

Lamorinda OUR HOMES

Lamorinda Weekly Volume 11 Issue 23 Wednesday, Jan. 10, 2018



Digging Deep with Cynthia Brian

...read on page D8

Snap, crackle, pop: a fireside story

By Cathy Dausman



A gas fire on logs can be used on Spare the Air days.

Photo Cathy Dausman

Roman emperor Marcus Aurelius once said “a blazing fire makes flame and brightness out of everything that is thrown into it.” More than 1,800 years later we’re still burning wood. We may be more fire conscious and slightly more environmentally friendly than decades and centuries ago, but roast chestnuts and marshmallows still cry out for an open fire.

So, what kind of wood should you use?

Michigan’s Nick Greenway has developed an entire website devoted to all things firewood. Greenway says hardwoods take longer to season (dry) and burn hotter, slower and cleaner than conifer-softwoods. Pine, a softwood, is sappy, full of rosin and high in creosote – a dangerous byproduct in chimney flues. But softwoods may work well for campfires, simply because they are quicker and easier to

light. And hardwood generally costs more.

Cut wood sells by the cord, or portions thereof. One cord of wood measures 128 cubic feet, and stacks roughly 4 by 4 by 8 feet. You can find wood through tree services that recycle their cuttings; or pre-cut wood is available online through businesses and even Craigslist. Manufactured logs like Duraflame or Pres-to-Logs and small bundles of wood are available at hardware and grocery stores. Lamorinda Weekly even found bundled wood available in a nearby pharmacy.

You can buy seasoned, ready-to-burn wood, or green wood at a discount and season it yourself. Firewood needs to air dry for a minimum of six months before it is burned. The water content of freshly cut wood runs as high as 50 percent; with seasoned wood the water content drops to between 15 and 20 percent. And the type of wood varies from oak, almond, cherry, elm, hickory, madrone or walnut.

One East Bay wood source says customers compare the aroma of their thoroughly-inspected-and-seasoned-for-two-years almond wood to that of fine wine. If you buy your wood in the spring or summer, demand is lower; buy it for use this winter and you’ll pay a premium. Want it split, cut to length and stacked? The extra labor adds to the cost. And be sure to store the wood outside to keep ants, beetles, pill bugs or termites away from your hearth. And stack that wood away from the house for fire safety.

There are times, however, when you can’t use a wood-burning fireplace. “We’ve had a record number of Spare the Air days this year,” says Moraga-Orinda Fire District Fire Marshal Kathy Leonard, citing the smoke and ash that has made its way north from the current crop of Southern California wildland fires. The Bay Area Air Quality Management District is the public agency that regulates “stationary sources of air pollution” in the greater San Francisco area, including Contra Costa County. It is illegal to burn wood, fire logs, pellets or any other solid fuels in a fireplace, woodstove, or other wood-burning device between Nov. 1 and the end of February when a Spare the Air day is declared. The air district has even developed a free mobile phone app to notify users of Spare the Air days.

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Lamorinda Home Sales recorded

City	Last reported:	LOWEST AMOUNT:	HIGHEST AMOUNT:
LAFAYETTE	12	\$756,000	\$1,850,000
MORAGA	12	\$610,000	\$1,675,000
ORINDA	11	\$1,175,000	\$2,585,500

