

Free concerts to rock Lamorinda this summer

By Peggy Spear



Some dancing at a concert last year at Moraga Commons. Photo A. Schreck

It's free concert season in Lamorinda. Here is a list of what you'll hear this summer at different city venues.

Lafayette

Celebrate the 50th anniversary of the Summer of Love at the Rock the Plaza concerts on Fridays throughout June.

June 2: San Francisco Airship

June 9: Shaky Zimmerman

June 16: Dream Posse

June 23: Barry "The Fish" Melton and his band.

Music begins at 6:30 p.m. The '60s inspired "Hippie Market" along Plaza Way opens at 6 p.m.

Stay late to jam! The Acoustic Hootenanny around the campfire begins at 8:30 p.m., with special guests, including Lafayette's own Stevie Coyle (The Waybacks), playing folk songs. Bring your guitar.

Moraga

Thursday evenings at the Commons are for relaxing with friends and enjoying the bands. Bring a blanket or lawn chairs to the grassy hillside in front of the band shell. The volunteers of MPF will cook dinner for you with the Snack Bar opening at 6 p.m.

June 22 Floorshakers - Fun, soul, rock& roll

June 29 Spill the Wine - Jackson 5 to Maroon 5

July 4 David Martins House Party - Dance party and show (7 p.m. concert)

July 13 Foreverland -Tribute to Michael Jackson

July 20 Beatles Flashback - Tribute the Beatles

July 27 Mixed Nuts - Jazz, soul, blues and rock

August 3 House Rockers - Rock and soul

August 10 Apple Z - Rock and roll

August 17 Fundamentals - Red-hot rockin' soul

The County Food Bank will have collection bins near parking lots each Thursday. Concerts start at 6:30 p.m. and end at 8:30 p.m.

The concerts are sponsored by The Bruzzone Family, Republic Services, Kiwanis Club of Moraga Valley, Moraga Junior Women's Club and 5-A Rent A Space

Orinda

It's time to sit back and unwind at the free summer concerts at the park series on Tuesday nights.

June 13, Lucky Losers — Contemporary Blues

Food Truck: El Ranchero (taco truck)

June 20, Juke Joint — Classic Soul

Food Truck: Pia's Pizza

June 27, Fog City Swampers — Classic Rock & Roll

Food Truck: An the Go (Asian Fusion)

July 11 Floorshakers — Funk Soul, Rock & Roll

Food Truck: Kenny's Heart & Soul (Soul Food)

July 18 Lamorinda Idol

Food Truck: Pia's Pizza

July 23, Opera in the Park, 5-7 p.m.

July 25, Bruce Gunn & Big Rain — Soulful Rock Country

Food Truck: El Ranchero (taco truck)

August 1, JetBlacq — Jazz

Food Truck: Rebel Dog Hotdogs

August 8, West Grand Blvd — Motown

Food Truck: An the Go (Asian Fusion)

August 15, Big Band Jazz

Food Truck: Kenny's Heart & Soul (Soul Food)

The concerts run 6:30 to 8:30 p.m.

Sponsored by the Orinda Community Center Auxiliary and the Rotary Club of Orinda, and supported by the Orinda Parks and Recreation Foundation, Orinda Community Foundation and City of Orinda.

Also coming up in Orinda this summer:

The Orinda Village Starlight Players have three plays at the Orinda Community Park this summer:

Agatha Christie's "The Unexpected Guest" June 2 through July 1
Malcolm Cowler's adaptation of L. Frank Baum's "The Wizard of Oz," July 21 through Aug. 12

Robert Merrill's "Five-Door Farce," Sept. 1 through Sept. 30

Thoughtful Food

Take a dip into this new summer favorite

By Susie Iventosch

Looking back over the past several Lamorinda Weekly issues, I realized we had not yet published an appetizer in 2017. With the summer months almost upon us and outdoor barbecues are just around the corner, what better way to open a good party than with a delicious starter? It's time to get your dip game on!

This dip (or spread) is made from three cheeses and an assortment of chiles and peppers. Feel free to adjust by using more or less, hotter or milder, peppers in your rendition. The goat cheese gives it an especially great flavor and the sharp cheddar gives it a bit of a bite, while the cream cheese holds it all together and gives it a nice creamy texture. Cooking the peppers makes them much milder than they are when raw, so even using a whole jalapeno would not make this too hot for the average person.

This dip is wonderful cold, and I venture to say, even better hot, so you can serve it either way. We also served it as a topping for homemade chicken enchiladas in lieu of sour cream, and that was fantastic!

Susie can be reached at suziventosch@gmail.com. This recipe can be found on our website: 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.



