

Lamorinda

OUR HOMES

Lamorinda Weekly Volume 16 Issue 14 Wednesday, August 31, 2022



Lamorinda Home Sales

... read on Page D2

Digging Deep with Goddess Gardener, Cynthia Brian

Garden of eating



Japanese eggplant sauteed with garlic and basil is a treat.



Cherry tomatoes are some of the sweetest, nectar-rich garden favorites.



Photos Cynthia Brian

Apples are ready for munching and crunching.

By Cynthia Brian

"The gathering of salads, radishes, and herbs made me feel like another about her baby – how could anything so beautiful be mine?" ~ Alice B. Toklas

The final month of summer is the most delicious time of the season when summer crops, especially tomatoes and squash are at their tastiest. Throughout the year I look forward to this moment when I can pluck sun-ripened heirloom tomatoes right off the vine, pinch a basil leaf or two, and devour the combination while working in my potager.

Since medieval days, the French have been combining flowers, herbs, and vegetables in kitchen gardens called potagers. Still popular

today, according to government surveys, at least 25% of consumed vegetables in France are home-grown. With the cost of fresh fruit and vegetables at an all-time high, many Americans are following suit and smartly growing their own groceries.

Growing up on our farm, our edible gardens were expansive. Everything we consumed we either grew or raised, except for dairy products. Whenever we visited friends or relatives, we always brought a box of freshly harvested goodies. Our meals were colorful, flavorful, and nutritious, making me a life-long advocate of continuing the tradition of growing my own organic crops and sharing the bounty with others.

Everyone benefits from enjoying a little patch of earth; however, most people don't live on farms with acres of land.

... continued on Page D12



OPPORTUNITY KNOCKS

3109 Teigland Road | Lafayette | 4 BD | 3/2 BA | \$2,498,000

Sensational renovations make this fabulous half-acre corner-lot property shine in Lafayette's Teigland Estates, a quiet enclave of custom homes on a sought after cul-de-sac. Beyond a deep park-like setting, new landscape, and impressive interior, the spectacular 4,824 sf of living space is light-filled and offers: gourmet kitchen overlooking the family room, grand dining room, fabulous master suite, two large flex spaces, rec area, vaulted ceilings, hardwood floors throughout most of the home, and a park-like yard with sprawling patios, beautiful pebble tec saltwater pool and spa, and lush lawn.



Glenn & Kellie Beaubelle

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CABRE# 00678426, 01165322

Lamorinda home sales recorded

City	Last reported	Lowest amount	Highest amount
LAFAYETTE	21	\$920,000	\$4,250,000
MORAGA	7	\$600,000	\$2,455,000
ORINDA	11	\$1,090,000	\$3,060,000

Home sales are compiled by Cal REsource, an Oakland real estate information company. Sale prices are computed from the county transfer tax information shown on the deeds that record at close of escrow and are published five to eight weeks after such recording. This information is obtained from public county records and is provided to us by California REsource. Neither Cal REsource nor this publication are liable for errors or omissions.