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

- 3216 Acalanes Avenue, \$855,000, 2 Bdrms, 1484 SqFt, 1945 YrBlt, 12-6-17
 17 Black Forest Court, \$756,000, 2 Bdrms, 1174 SqFt, 1910 YrBlt, 11-28-17
 3414 Deer Hill Road, \$1,500,000, 3 Bdrms, 2752 SqFt, 1964 YrBlt, 12-6-17;
 Previous Sale: \$770,000, 09-27-02
 3151 Diablo View Road, \$1,350,000, 3 Bdrms, 2579 SqFt, 1947 YrBlt, 12-5-17;
 Previous Sale: \$675,000, 05-06-99
 502 Florence Drive, \$1,225,000, 4 Bdrms, 2120 SqFt, 1951 YrBlt, 12-5-17
 1029 Hampton Road, \$1,735,000, 4 Bdrms, 2320 SqFt, 1950 YrBlt, 11-27-17;
 Previous Sale: \$951,000, 09-14-12
 1010 Katherine Lane, \$1,175,000, 3 Bdrms, 1583 SqFt, 1957 YrBlt, 11-28-17;
 Previous Sale: \$856,500, 06-19-12
 3216 Los Palos Circle, \$1,850,000, 3 Bdrms, 2362 SqFt, 1978 YrBlt, 11-28-17;
 Previous Sale: \$475,000, 06-26-97
 880 Mountain View Drive, \$1,305,000, 4 Bdrms, 2749 SqFt, 1946 YrBlt, 12-7-17
 3391 Orchard Valley Lane, \$850,000, 3 Bdrms, 1164 SqFt, 1953 YrBlt, 12-5-17;
 Previous Sale: \$124,000, 08-17-84
 3176 Surmont Drive, \$1,280,000, 4 Bdrms, 2642 SqFt, 1964 YrBlt, 12-5-17
 18 Toledo Court, \$1,695,000, 4 Bdrms, 3331 SqFt, 1981 YrBlt, 12-6-17;
 Previous Sale: \$405,000, 09-19-86

MORAGA

- 912 Augusta Drive, \$1,090,000, 3 Bdrms, 2560 SqFt, 1988 YrBlt, 12-8-17;
 Previous Sale: \$420,000, 10-01-96
 315 Bedford Place, \$1,600,000, 3 Bdrms, 3079 SqFt, 1969 YrBlt, 11-30-17;
 Previous Sale: \$340,000, 06-04-85
 232 Calle La Mesa, \$1,475,000, 4 Bdrms, 1962 SqFt, 1973 YrBlt, 12-8-17;
 Previous Sale: \$845,000, 06-30-11
 3 Corte Santa Clara, \$1,035,000, 4 Bdrms, 2383 SqFt, 1974 YrBlt, 12-5-17;
 Previous Sale: \$365,000, 04-23-92
 9 Corte Azul, \$1,230,000, 4 Bdrms, 2178 SqFt, 1966 YrBlt, 11-30-17;
 Previous Sale: \$471,000, 08-26-98
 722 Crossbrook Drive, \$1,360,000, 4 Bdrms, 2352 SqFt, 1966 YrBlt, 12-11-17;
 Previous Sale: \$451,000, 05-23-97
 5 Lisa Lane, \$1,675,000, 5 Bdrms, 3202 SqFt, 1986 YrBlt, 12-6-17;
 Previous Sale: \$1,330,000, 06-08-00
 2 Miramonte Drive, \$670,000, 3 Bdrms, 1447 SqFt, 1964 YrBlt, 12-1-17;
 Previous Sale: \$380,000, 01-24-13
 48 Miramonte Drive, \$629,000, 2 Bdrms, 927 SqFt, 1964 YrBlt, 12-12-17;
 Previous Sale: \$450,000, 03-20-14
 49 Miramonte Drive, \$610,000, 2 Bdrms, 1436 SqFt, 1964 YrBlt, 12-12-17
 1095 Sanders Drive, \$1,167,500, 3 Bdrms, 1536 SqFt, 1960 YrBlt, 12-8-17;
 Previous Sale: \$920,000, 06-27-17
 20 Wandel Drive, \$895,000, 3 Bdrms, 1726 SqFt, 1959 YrBlt, 12-1-17

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60 EAGLE ROCK WAY, #B
BRENTWOOD, CA 94513
O: 925.937.4000 F: 925.937.4001



Snap, crackle, pop: a fireside story

... continued from page D1



Fireplace use was common in New Hampshire, where retired nurse Terry Ann Black once lived. She said her neighbors saw it as a more affordable option than heating an entire house using heating oil. “I never thought about the (health) implications,” she said.

She does now.

In addition to having an asthmatic grandson, Black chairs the Lafayette Senior Services Commission. She says exposing the elderly to smoke means possible damage to their heart, lungs, throat and eyes.

“I understand the ambiance (of a fire in the fireplace),” she says, “but...”

