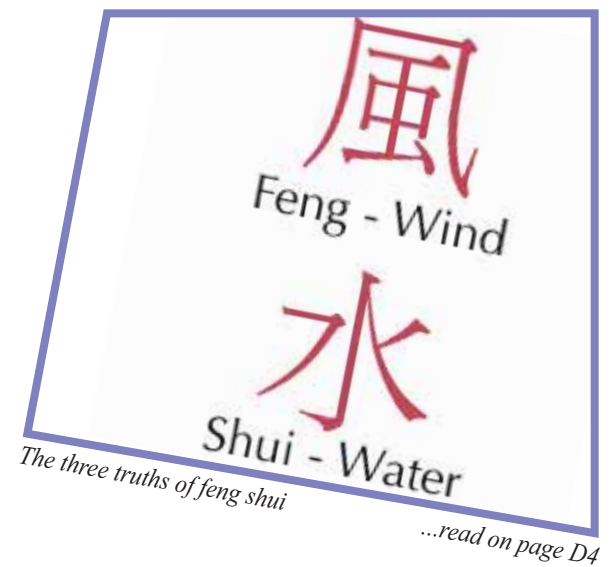


# Lamorinda OUR HOMES

Lamorinda Weekly Volume 12 Issue 7 Wednesday, May 30, 2018



## Grow your own!

By Cynthia Brian

*"There are only two things that money can't buy: true love and homegrown tomatoes!" —John Denver*



Artichokes are ready for harvesting.

Photo Cynthia Brian

Is there anything more satisfying than plucking a sun-ripened juicy tomato directly from the vine and munching on it right where you stand accompanied by a sprig of basil? Growing my own food is true love.

Because of the long distances of travel, on Mother's Day, I didn't get the pleasure of spending time with my two adult children. Instead I did the next best thing: I spent nine glorious hours spading, weeding, planting, watering, and mulching my vegetable garden. I sowed seeds of beans, cucumbers, cantaloupes, lettuces, Swiss chard and marigolds. Seedlings of various types of heirloom tomatoes, peppers, zucchini and eggplant were tucked between nasturtiums and calendulas. Within 60 days, I'll begin harvesting fresh, organic produce. Artichokes, beets, sorrel and arugula are already gracing our plates. Grapevines surround the perimeter as a living fence and favorite herbs including thyme, sage, rosemary, oregano, parsley, basil, lemon verbena, chervil, spearmint, lovage, lemon grass, fennel, lavender and pineapple mint form borders.

If you want to enjoy fresh flavor and fanciful flair straight from your yard this summer, these are the final days to sow and plant. Growing your own vegetables and herbs means that you will always have plenty of the most nutritious and succulent ingredients for your meals. You don't need a large yard to accommodate your culinary and dietary requirements. In fact, starting small is best for beginners.

### **The three essentials:**

1. A location with six or more hours of sunlight
2. Rich, amended soil
3. Water

The location can be in the ground or in containers. The key is to have as much sunlight as possible. A raised bed measuring 4 x 4 x 8 feet will offer a great starting point. If you only have a balcony, porch or patio, buy containers large enough to allow roots to thrive.

Rich soil is paramount for growing all vegetables. Buy bags of soil engineered for growing edibles or enrich your current soil with copious amounts of compost. Since it's at the end of the planting season for summer vegetables, buying soil will ensure a better outcome. Make sure that you have proper drainage. You don't want water stagnating or draining too quickly.

... continued on page D12





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## Lamorinda Home Sales recorded

City	Last reported:	LOWEST AMOUNT:	HIGHEST AMOUNT:
LAFAYETTE	19	\$700,000	\$3,050,000
MORAGA	13	\$510,000	\$1,761,500
ORINDA	15	\$882,000	\$4,250,000