LAFAYETTE

- 985 Condit Court, \$1,635,000, 3 Bdrms, 1596 SqFt, 1956 YrBlt, 07-13-22,
Previous Sale: \$1,325,000, 08-15-18
- 920 Dewing Avenue #A, \$975,000, 2 Bdrms, 1256 SqFt, 1992 YrBlt, 07-22-22,
Previous Sale: \$587,500, 11-05-04
- 3335 Freeman Road, \$2,295,000, 3 Bdrms, 2358 SqFt, 1947 YrBlt, 07-12-22,
Previous Sale: \$886,000, 09-24-09
- 3143 Gloria Terrace, \$1,940,000, 3 Bdrms, 2892 SqFt, 1966 YrBlt, 07-13-22,
Previous Sale: \$1,230,000, 07-09-19
- 120 Greenbank Drive, \$2,925,000, 3 Bdrms, 3451 SqFt, 1978 YrBlt, 07-22-22,
Previous Sale: \$1,315,000, 12-03-13
- 1508 Huston Road, \$920,000, 2 Bdrms, 1096 SqFt, 1947 YrBlt, 07-21-22
- 3309 North Lucille Lane, \$1,650,000, 4 Bdrms, 2037 SqFt, 1951 YrBlt, 07-11-22,
Previous Sale: \$465,000, 07-06-99
- 672 Moraga Road, \$2,050,000, 3 Bdrms, 2116 SqFt, 2011 YrBlt, 07-11-22,
Previous Sale: \$1,925,000, 09-25-20
- 1087 Orchard Road, \$1,400,000, 3 Bdrms, 1262 SqFt, 1937 YrBlt, 07-14-22,
Previous Sale: \$500,000, 06-12-03
- 16 Pidgeon Court, \$1,725,000, 5 Bdrms, 2359 SqFt, 1967 YrBlt, 07-11-22,
Previous Sale: \$965,000, 06-07-13
- 1735 Reliez Valley Road, \$2,150,000, 5 Bdrms, 3025 SqFt, 1941 YrBlt, 07-21-22,
Previous Sale: \$275,000, 10-01-86
- 1858 Reliez Valley Road, \$1,800,000, 4 Bdrms, 1906 SqFt, 1967 YrBlt, 07-11-22,
Previous Sale: \$1,133,000, 05-14-15
- 1 Rimrock Road, \$2,115,000, 4 Bdrms, 2962 SqFt, 1979 YrBlt, 07-14-22,
Previous Sale: \$1,950,000, 06-23-20
- 3433 Shangri La Road, \$3,300,000, 4 Bdrms, 4440 SqFt, 1999 YrBlt, 07-12-22
- 528 Silverado Drive, \$2,250,000, 4 Bdrms, 2157 SqFt, 1962 YrBlt, 07-18-22,
Previous Sale: \$1,400,000, 05-25-06
- 3381 Silver Springs Court, \$4,225,000, 5 Bdrms, 4023 SqFt,
1983 YrBlt, 07-11-22, Previous Sale: \$1,220,000, 12-03-98
- 3357 Springhill Road, \$2,725,000, 5 Bdrms, 2707 SqFt, 1949 YrBlt, 07-11-22,
Previous Sale: \$2,000,000, 06-30-20
- 7 Topper Court, \$4,250,000, 5 Bdrms, 3405 SqFt, 1957 YrBlt, 07-19-22,
Previous Sale: \$1,476,000, 05-12-06
- 1016 Willow Drive, \$1,540,000, 3 Bdrms, 1613 SqFt, 1947 YrBlt, 07-11-22
- 3289 Withers Avenue, \$1,925,000, 3 Bdrms, 2340 SqFt, 1956 YrBlt, 07-13-22
- 1002 Woodbury Road #302, \$2,600,000, 3 Bdrms, 2931 SqFt,
2015 YrBlt, 07-13-22, Previous Sale: \$2,405,000, 02-22-18

... continued on Page D10



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Health benefits of induction cooking as opposed to gas stove tops presented



Example of an induction stove top

Photo BayREN

By Vera Kochan

The Bay Area Regional Energy Network (BayREN) hosted a webinar Aug. 19 for Moraga residents explaining the benefits of induction cooking. BayREN is a collaboration of nine counties that make up the San Francisco Bay Area and provides regional-scale energy efficiency programs, services, and resources. It is led by the Association of Bay Area Governments (ABAG).

According to BayREN's website, "Induction uses electromagnetics to heat your pots and pans directly. Cooking times are quicker, and cooking food won't send wasted heat or pollutants into the air – for a safer, healthier home."

