

# Earth Day in Lafayette: Fun and Water Wise

By Sophie Braccini



Water is a recurring theme at Lamorinda events this year. Lafayette's 9th Annual Earth Day Festival is no exception. "With one of the worst droughts in California's recorded history, the theme of this year's festival is water conservation," says Tina Goodfriend, chair of the event for Sustainable Lafayette.

During its April 1 evaluation of the snowpack that feeds the Mokelumne watershed, the East Bay Municipal Utility District determined that it was only at 37 percent of its average water content to date (Water Supply Board Briefing, April 8). To avoid drastic drought measures, the

water utility asks everyone for a 10 percent voluntary cut in water use.

"People can learn about water conservation programs and local water conservation rebates," says Goodfriend. "The patio area will feature EBMUD, landscape experts, and others who will talk about water-efficient landscaping and ways to conserve water in the home." Rainwater harvesting will also be demonstrated by Grey Water Action.

But the festival, which is scheduled from 11 a.m. to 3 p.m. Sunday, April 27, will not be a "dry" event. As in past years, it will be a fun-filled half day for the whole family outside the

Lafayette Library and Learning Center. Parades, food (by Susan Foord Catering), interactive activities for all ages, and information about how to save or recycle water will be part of the day. And bring your own water bottle; there will be a hydration station there to refill it.

The beloved classics will also be back, like the ever-popular self-propelled parade that will kick off the festival at 11 a.m. from Stanley Middle School. "Kids come with decorated bikes, scooters, skateboards, or just walk with their parents all the way to the festival," says Goodfriend. Starting at 10:30 a.m., Sharp Bicycle

Shop will be at Stanley adjusting seats and helmets.

New this year to the Earth Day Festival is the introduction of total recycling solutions for clothing and shoes. "We have invited I:CO company, partnering with H&M to the celebration," explains Goodfriend. "I:CO utilizes the concept of 'upcycling,' meaning that discarded clothes or shoes are used to create a new product of equal or better quality." Participants are invited to bring stained, torn, or old clothing not suitable for donation to the event. I:CO will recycle it into new fabric or household items. "Those who drop

off their used clothes will receive 15 percent off their next H&M purchase, and a chance to win a \$10,000 scholarship," adds Goodfriend.

Booths featuring environment-related businesses, non-profit organizations and other vendors will fill Golden Gate Way, and at noon, organizations and individuals who are actively working to help Lafayette become one of the most sustainable cities in the Bay Area will be recognized and the City of Lafayette's 2013 Green Award winners will be announced.

For more information, visit [www.sustainablelafayette.org/our-events/earth-day-festival/](http://www.sustainablelafayette.org/our-events/earth-day-festival/).

## Middle East Meets Wild West in Bend

By Susie Iventosch



Forbidden Black Rice-Tabouli Chicken Bowl

Photo Susie Iventosch

Last month, my husband and I finally made our way to Bend, Ore., for the very first time and we found it to be quite a delightful place for dining. There are so many great restaurants and terrific breweries, too. One night, we decided to try a restaurant called Joolz, with a tagline of "Where The Middle East Meets The Wild West." This restaurant has a fabulous, exotic menu, with many choices ranging from Moroccan Camel Wings and Grilled Oregon Ribeye to Elk Kafta Burger – fresh ground elk, seasoned with red onion, parsley and poblano chili and topped with sweet red pepper-onion chutney and Rogue smoked blue cheese. Wow!

Still, even with these amazing choices, we had our eyes on the Forbidden Black Rice Chicken Bowl, which we both ordered. We selected the Mediterranean spiced olives and flash

fried cauliflower with tahini dipping sauce as sides. What a flavor extravaganza! We were thrilled with our choices and left for home the next day still savoring that delicious meal. (We took the leftovers for lunch, so we literally were savoring the meal on the drive home!) The next day, I called the restaurant to try to coax some of the ingredients from them, and they gladly obliged, without giving the actual recipe away. If you enjoy the flavors of Middle East cuisine, you won't be disappointed by this yummy dish!

**Joolz**  
916 NW Wall Street  
Bend, Ore.  
(541) 388-5094  
[www.joolzbend.com](http://www.joolzbend.com)

Susie Iventosch is the author of Tax Bites and Tasty Morsels, which can be found at Across the Way in Moraga, [www.amazon.com](http://www.amazon.com), and [www.taxbites.net](http://www.taxbites.net). Susie can be reached at [suziventosch@gmail.com](mailto:suziventosch@gmail.com).

**This recipe can be found on our website:**

[www.lamorindaweekly.com](http://www.lamorindaweekly.com). If you would like to share your favorite recipe with Susie please contact her by email or call our office at (925) 377-0977.



## Forbidden Black Rice-Tabouli Chicken Bowl

(Serves 4-6 people as main course)

### INGREDIENTS

1 cup bulgar  
2 cups water (or chicken broth)  
1/4 cup finely chopped fresh parsley  
1/3 cup tahini  
1/3 cup Trader Joe's Mediterranean Greek Yogurt Dip  
2 tablespoons lemon juice  
2 tablespoons olive oil  
1 1/2 cups Heirloom Forbidden Black Rice (Lotus Foods puts this out)  
2 2/3 cups water (or chicken broth)  
2 chicken breasts, grilled and cut into small, bite-sized pieces  
1 1/2 teaspoons powdered cumin  
1 teaspoon sea salt  
1 teaspoon pepper  
1/2 cup sliced almonds, toasted  
1/3 cup crumbled feta cheese

### DIRECTION

To make tabouli, bring bulgar and water (or broth) to a boil in a small pot. Reduce heat to low and simmer for about 10 minutes, or until done. Cool.

Mix cooked bulgar with parsley, tahini, TJ's Greek Yogurt Dip, lemon juice, and olive oil. Set aside. (Can be made a day ahead ... maybe even better!)

In the meantime, bring Forbidden Black Rice to boil with 2 2/3 cups water (or chicken broth). Reduce heat to low and allow to simmer for about 30 minutes. Remove from heat and cool.

Preheat oven to 350 degrees.

Toss cooled tabouli and black rice together in a large bowl, until well integrated. Add chicken, feta cheese and cumin. Season to taste with salt and pepper. Place entire mixture into a greased baking dish. Cover tightly with foil or lid.

Bake for approximately 20 minutes, or until heated through. Serve with a garnish of toasted sliced almonds, minced parsley and more feta cheese, if desired. You can also serve with an extra drizzle of tahini and a dollop of TJ's Greek Yogurt Dip.

This dish is fabulous the next day for lunch, too. And, it is wonderful at room temperature, as well as hot.

\*The restaurant dish calls for tzatziki, but when I discovered TJ's Mediterranean Greek Yogurt Dip, I thought it was perfect for this dish!

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