Leonard says wood-burning fireplaces must be properly maintained – their interiors kept free of creosote, the chimney spark arrester in good repair and outside vegetation trimmed back 10 feet from chimneys. And proper ventilation for the fireplace room prevents the buildup of deadly carbon monoxide gas, but mainly it’s the sparks Leonard worries about.

She says while manufactured logs make for cleaner burning fuel and leave less ash, those too are banned from use on Spare the Air days. Leonard also cautions against attempting to put out a manufactured log once it is lit; she suggests that people opt for a shorter-burning log if they’re uncertain how long they will be home. Leonard says you may operate gas fireplaces even on Spare the Air days, which might explain why most new homes are being built only with gas fireplaces.

Wood burning fireplaces “are really on their way out in most urban areas,” she says.

Just don’t tell Nat King Cole.

Learn more about wood-burning fires:

Manufactured logs versus split wood:

http://www.science20.com/science_motherhood/firelogs_vs_wood_fires_whats_right_choice_cozy_winter_fire

Nick Greenway website: <http://www.firewood-for-life.com/>

<http://woodheat.org/good-firewood.html>

Spare the Air app: <https://tinyurl.com/yb3lov49>

After tree cutting free fire wood is regularly offered.

Photo courtesy East Bay Tree Service



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Rd. 9 La Fond Lane 50 Donna Maria Way 1420 Arbor Lane 120 Via Floreado 1253 Lindell Drive 73 La Espiral 29 Knickerbocker Lane 25 Risa Court 3959 Cowan Rd 63 El Gavilan 41 Vista Del Mar 121 Lombardy Lane 1014 Regio Court 108 Sleepy Hollow Lane 649 Miner Rd. 484 Dalewood Dr. 908 Chantilly Ct. 1 Middle Road 341 Camino Sobrante 867 Acalanes Rd 3242 Glenside Dr. 7 Charles Hill 5 Charles Hill Road 323 La Espiral 151 Cypress Point Way 70 Monte Vista Road 38 La Cuesta 5 Woodcrest Road 361 Tahos Road 875 Camino Ricardo 855 Mountain View Rd. 21 North Lane 23 Sessions 539 The Glade 3875 Quail Ridge Rd 1930 Ascot Drive 15 Norman Ct 55 Mozden Lane 112 Via Floreado 16 Valley View Lane 47 El Gavilan 37 Camino don Miguel 62 Hacienda Circle 19 Glorietta Ct 68 Southwood Dr 111 Bear Ridge Trail 60 Muth 130 Camino Sobrante 30 Tiana Terrace 56 Davis Rd 27 Wilder Road 245 Overhill Rd 23 Ivy Drive 33 Overhill Rd Springhill Rd 3434 Little Ln 3369 Mildred Lane 13 Bates Blvd 516 Miner Road 144 Las Vegas Rd 61 Muth Drive 99 Somerset Rd 91 Coral Drive 412 Camino Sobrante 244 El Toyonal 3 Dollis Park Rd 5 Oak Arbor Rd 590 Silverado Drive 220 Camino Sobrante 23 Via Hermosa 37 Southwood Dr 1168 Glen Rd 41 Longridge Rd 4122 Canyon Rd 32 Coachwood Terrace 17 Tarry Lane 3364 Betty Lane 529 Silverado Drive 260 Camino Sobrante 260 Caldecott Ln, #302 11 Las Palomas 45 Don Gabriel Way 6 Irvine Drive 1 Kittiwake Rd 751 Miner Rd 3484 Hamlin Rd 5 La Noria 13 Sally Ann Road 29 Tappan Lane 10 Las Palomas 8 Charles Hill Place 411 Camino Sobrante 11 Orchard Road 3945 Woodside Ct 86 Hillcrest Drive 176 Camino Don Miguel 1954 Joseph Drive 2724 W Newell 173 Glorietta Blvd 10 Bobolink Rd 14 Van Tassel Ln 3374 Sweet Drive 1 Hidden Lane 42 Irving Lane 26 