The webinar was titled "Now We're Cooking," and topics such as what affects indoor air quality in the kitchen; how indoor air contaminants affect health; and how to improve indoor air quality and reduce health impacts from cooking were discussed by Lawrence Berkeley National Laboratory's Indoor Air Quality Researcher Rengie Chan; San Francisco Bay Physicians for Social Responsibility's Board Member Dr. Marjaneh Moini; and Induction Cooking Expert Chef Rachelle Boucher.

Moini explained some of the health risks involved with gas cooking in the home. Three types of emissions can be especially

harmful. NO₂ (nitrogen dioxide) is a pollutant that can cause eye, nose and throat irritation when inhaled and can possibly decrease lung function by contributing to asthma, respiratory infections, and negative general cognitive functioning. CO (carbon monoxide) is harmful when breathed causing neurological effects and reduced overall cognitive functioning. PM_{2.5}/PM_{0.1} (particulate matter) also causes neurological effects; aggravates asthma and reduces lung function; and contributes to heart attacks and premature death. While these involve large scale doses, over time constant subjection can be harmful, especially to children. Moini also discussed the effects of natural gas on the planet's health explaining that it is 90% methane, which is responsible for about half of global warming to date.

Chan spoke about the impact that cooking emissions have on indoor air quality. Cooking and burners emit air pollutants that can reach unhealthy levels in homes if not properly vented. Having properly functioning range hoods (capture efficiency) is a big step in keeping pollutants from mixing into the home's air. Berkeley Labs is in the process of conducting two new studies: Cooking Electrification and Ventilation Improvements for Children's Asthma (CEVICA), and California Residential Methane Emissions Characterization (CARMEC).

Boucher explained the basics of induction cooking by first mentioning how the unit looks similar to electric stove tops, with the difference being that induction makes a direct connection to the pot or pan. This allows the cook to have better control over how the food is prepared – it's speed and power. The unit gives even heating which allows it to heat up twice as fast. She stressed that any cookware used for induction cooking has to be magnetic. If a magnet sticks to the pan, you can use it. Additional advantages are that the kitchen stays cooler, because no heat is felt coming off the stove, and there is no open flame. Boucher admitted that it takes some getting used to when cooking with induction, but it won't take too long for cooks to get the hang of it. It's basically trial and error while learning the ropes of how to gauge the heat necessary for various foods.

BayREN Homes (BayREN.org) offers \$750 in rebates when purchasing an induction unit, and Pacific Gas & Electric (pge.com/inductionloaner) offers its customers a free two-week lending program to test drive a 120V countertop induction unit.

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16 Diablo Circle

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Orinda



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Orinda



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Lafayette



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Moraga



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29 Francisca Dr \$860,000

Carroll Ranch 2 bedroom, 2 bath single-level condo with vaulted ceiling and private patio. Represented buyer.

Michelle Holcenberg
holcenberg.com

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Lic#01373412

Pleasant Hill



SOLD

142 Devon Ave \$1,175,000

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TomStack.com

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39M
21 TRANSACTIONS

**I am thrilled to share my 2022
sales data through July. It's
been quite a busy year!**

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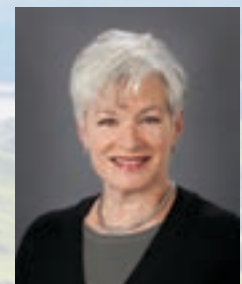
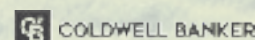
4 bed | 3.5 bath | 2,290 sq ft | .58 acre

The stars have aligned and luck is in your corner as location, dreams and opportunities abound with this beautiful home set in peaceful and coveted Reliez Valley. There's an open kitchen/family room area with relaxing views of the manicured backyard and beckoning pool. The elegant living room has soaring glass windows to take in the majestic trees and filtered light. There is a separate ensuite guest room adjacent to the living room.



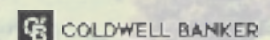
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Residential Sales, central Contra Costa in July

July marked (almost) 4 months since interest rates started jumping like a grasshopper. April started with 30-year fixed rates at roughly 4.45% (conforming) and 4.375% (jumbo). By June, these rates were 6.375% (conforming) and 5.5% (jumbo). As of Monday, rates for both were slightly lower.

