted to more than \$408 billion of uneaten goods. According to the Natural Resources Defense Council, the cost of food waste to the average person is at least \$1,600 annually. By 2050 it is estimated that there will be over 9 billion people on our planet and that food insecurity will be a major threat to living healthy lives.

What can individuals do to help change this habit of unused consumption?

1. Grow your own groceries: Plant fruits, herbs, and vegetables that you want to eat. Plant only enough for your family and friends. If you have extras, try canning, freezing, or donating them to a food pantry. Easy and nutritious summer crops include tomatoes, beans, carrots, squash, eggplant, peppers and cucumbers. Lettuce and greens can be grown all year



Zucchini blossoms can be picked, stuffed, and cooked, or wait for the zucchini to ripen.

utilizing succession planting. Harvest your artichokes, cabbages, Brussels Sprouts, Swiss Chard, and kale now. Save the dried seeds from arugula to plant in the fall. Embrace the ugly, deformed, blemished, and bruised fruit and veggies as they still will pack a punch.

2. Use all parts of an edible plant. Stems of parsley, cilantro, broccoli, and more are often discarded. Chop them up and use them in stir-fries, salads, soups, and sauces. They are full of flavor and vitamins. Get creative with your recipes.

3. Compost, compost, compost. You don't need to have a green thumb to create healthier soil by recycling nutrient-rich eggshells, fruit and vegetable scraps, coffee grinds, tea leaves, brown paper bags, bread, grains, citrus rinds, and noodles. Keep a small, covered bin under your sink.

... continued on Page D14

Lamorinda home sales recorded

... continued from Page D2

MORAGA

321 Bedford Place, \$2,400,000, 5 Bdrms, 2556 SqFt, 1967 YrBlt, 05-07-21
 35 Buckingham Drive, \$1,975,000, 3 Bdrms, 2656 SqFt, 1968 YrBlt, 05-03-21
 192 Calle La Mesa, \$1,861,000, 5 Bdrms, 2363 SqFt, 1973 YrBlt, 05-14-21
 840 Crossbrook Court, \$1,725,000, 4 Bdrms, 2133 SqFt, 1965 YrBlt, 05-14-21
 360 Deerfield Drive, \$2,000,000, 5 Bdrms, 2379 SqFt, 1966 YrBlt, 05-14-21,
 Previous Sale: \$1,600,000, 03-02-21
 2121 Donald Drive #9, \$392,000, 1 Bdrms, 756 SqFt, 1963 YrBlt, 05-04-21,
 Previous Sale: \$305,000, 08-26-15
 6 Haven Court, \$1,950,000, 3 Bdrms, 2720 SqFt, 1985 YrBlt, 05-10-21,
 Previous Sale: \$341,000, 04-01-86
 1954 Joseph Drive, \$2,605,000, 5 Bdrms, 2729 SqFt, 1980 YrBlt, 05-04-21,
 Previous Sale: \$1,685,000, 08-10-17
 105 La Quinta Street, \$1,310,000, 3 Bdrms, 1962 SqFt, 1982 YrBlt, 05-05-21,
 Previous Sale: \$820,000, 08-06-14
 1055 Larch Avenue, \$1,250,000, 3 Bdrms, 1504 SqFt, 1959 YrBlt, 05-07-21
 12 Lynwood Place, \$1,600,000, 4 Bdrms, 2108 SqFt, 1963 YrBlt, 05-05-21
 185 Miramonte Drive, \$770,000, 3 Bdrms, 1742 SqFt, 1965 YrBlt, 05-05-21
 1932 Saint Andrews Drive, \$1,320,000, 2 Bdrms, 1552 SqFt, 1978 YrBlt, 05-14-21,
 Previous Sale: \$885,000, 09-11-15
 20 Tia Place, \$1,751,000, 3 Bdrms, 1910 SqFt, 1967 YrBlt, 05-12-21,
 Previous Sale: \$1,300,000, 03-07-18
 209 Willowbrook Lane, \$2,350,000, 4 Bdrms, 2763 SqFt, 2017 YrBlt, 05-12-21,
 Previous Sale: \$1,912,500, 10-26-17

ORINDA

10 Beaconsfield Court, \$2,275,000, 4 Bdrms, 2492 SqFt, 1960 YrBlt, 05-11-21,
 Previous Sale: \$1,542,500, 05-01-18
 28 Camino Encinas, \$1,250,000, 4 Bdrms, 2284 SqFt, 1938 YrBlt, 05-14-21,
 Previous Sale: \$469,000, 06-02-99
 60 Camino Encinas, \$1,400,000, 2 Bdrms, 1212 SqFt, 1950 YrBlt, 05-14-21,
 Previous Sale: \$1,190,500, 07-28-16
 22 Charles Hill Road, \$2,080,000, 3 Bdrms, 2381 SqFt, 1954 YrBlt, 05-13-21,
 Previous Sale: \$1,150,000, 12-04-12
 22 Coffee Berry Lane, \$2,800,000, 4 Bdrms, 3461 SqFt, 2016 YrBlt, 05-11-21,
 Previous Sale: \$2,095,000, 03-13-18
 15 Donna Maria Way, \$2,610,000, 4 Bdrms, 2956 SqFt, 1951 YrBlt, 05-10-21,
 Previous Sale: \$995,000, 04-15-02
 11 Dos Posos, \$1,620,000, 2 Bdrms, 1612 SqFt, 1948 YrBlt, 05-07-21,
 Previous Sale: \$790,000, 07-12-13
 21 El Patio, \$3,950,000, 5 Bdrms, 4324 SqFt, 1946 YrBlt, 05-11-21,
 Previous Sale: \$1,275,000, 08-09-01
 10 El Sueno, \$3,707,000, 5 Bdrms, 4083 SqFt, 2017 YrBlt, 05-04-21,
 Previous Sale: \$2,300,000, 11-07-07
 8 Estates Drive, \$2,900,000, 4 Bdrms, 3702 SqFt, 2004 YrBlt, 05-05-21,
 Previous Sale: \$2,200,000, 06-21-05
 808 Ironbark Place, \$2,050,000, 3 Bdrms, 3259 SqFt, 1977 YrBlt, 05-07-21,
 Previous Sale: \$596,500, 05-01-90
 200 Longview Terrace, \$1,445,500, 4 Bdrms, 2104 SqFt, 1962 YrBlt, 05-04-21,
 Previous Sale: \$840,000, 11-06-08
 62 Meadow View Road, \$1,850,000, 3 Bdrms, 2198 SqFt, 1951 YrBlt, 05-07-21,
 Previous Sale: \$1,465,000, 03-04-15

... continued on Page D13