Van Ripper Lane 3 Duarte Court 151 Canon Drive 541 Banyan Circle 2345 Parish Drive 9 Valley View Road 44 Knickerbocker Ln 328 Village View Ct 22 Van Tassel Lane 49 Sanborn Rd 76 Miramonte Dr Camellia Ln 318 Elati Ct 134 Ardith Drive 35 La Cuesta Rd 346 First Ave. South 115 Crane Terrace 326 La Espiral 134 La Espiral 1218 Jillian Ct. 56 La Vuelta 66 Sleepy Hollow Ln 41 Van Tassal Lane 13 Sleepy Hollow Ln 134 La Espiral 208 Villa Nova Dr. 635 Augustine Ln 1340 Reliez Valley Rd 873 Solana Dr. 5 Brookbank Rd 5 Brookbank Rd 201 Ivy Drive 9 Sleepy Hollow Ln 95 Diablo View Dr. 33 Bates Blvd 1165 Nogales 15 La Cuesta Rd 3152 Somerset Place 37 Sleepy Hollow Ln 3987 Campolindo Dr 244 The Knoll 126 Miramonte Dr. 3971 Campolindo Dr 10 Las Cascadas 100 Ivy Drive 27 Rheem Blvd. 2043 Bush St., #2 50 El Castillo 831 Acalanes Rd 110 Crane Terrace 15 Van Tassel Lane 14 Cascade Lane 5 La Noria 45 Tarry Lane 234 La Espiral 70 Sleepy Hollow Ln 9 Vida Descansada 1 Gardiner Court 907 Augusta Drive 51 Los Altos Road 3959 Cowan Rd 33 Las Cascadas 49 Rheem Blvd 3364 Carlyle Terrace 5117 Lawton Ave 16 Valley View 1075 Upper Happy Valley 1415 Eagle Point Ct 899 Augusta Dr 5 Thune 1004 Howard Hills Rd 45 Robert Rd 3007 Hudson Ave 3025 Bradbury Dr 207 Rheem Blvd 378 Camino Sobrante 145 Danefield Place 8 Sessions Rd 3826 Quail Ridge Rd 36 Linda Vista 1218 Jillian Ct 119 Via Floreado 136 Amber Valley Dr 4 Patrick Lane 17 La Campana 90 Warfield Drive 1879 Joseph Dr 20 Los Cerros 3049 Bryant Place 1541 Moraga Way 197 Miramonte Dr 56 Via Floreado 16 Shangri la Ct 5 Thune 21 Topper Court 17 Shadow Creek Lane 217 Village Gate Rd 65 Coral Dr 1743 Spyglass Lane 3 Fleetwood Ct 1 Estates Ct 34 La Vuelta 63 Ardilla Rd 26 St Stephens Dr 21 Greenwood Ct 1106 Upper Happy Valley 8 Southard Ct 18 Charles Hill Pacific Ave, #302 18 Mira Loma Rd 1229 Rose Lane 14 Silverwood Ct 25 Monte Vista 17 Tappan 1879 Joseph Drive 484 Dalewood Drive 945 Mountain View 8 La Campana 4 Las Cascadas Rd 89 Tarry Lane 137 El Toyonal 528 Tahos Rd 67 Ardilla Rd Ranch Rd 16 Fenway 3 Canyon View Rd 5 Valley View 45 Don Gabriel Way 25 Las Vegas 54 Diablo View Rd 1408 Meadowlark Ct 18 Monte Vista Rd 176 Lombardy Ln 50 San Pablo Court 112 Amber Valley 36 Linda Vista 2 Los Altos 33 Augusta Drive 259 Kingston Way 19 Via Hermosa 3023 Rohrer Drive 641 Cross Ridge Ct 3147 Windsor Court 35 La Cuesta 27 Rheem 37 Sleepy Hollow Ln 7 La Encinal 410 Wovenwood 18 Ichabod Lane 19 Mira Loma 4018 Tilden Ln 1907 Marin Ave 92 Sandhill 5 Corliss 23 Woodland Rd 57 Davis Road 9 La Sombra Ct 169 Overhill Rd 3 El Verano 1430 Finley 588 Silver Lake Dr 6164 Bullard Drive 62 Van Tassel Lane 1529 Ranch View Drive 10 Tarry Lane 134 Crestview Drive 87 Tara Lane 9 La Fond Lane 755 Miner Rd 4161 Coralee Lane 41 Van Tassel Lane 10 Dickinson Drive 401 Miner Rd 103 Glenbridge Ct 3716 Crestmont Place 1000 Willow Drive 134 El Toyonal 633 Augusta Drive 1920 Joseph Drive 262 Rheem Blvd 52 Miramonte Drive 52 Camino Don Miguel 11 Kittiwake Rd 476 Dalewood Lane 4 La Sombra Ct 1154 Camino Vallecito 43 Ivy Drive 19 La Campana 31 Hillcrest Drive 136 Ravenhill Rd 44 Sullivan Drive 1743 Spyglass Lane 3 Fleetwood Ct 1 Estates Ct 34 La