You can find most of the recipes published in the Lamorinda Weekly on our website. Click Food tab. www.lamorindaweekly.com/html2/food1.html



Green Chili Goat Cheese Dip

Photos Susie Iventosch

Green Chili Goat Cheese Dip

INGREDIENTS

4 oz. soft, Montrachet-type goat cheese

4 oz. grated sharp white cheddar cheese

4 oz. cream cheese

1 Tbsp. cream or Half & Half

1 Tbsp. olive oil

1 garlic clove, minced

1 small shallot, finely diced

½ jalapeno, finely diced

½ poblano pepper, finely diced

1 Anaheim (Ortega) chili, finely diced

1 teaspoon fresh lemon juice

DIRECTIONS

Heat oil in a small skillet. Cook shallots and garlic until translucent.

Add all three peppers, and cook for about 8 to 10 minutes over medium-low heat, until peppers are just cooked and tender, but not mushy.

Meanwhile, place goat cheese in a bowl with cream cheese and cream. Beat with an electric beater until smooth. Add grated cheddar cheese and cooked veggies and mix well. Stir in lemon juice.

Now, you decide whether to serve cold as a spread for crackers, or heated as a dip for chips. It is really good either way.

If you decide to serve it hot, pat the mixture into a greased ramekin or small casserole dish. Bake for about 20 minutes at 350 degrees, until cheese is bubbly and top is beginning to brown.

Serve warm with tortilla or pita chips.

Cooking Term of the Week

Fool

In the last column, I referred to "fool," a dish very similar to hummus, but made from fava beans. This week's term "fool" is a classic British dessert, made by folding stewed or pureed fruit into a custard or cream. Traditionally, gooseberries were the choice fruit for fool, but it can be made out of a variety of different fruits. The fruit is pureed and strained and mixed with sugar before folding into the cream or custard. This is a great dessert for hot summer weather when made with berries, rhubarb or even peaches.

Mindful Littles celebrate diversity with games, quilting workshop on June 2

By Sophie Braccini

The Lamorinda group Mindful Littles continues to organize fun activities and workshops for children and their parents to increase thoughtfulness and empathy. The children gain an opening to the world around them and beyond, while their parents can reflect on mindful parenting.

The group is now in the process of creating a quilt that will represent local diversity and how it makes our community more beautiful. A second workshop is available in the afternoon on June 2.

Tanuka Gordon has a way to connect with young children. She started her presentation on diversity with a pea masala sandwich. Can you picture a little child going to school in mainstream America with in her lunch box perfect triangular sandwiches filled with a bright green mush? It raised a few eyebrows, and the little girl, now an Orinda mom, got teased more than once. Her story was the perfect segue into the world of differences and diversity.

The five women who get together to organize the events proposed to the children a series of game activities that drew them gently into the concept of respecting differences by first connecting with what make us different, and also our similarities.

After a game of "Simon Says" where the kids tested their ability to recognize differences, each child sat with their families and reflected on the things that their family par-

ticularly loves and values. They then got together with another family and filled up a Venn diagram that showed what they had in common and what made them different.

After the exercise, children and parents were invited to share what they had learned. "We all have a heart," said a 5-year-old little girl, who obviously had grasped the crux of the matter. A parent noted that seeing what others value made her think of different things her family valued as well. Some noted they were surprised to see they had so much in common with people they had never met.

The afternoon continued with each family making its heart contribution to what will be a 35-piece large quilt. Niñon Shesgreen, owner of the local business Vagabond Ruth, prepared the fabric kits for each family: a large heart set on a piece of fabric, each with different colors. In the center, the children and parents wrote what was special about their family and then attached to it a large safety pin where the children had strung a few colorful beads of their choice.

About 15 families had joined the playful Sunday afternoon session, and while some knew others in the group, some were coming for the first time.


Mark Kress, a local dad, says that he started coming to these sessions because he has the feeling that his kids live in a bubble. "The Haiti session got them some perspective about where we live," he

said remembering a former activity. He added that his 6- and 9-year old are "sponges" and that they get it. Kress explained that he was introduced to the group by Sarah Bennett, who had started a mindfulness parenting group six years ago. There he reflected on aligning his spirituality with his everyday parenting.

Linda Lathrop, who was there for the first time with her daughter, also said that one of her purposes is making mindfulness part of her parenting style. As a teacher she used some of the techniques to be calm in the present moment in the classroom and testifies that the children, who feed off the adults' energy, always react to it very positively.

Gordon started the Mindful Littles group with her like-minded friends Mary Patel, Molly Hanahan, Bennett and Maya Vasudevan. She explained during the workshop that after the next session in June, Shesgreen will assemble the quilt that will be on display at the Orinda Library. It will be carried by the group in the 4th of July parade in Orinda and then will be donated to the Orinda Community Church. "It will represent all our different hearts united as one," said Gordon.

More information about the group and registration for the June 2 diversity session is available at www.mindfullittles.org.





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