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Learning Ways to Get Organic Food Direct From the Farm to Your Doorstep

By Sophie Braccini



Fresh vegetables at the Moraga farmers' market Photo Andy Scheck

Lamorinda residents interested in learning ways to access affordable locally grown organic seasonal produce can meet with local farmers and representatives, and share experiences with community members at 7 p.m. Thursday, April 10 as

part of a Sustainable Lafayette Foods Group event at the Lafayette Library. The free event will include a presentation, a movie, displays and an opportunity to meet with farmer representatives.

"Groups of local farmers will discuss how they get together to bring fresh organic food to doorsteps or to a dropping point in Lamorinda," says Sustainable Lafayette's Alison Hill. "We will also remind folks about the great farmers' markets in Moraga and Orinda, and the quality grocery stores." Hill says that the Foods Group does not endorse a specific organization, but wants to help support small passionate local farmers who are engaged in the pursuit of growing quality food.

Current customers who regularly receive boxes of produce will be at the event as well to answer questions and share their experience. There will be representatives from three different farm groups, all servicing Lamorinda.

As part of the program, the 50-minute movie "Grow" will be shown. "It takes a look at a new generation of sustainable farmers through the eyes, hearts, and minds of 20 passionate, idealistic, and independent young growers," says Hill.

The event is free, but Hill adds that donations are appreciated. Refreshments will be served, no registration is necessary.

Grace and Passion

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They remember with genuine awe the kindness of the Bostonians who ignored their own trauma to make sure the O'Briens of Orinda were okay, and are returning in 2014 because they want to honor that tenacious compassion. Tim O'Brien is one of the runners raising funds for Beth Israel Deaconess Medical Center, the Harvard Medical School teaching facility which healed the marathon's injured and has also trained numerous San Francisco Bay Area physicians. Funds raised will bolster the hospital's annual fund which "keeps the lights on," says hospital representative Krissy Talevi. "We've been so lucky in our lives; we are so incredibly blessed," explains Leslie. "I can't give a billion dollar check, but I can do something." Smiling, she adds, "To whom much is given much is expected."

Fifteen other Lamorindans will also make the run April 21 from Hopkinton (see sidebar). "My goal is to finish strong and enjoy the crowds at the end," says Chris Severson. His mother, Orinda Mayor Sue Severson, will be cheering from the sidelines for him – and for all of the participants who refuse to let hate win.

Sidelined with knee issues, Hemming is raising funds for Wediko Children's Services in Boston along with Ken Webster and Tom Innis. Steve Meagher, one of the brains behind Lamorinda's annual Fourth of July Parade, will be there – as will Moraga native, Eve Phillips, who will run her 11th consecutive race. "After the bombing last year, people were just so open and helpful. So much grace and passion came out of that

day," says Phillips, who will "celebrate that part of human nature and coming together."

"The atmosphere is electric," adds Meagher. "It's so historic; it's an honor just to be there." Leslie O'Brien agrees. "Just witnessing a marathon is life affirming. Seeing folks in full military uniform running, wheelchairs wheeling, Bostonians cheering, that is what life is all about."

"Knowing yourself and how to get through hard times is empowering for any individual," says Tim O'Brien. "Going back to Boston is the way that I cope with what happened last year. That's the key for me; you take what you're dealt and you make something positive out of it. It's a celebration of Boston, and what it means to be an American."

To show your love for Boston and say no to hate, visit:

• Tim O'Brien/Team BIDMC: www.crowdrise.com/bidmc2014bostonmarathon/fundraiser/timbobrien2

• Team Wediko: (Carter Hemming, Tom Innis, Drew Mickel, Ken Webster): www.crowdrise.com/Wediko2014BostonMarathon/fundraiser

Lamorinda's 2014 Boston Marathon Contingent

Established by the Boston Athletic Association in 1897, the Boston Marathon is the world's oldest annual marathon. "I went to college in Boston and got to experience the enthusiasm for it firsthand there," says Eve Phillips, who witnessed the marathon's 100th anniversary as a freshman at MIT and then qualified a few years later. "It's always been considered that special runners' marathon."

Follow along at Twitter at #weruntogether, watch live online at: www.baa.org, or sign up for AT&T text/email alerts by entering your favorite runner's bib number: www.baa.org/races/boston-marathon/participant-information/att-athlete-alert.aspx.

Bib #	Name	City, State	Wave/Corral
12588	Byrne, Trapper	Lafayette, CA	2/4
22966	Dykhouse, Mark	Lafayette, CA	3/5
13239	Webster, Ken	Lafayette, CA	2/5
23964	Gormley, Robert J.	Moraga, CA	3/6
12724	Peterson, Spencer R.	Moraga, CA	2/4
15460	Digrande, Tanja	Orinda, CA	2/7
25225	Hung, Patty A.	Orinda, CA	3/8
30565	Innis, Thomas P.	Orinda, CA	4/4
8591	Kitayama, Dina M.	Orinda, CA	1/9
15001	Meagher, Steve	Orinda, CA	2/7
2040	Mickel, Drew W.	Orinda, CA	1/3
31870	Nicolaou, Phil	Orinda, CA	4/5
16008	O'Brien, Tim	Orinda, CA	2/8
12675	Phillips, Eve	Orinda, CA	2/4
8224	Severson, Chris	Orinda, CA	1/9
18435	Westover, Debbie	Orinda, CA	3/1

The True Meaning of Patriots' Day



Colonial militiamen briefly halt behind a wall during the pursuit of the British column. Courtesy National Park Service

The Sugar Act (1764) and Stamp Act (1765). The Boston Massacre (1770). Twin tea parties in Lexington and Boston (1773). Still more Coercive, Intolerable Acts (1774), prompting cries of "Independence!" from farmers' fields to church pulpits.

But George III, King of Great Britain and Ireland, was unyielding. British Redcoats were sent to destroy rebel arms. It was dawn, April 19, 1775, and the world was about to change forever.

The third Monday each April has since become a statewide holiday in Massachusetts that is as integral to life as crisp air and trees transforming from summery greens to the fiery reds and oranges of fall. Re-enactors reenact with Long Rifles. Kids learn. Adults nod in solidarity, reminded that America's freedoms are worth protecting – even in the face of adversity – because it is the nation's collective sense of community which keeps the United States strong.

The annual coming together at the Battle Green of Lexington and Concord's North Bridge, Patriots' Day is one for the "bucket list." To learn more, visit: www.nps.gov/mima/patriots-day.htm.