Most buyers continue to view these rates as negatively, not realizing that in a normal economy, benchmark interest rates run around 7%. The number of sales in July is down for all central county cities. Lamorinda had 54 sales with Lafayette having 28. Concord had the highest number of sales at 89 (typically over 100 during summer months). However, the average sales price in Concord was \$891K, which is below the YTD 2022 average sale price of \$951K.

Good news, Less Good News. Good News first; the average sale price 2022 YTD compared to 2021 (entire year) saw an increase from 8.54% (Orinda) to 24.19% (San Ramon). Average sale prices have increased substantially since last year. Less Good News: sale prices peaked in March/April of this year and are coming down across the entire East Bay. Homeowners wanting to sell missed the peak. However, prices are still strong. But it will likely take longer to sell your home. Average Days on Market (DOM) in July were 16.91. Average DOM for pending sales from 7/23 to 8/24 was 27.45 days.

Inventory is up because the number of sales in July continue to be less than earlier in the year. Largest number of sales in July were Concord (89), Walnut Creek (48), and Danville (46). Pending sales from 7/23 to 8/23 are trending up for San Ramon (69) but remain low for all other cities. Sellers need to accept the market is shifting.

To see individual cities' data, go to www.YourContraCostaRealtor.com.



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Lamorinda home sales recorded

... continued from Page D2

MORAGA

- 1375 Camino Peral #C, \$600,000, 1 Bdrms, 951 SqFt, 1970 YrBlt, 07-11-22
- 10 Dolores Court, \$1,075,000, 3 Bdrms, 2095 SqFt, 1985 YrBlt, 07-22-22,
Previous Sale: \$751,500, 06-25-14
- 11 El Camino Flores, \$1,625,000, 4 Bdrms, 2028 SqFt, 1964 YrBlt, 07-22-22,
Previous Sale: \$1,025,000, 10-02-07
- 61 Gaywood Place, \$1,555,000, 3 Bdrms, 1960 SqFt, 1967 YrBlt, 07-18-22
- 1884 Joseph Drive, \$2,455,000, 4 Bdrms, 2606 SqFt, 1971 YrBlt, 07-11-22,
Previous Sale: \$2,455,000, 04-26-22
- 230 Paseo Bernal, \$820,000, 3 Bdrms, 2044 SqFt, 1979 YrBlt, 07-12-22
- 1 Ross Drive, \$1,650,000, 4 Bdrms, 1716 SqFt, 1959 YrBlt, 07-14-22,
Previous Sale: \$975,000, 03-24-15

ORINDA

- 17 Bates Boulevard, \$2,600,000, 3 Bdrms, 2762 SqFt, 1957 YrBlt, 07-22-22,
Previous Sale: \$1,000,000, 12-03-14
- 92 Coral Drive, \$1,825,000, 3 Bdrms, 1523 SqFt, 1958 YrBlt, 07-20-22,
Previous Sale: \$990,000, 06-27-06
- 568 Dalewood Drive, \$2,800,000, 4 Bdrms, 4776 SqFt, 1990 YrBlt, 07-11-22,
Previous Sale: \$840,000, 12-14-96
- 15 Ichabod Lane, \$2,900,000, 4 Bdrms, 2518 SqFt, 1955 YrBlt, 07-11-22,
Previous Sale: \$1,280,000, 06-03-05
- 6 La Sombra Court, \$1,750,000, 3 Bdrms, 1921 SqFt, 1948 YrBlt, 07-12-22,
Previous Sale: \$735,000, 04-02-03
- 1 Madera Lane, \$1,775,000, 3 Bdrms, 2023 SqFt, 1948 YrBlt, 07-14-22,
Previous Sale: \$803,000, 10-23-12
- 77 Oak Road, \$2,012,000, 4 Bdrms, 2480 SqFt, 2003 YrBlt, 07-14-22,
Previous Sale: \$1,430,000, 10-03-16
- 211 Orchard Road, \$1,150,000, 3 Bdrms, 1278 SqFt, 1954 YrBlt, 07-11-22
- 12 Robert Road, \$2,600,000, 4 Bdrms, 2413 SqFt, 1949 YrBlt, 07-19-22
- 21 Spring Road, \$1,090,000, 2 Bdrms, 1468 SqFt, 1929 YrBlt, 07-14-22,
Previous Sale: \$882,000, 04-09-18
- 263 Sundown Terrace, \$3,060,000, 5 Bdrms, 3834 SqFt, 1991 YrBlt, 07-11-22,
Previous Sale: \$1,025,000, 08-01-90