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Lamorinda Home Sales recorded

... continued from page D2

ORINDA

- 26 Coffee Berry Lane, \$2,585,500, 5 Bdrms, 4239 SqFt, 2016 YrBlt, 11-30-17
325 Glorietta Boulevard, \$1,198,500, 3 Bdrms, 1658 SqFt, 1952 YrBlt, 12-7-17;
Previous Sale: \$725,000, 05-21-10
- 18 Hall Drive, \$1,250,000, 4 Bdrms, 1872 SqFt, 1963 YrBlt, 12-5-17
206 Holly Lane, \$1,205,000, 2 Bdrms, 1196 SqFt, 1967 YrBlt, 12-4-17;
Previous Sale: \$600,000, 07-20-15
- 30 Moraga Via, \$1,175,000, 4 Bdrms, 2486 SqFt, 1972 YrBlt, 12-11-17
23 Overhill Road, \$1,450,000, 3 Bdrms, 2467 SqFt, 1962 YrBlt, 11-29-17;
Previous Sale: \$500,000, 04-11-03
- 133 Sleepy Hollow Lane, \$2,410,000, 4 Bdrms, 2714 SqFt, 1953 YrBlt, 11-28-17;
Previous Sale: \$2,230,000, 05-02-14
- 62 Van Ripper Lane, \$1,600,000, 3 Bdrms, 2552 SqFt, 1948 YrBlt, 12-11-17;
Previous Sale: \$395,000, 12-02-88
- 22 Van Tassel Lane, \$2,200,000, 5 Bdrms, 4260 SqFt, 2006 YrBlt, 12-11-17;
Previous Sale: \$1,379,000, 06-01-05
- 22 Warford Terrace, \$2,430,000, 6 Bdrms, 3768 SqFt, 1956 YrBlt, 12-12-17;
Previous Sale: \$925,000, 02-08-13
- 10 West Hill Way, \$2,082,000, 4 Bdrms, 3196 SqFt, 2016 YrBlt, 12-7-17;
Previous Sale: \$24,440,000, 12-30-15

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Patti Camras

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It's not just about
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It's about finding a home.

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Digging Deep with Cynthia Brian

Garden pharmacy

By Cynthia Brian

"Hope and faith flower from the cheerful seeds of the old year to the sprouting garden of the New Year's dawn." ~Terri Guillemets



Navel oranges and ginger root.



A tree filled with delicious and healing Meyer lemons.



Spearmint will freshen your breath when chewed. Photos Cynthia Brian

For the past few weeks it seems that everyone I encounter has been sick with a cold or flu or has been nursing a loved one who is suffering from such malaise. The drastic change in weather conditions plus the excitement and multiple engagements of the holiday season have exacerbated this time of illnesses. To help aid in the symptoms that are bothering you, the closest pharmacy may be your garden.

Food has always been the best medicine. What we eat and how we eat it determines our vitality and our health. Culinary herbs and spices such as basil, mustard, oregano and thyme enjoy both flavor enhancing and digestive benefits. Using echinacea or goldenseal, both bitter herbs, can be helpful in clearing congestion and boosting your immune system. Chamomile or passionflower tea helps you relax and unwind, quieting your body and your mind.