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PREPARATION, PRICING, MARKETING

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— JUST SOLD —

144 Draeger Drive, Moraga



Sold for \$1,500,000. Represented seller.

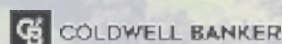
29 Francisca Court, Moraga



Sold for \$860,000. Represented buyer.

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Digging Deep with Goddess Gardener, Cynthia Brian

Garden of eating



Photo Cynthia Brian

Cynthia Brian and family share heirloom tomatoes with friends.

... continued from Page D1

The good news is you don't need a hectare to grow your own herbs and vegetables. With limited space, window boxes, balconies, doorsteps, and porches become your personal, edible Eden.

If you are wondering what is a potager or kitchen garden, the best description is that it is a place where you grow your own garden of eating. In other words, what do you want to bring into the kitchen? Fruit, herbs, flowers, and vegetables are all welcome in a kitchen garden. Kids are instilled with better eating habits as well as a love of gardening by giving them a small plot or pot to grow foods they want to eat. Whether you are a green thumb or a non-gardener, growing edibles in a container on your patio or deck next to the grill make the ingredients easier to use in your meal planning. Most people don't want to hike out to the back forty to harvest a handful of chives. Ornamental edibles are gorgeous and entertaining as herbs, flowers, and vegetables flow seamlessly together, attracting beneficial insects to keep the garden healthy and in balance.

Although it is too late this year to plant a kitchen garden for summer harvesting, the forthcoming fall offers the opportunity to plant winter crops. And by salivating now over the luscious summer offerings of tomatoes, peppers, zucchini, cucumbers, eggplant, and more, you can plan next spring's planting.

What do you need to grow a mini garden of tasty delights?

Containers: Anything that can hold soil and water will work well.

You can purchase decorative containers in a variety of sizes, shapes, colors, and textures or you can recycle unlikely items for more of a unique design statement. I grow herbs and plants in old cowboy boots, coffee mugs, shells, wine boxes, teapots, toys, and even hats. Drainage is critical, especially for any vessel without a bottom hole. Add an inch of gravel or packing pebbles to the bottom of any containers to improve the drainage. Water damages surfaces. Provide saucers to prevent runoff staining.

Soil: Synthetic "soils" are best suited for growing vegetables and herbs in pots. Purchase pre-made bags or make your own by mixing sawdust, wood chips, peat moss, perlite, vermiculite, fertilizer, compost, or other organic mediums. Mixtures must be free of disease and weed seeds, be able to hold moisture and nutrients, be lightweight, and drain well. Before planting, water the new soil thoroughly.

Sun: Growing herbs or vegetables requires sunshine. Make sure to position your planters in a non-drafty area receiving five to six hours of sun daily. A south, southeast, southwest, or west location is ideal. Most containers are easily moved from place to place. If very large or extra heavy, utilize the assistance of a hand truck.