A natural remedy to soothe a sore throat and still a cough that I have been using for decades in my work as an actor is a hot tea brewed with a combination of grated ginger, torn mint leaves, the juice, rind and leaves of a Meyer lemon mixed with honey. (If you are fortunate to be a beekeeper as our Lamorinda Weekly publishers are, the most valuable honey in the world is derived from the bees in your garden!) This herbal tea tastes delicious and really helps with clearing my sinuses. For an extra boost of vitamin C, add the juice and rind of a naval orange to the concoction. Pair almost any herb with ginger and lemon for an extra healing enhancer. If you have an upset stomach, motion sickness, or feel nauseous, chewing on a slice of ginger root relieves the symptoms rapidly.

Herbal medicine, herbalism, or phytotherapy have been utilized for centuries around the globe in many cultures for the prevention and treatment of illness. Powerful chemicals that can assist with natural healing are contained in many plants. How-

ever, before ingesting or using any plant as a medication, make sure you are certain of its identity and be aware that allergic reactions can occur. If in doubt, leave it out. Always consult your physician for any ailments that worsen. Pregnant and breast feeding women need to err on the side of caution by always discussing any new remedies or herbal concoctions with their doctor before using.

Here are a few of the botanical medicinal plants that many people already grow in their gardens that I have safely used.

Basil: Besides being extraordinarily flavorful in just about everything, adding basil leaves or flowers to your salads, sauces and stews aids digestion, alleviates anxiety, and reduces gas. As an annual herb, basil grows vigorously in the warm weather and is slowly dying back at this time of the year. Harvest the leaves now to freeze or dry.

Bee balm is a bergamot with edible flowers. The leaves are spicy and the shoots can be made into a pesto just like mint or basil. Dry the bergamot leaves and flowers to use in a steam bath to loosen phlegm and coughing. Make an herbal compress of the plant to treat bacterial or fungal infections. Bee balm spreads vigorously by runners just like mint. It is a pollinator attractor and can be harvested all year long.

Calendula has been used for centuries to heal burns, wounds and rashes. It can be used topically or ingested. The edible flowers are filled with antioxidants and I love adding them to salads and frittatas. Dried flowers can be added to stews and soups to enhance your immune system. Calendula spreads by seeds and in my garden, it flourishes yearround because as a plant dies I scatter the seeds elsewhere and within a short time new plants emerge that flower quickly.

... continued on next page

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HERE COMES 2018!

The end of the year is such a busy time, we hope you and your family had a moment to come up for air and enjoy ringing in the New Year. Over the holidays inventory is traditionally low. No one wants to be bothered to show their home when family and friends are visiting and when there are so many other distractions. More importantly buyers are often out of town, waiting for their year-end bonus and the New Year to begin to start their home search. Despite the traditional holiday lull, December delivered some record high sales which we believe can be partially attributed to buyers and sellers scrambling to sell or buy before the new tax bill was enacted. A 1958 square foot home on .43 acres sold in the Springhill neighborhood of Lafayette sold off market with multiple offers for \$2.2 million, which is over \$1,100 a square foot.

The impact to California homeowners under the final tax bill is certainly not as bad as the initial GOP proposal that would have further impacted homeowners. The new law caps the limit on deductible mortgage debt at \$750,000 for loans taken out after December 14, 2017, caps the deduction for state and local property taxes at \$10,000 but left the capital gains exclusion on the sale of your primary residence unchanged. Initial versions of the bill attempted to extend the time-period a homeowner must live in their home to be eligible for the exclusion and limited the exclusion for families earning over \$500,000. Leaving this provision unchanged is great news for Sellers as most homeowners will maintain the ability to sell their existing home without having to cut a large tax check to Uncle Sam.

We continue to believe that low inventory, a healthy Bay Area economy and the continued trend of tech companies locating employees in San Francisco, will keep Lamorinda prices strong in 2018. Good news for sellers but a hard pill to swallow for buyers that are hoping to find a deal come the New Year.

Please feel free to contact us with your real estate questions -
Erin at erin@MartinHomesTeam.com or
Darrick at darrick@MartinHomesTeam.com.



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Garden pharmacy

... continued from page D8



Bee balm can help with cold and flu symptoms.



Passionflower made into a tea can alleviate pain.



Moundlily yucca. Yucca root is used for a variety of ailments including reducing the pain and swelling from arthritis.

Lemongrass is not a very pretty plant but it is popular in Asian dishes and is used throughout the world as a tea to soothe many health issues including headaches, indigestion, anxiety, coughs, colds, flu and insomnia. For motion sickness or flu, make a tea of lemon juice, catnip or mint, ginger and basil. Like many herbal teas, lemongrass is best combined with ginger for swifter results.

Passionflower is used in teas to alleviate pain such as headaches, earaches or cramps. It also promotes better sleep. In winter this vibrant vine dies back but will return in the spring, preferring a full sunshine location. It is a short-lived perennial, producing flowers for a few years before dying. The Cherokee Native Americans were known to use passionflowers to decrease inflammation from thorn wounds, although I haven't used passionflower for this purpose ... yet.

Mint is a beautiful and functional botanical herb. Mint leaves will root in a glass of water so when you find a mint that delights you, take a snip and start growing your mint garden. All mints are invasive and will take over your landscape. It's best to keep mint in a container. Spearmint, peppermint, pineapple mint, and catnip all make excellent teas that will help ease the effects of the common cold, comfort a queasy stomach, and promote sounder sleep. As a culinary herb, it is stimulating chopped into a salad, soup, or made into a jelly.

May you benefit with wellness by visiting your garden pharmacy, Wishing you a very healthy and happy 2018.

Happy Gardening. Happy Growing,
Cynthia Brian



Lemongrass and basil are two herbs that work well together.





Ginger root comes from the ginger plant.

Not To Be Missed:

Tune in to my live radio broadcast from 4 to 5 p.m. Wednesday, Jan. 24 when I'll be interviewing renowned rosarian, Michael Marriott of David Austin Roses in England. He'll give us the tips we need to prune as well as how to plant bare root heirlooms. <http://www.voiceamerica.com/show/2206/be-the-star-you-are>



Cynthia Brian wishes you a healthy 2018.

Cynthia Brian, The Goddess Gardener, raised in the vineyards of Napa County, 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!® S01 c3.

Tune into Cynthia's Radio show and order her books at www.StarStyleRadio.com.

Her new book, Growing with the Goddess Gardener, is available at www.cynthiabrian.com/online-store.

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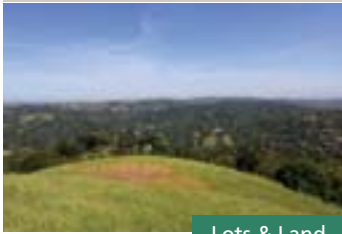
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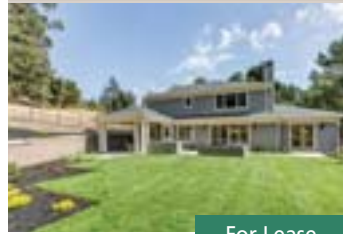


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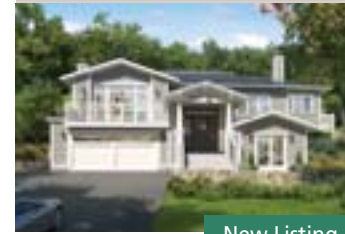
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Complete fixer with approved plans for Beautiful Craftsman Style home in amazing location.

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ALAMO



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Traditional +/- 4,500sf grand estate w/ incredible setting & views! .62 acre prime lot backs to Mt. Diablo.

\$2,095,000

CONCORD



New Listing

1873 Elderwood Drive

Ideal opportunity for investors, flippers or buyer to create a dream home. Level yard, close to schools.

\$425,000

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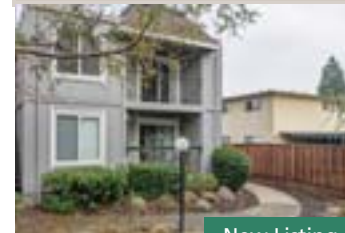


1840 Tice Creek Drive, #2432

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1530 Sunnyvale Ave, #12

Upper end unit in perfect WC location. Dual pane windows, updated Corian kitchen, storage & private balcony.

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