Seeds: Whether you choose seeds or small plants, you'll want to choose herbs or veggies that won't grow too tall or too wide and don't have a deep rooting system. My favorites are parsley, mint, basil, chives, sage, thyme, dill, strawberries, and lavender. I have had success in growing tomatoes, eggplant, lettuce, cabbage, and peppers in containers on my patio. If you have vertical space on a balcony or porch, pole beans are fun while cucumbers and squash can be trained to trail. For great barbecue flavors, keep a wagon of herbs, specifically rosemary, within rolling distance.

Water: Herbs and vegetables drown when water-logged. Water sparingly. Once a week during cooler seasons or in hot weather, once a day is sufficient. Poor drainage kills plants while wet leaves encourage disease. Be diligent. Feed once a month with a fertilizer designed for edibles.

My Asian pear and apple trees are overflowing with fruit this year as are all my citrus trees including lemon, lime, tangerine and tangelo. Grapes are ripening and will be harvested next month. Miniature or dwarf fruit trees are available at local nurseries allowing you to grow your favorite treats in troughs or containers. Berries can be grown in barrels to boost your antioxidant quotient to fight disease and keep you healthy.

There is nothing better than plucking a few leaves from your aromatic herbs, ripe fruit from your tree, tangy berries from the bush, or any veggie growing in your personal plots to add flavor and health to your cuisine. Growing in the ground or pots near your cooking environment will decrease stress and improve your happiness quotient. Your botanical babies are beautiful!

Plant your own garden of eating today. Enjoy paradise on a plate. Bon appetite!

Happy Gardening. Happy Growing.



Asian Pears turn a delicate yellow when ripe.



Mouth-watering, scrumptious simple summer salad consists of heirloom tomatoes, basil, lettuce, and burrata cheese drizzled with olive oil, balsamic vinegar, and ground pepper.

Photos Cynthia Brian



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Yellow summer squash is low in calories and carbs.



Beans are excellent vertical climbing vegetables.



Swiss Chard is a pretty edible ornamental.



Peppers growing in a metal trough.



Arugula will re-seed itself for year-round enjoyment.

Mark Your Calendars:

Saturday, Sept. 24, Cynthia Brian and her volunteer team from Be the Star You Are!® charity will have a booth at the Pear and Wine Festival in Moraga Commons Park. Seed-planting crafts for Kids and giveaways of garden goodies. Thanks to Lamorinda Weekly and MB Jessee Painting for sponsorship. More info at <https://www.bethestaryouare.org/copy-of-events>



Cynthia Brian loves summer eating.

Cynthia Brian, The Goddess Gardener, is available for hire to help you prepare for your spring garden. Raised in the vineyards of Napa County, Cynthia is a New York Times best-selling author, actor, radio personality, speaker, media and writing coach as well as the Founder and Executive Director of Be the Star You Are!® 501 c3. Tune into Cynthia's StarStyle® Radio Broadcast at www.StarStyleRadio.com. Her newest children's picture book series, Stella Bella's Barnyard Adventures, will be available soon. Buy copies of her books, www.cynthiabrian.com/online-store. Receive a FREE inspirational music DVD and special savings. Hire Cynthia for writing projects, garden consults, and inspirational lectures. Cynthia@GoddessGardener.com www.GoddessGardener.com

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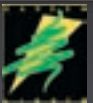
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8 Via San Inigo
Enjoy unparalleled privacy and amazing views from this beautiful 4 bd/ 3 ba home with 2 spacious family rooms!
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LAFAYETTE



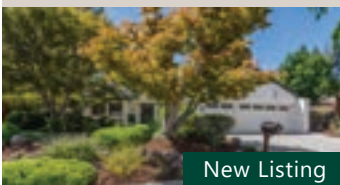
1336 San Reliez Court
Rare opportunity on .75 acre lot with 5 bd/ 3.5 ba 4098 sq.ft. in the heart of Springhill!
\$2,195,000

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3 bd/1 ba downtown Martinez property situated on a creek & close to town, trails, schools, shops & more!
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New Price

6094 Ashwell Way
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