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

- 165 Arbor View Lane, \$2,850,000, 4 Bdrms, 4786 SqFt, 2016 YrBlt, 4-26-18  
 3349 Betty Lane, \$700,000, 3 Bdrms, 1154 SqFt, 1954 YrBlt, 4-24-18  
 3363 Betty Lane, \$1,630,000, 4 Bdrms, 2022 SqFt, 1954 YrBlt, 4-25-18;  
 Previous Sale: \$950,000, 11-06-17  
 3339 Dyer Drive, \$992,000, 4 Bdrms, 1732 SqFt, 1950 YrBlt, 4-19-18  
 320 Lowell Lane #E, \$2,000,000, 5 Bdrms, 2960 SqFt, 1968 YrBlt, 4-12-18;  
 Previous Sale: \$1,312,000, 11-10-10  
 765 Moraga Road, \$1,060,000, 3 Bdrms, 1875 SqFt, 1949 YrBlt, 4-13-18;  
 Previous Sale: \$575,000, 07-07-11  
 3403 Mountain Springs Road, \$1,950,000, 4 Bdrms, 3261 SqFt, 1966 YrBlt, 4-11-18;  
 Previous Sale: \$1,853,500, 03-09-16  
 691 Old Jonas Hill Road, \$3,050,000, 6 Bdrms, 4466 SqFt, 1972 YrBlt, 4-19-18;  
 Previous Sale: \$2,225,000, 01-05-10  
 3265 Reliez Court, \$2,263,000, 4 Bdrms, 3356 SqFt, 1952 YrBlt, 4-24-18;  
 Previous Sale: \$609,000, 02-25-94  
 3219 Ronino Way, \$1,975,000, 3 Bdrms, 3015 SqFt, 1982 YrBlt, 4-17-18;  
 Previous Sale: \$807,500, 10-02-09  
 3392 Rossi Street, \$2,250,000, 4 Bdrms, 3210 SqFt, 1947 YrBlt, 4-16-18;  
 Previous Sale: \$1,440,000, 06-24-09  
 1076 Serrano Court, \$1,446,500, 3 Bdrms, 2144 SqFt, 1955 YrBlt, 4-13-18;  
 Previous Sale: \$359,000, 11-30-94  
 19 Shreve Lane, \$1,030,000, 4 Bdrms, 2002 SqFt, 2013 YrBlt, 4-24-18  
 3445 Solana Court, \$2,250,000, 4 Bdrms, 3359 SqFt, 1956 YrBlt, 4-26-18;  
 Previous Sale: \$1,541,000, 07-31-15  
 3324 South Lucille Lane, \$975,000, 3 Bdrms, 1991 SqFt, 1952 YrBlt, 4-24-18;  
 Previous Sale: \$734,500, 07-26-04  
 3370 Springhill Road, \$1,970,000, 6 Bdrms, 3648 SqFt, 1964 YrBlt, 4-18-18;  
 Previous Sale: \$549,000, 09-02-98  
 3740 St. Francis Drive, \$2,540,000, 3 Bdrms, 3326 SqFt, 1969 YrBlt, 4-16-18;  
 Previous Sale: \$890,000, 09-28-01  
 1370 Sunset Loop, \$1,325,000, 3 Bdrms, 1577 SqFt, 1950 YrBlt, 4-26-18;  
 Previous Sale: \$765,000, 12-06-16  
 1154 Sunrise Ridge Drive, \$1,600,000, 5 Bdrms, 3102 SqFt, 1996 YrBlt, 4-12-18;  
 Previous Sale: \$1,408,000, 04-30-14  
 3275 Withers Avenue, \$1,460,000, 4 Bdrms, 2680 SqFt, 1951 YrBlt, 4-12-18;  
 Previous Sale: \$1,260,000, 06-05-15  
 1006 Woodbury Road #302, \$2,325,000, 3 Bdrms, 2931 SqFt, 2015 YrBlt, 4-19-18

## MORAGA

- 1176 Alta Mesa Drive, \$1,240,000, 4 Bdrms, 2785 SqFt, 1975 YrBlt, 4-20-18;  
 Previous Sale: \$271,000, 08-05-86  
 4 Baltusrol Street, \$894,000, 2 Bdrms, 2142 SqFt, 1979 YrBlt, 4-19-18;  
 Previous Sale: \$759,000, 07-29-05  
 351 Calle La Mesa, \$1,605,000, 5 Bdrms, 2400 SqFt, 1969 YrBlt, 4-12-18

... continued on page D8



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**2728 LAVENDER DRIVE, W.C. \$1,448,000**



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**566 MERRIWOOD DR., LAFAYETTE \$1,350,000**



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## Feng Shui

# The three truths of feng shui

By Michele Duffy



Is there anything missing from the Five Elements in this lovely strong shui living room?

Photos provided

The Feng shui for some westerners remains a mystery, an enigma – and with a healthy dose of curiosity, three profound truths offer a glimpse into the nuances of the feng shui layers that create real magic in our environments. And who doesn't want more practical ways to create magic?

**Truth 1: Feng shui is not a New-Age fad, religion or superstition.** The Taoist philosopher, Lao Tzu, more than 3,000 years ago was largely credited with acknowledging and articulating the principles of the Tao of feng shui: that everything is connected.

Feng shui initially aided town planning and later during the Ching Dynasty evolved further into a formal study of energy. Feng shui translates roughly into “wind and water,” balanced and informed by yin-yang, five elements and healthy chi flow. Lao Tzu also said, “Nothing in nature hurries, and yet all is accomplished.”

Realigning, slowing down, being more mindful, and living more aware and aligned with the natural rhythms of the world around us, is part of how we regain balance. Balance can be had in our environments with the help of feng shui. Conversely, when we are not mindful, or fall out of balance, perhaps by not paying attention to self-care, we may be overwhelmed or overlook the reliable help offered by feng shui and the yin-yang balance, which can contribute to creating imbalances that can possibly lead to disease. Feng shui is the reliable healing home tool we can utilize time and again to restore the chi we need for life.

Past studies done by environmental psychologists and anthropologists, as well as recent research done by neuro-sociologists like Dr. John Zeisel (“Inquiry by Design: Environment/Behavior/Neuroscience in Architecture, Interiors, Landscape, and Planning”) have proved that our environments do affect us and we have an effect on the environment by our actions in return, and these can be readily measured.

**Truth 2: Feng shui works brilliantly with the five elements of the Bagua Map.** Every aspect of a professional shui consultation audit is a collaboration of the flow of chi, inspired by the five elements of water, wood, fire, earth and metal. Inviting nature and natural elements into the layers that create a home is one of the surest ways to adjust any environment and improve the chi flow.

... continued on page D10



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**20 CAMINO SOBRANTE - \$1,205,000**

**7 OVERHILL ROAD - \$1,695,000 (P)**

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new keys*  
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**1 HEATHER LANE - \$2,700,000**

**2 MODOC ROAD - \$3,340,000**

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# A Joint Marketing Approach

Most real estate related searches start online. As such, a seller can play a major role in the marketing of their own home by leveraging their personal and professional social networks. Gone are the days where the listing agent controls all marketing speak and tactics. A home's marketing approach can now be a joint effort between the sellers and their listing agent.

Take for example 5GreenvalleyDrive.com, the listing URL for a 1922 farmhouse in Lafayette currently being sold by TubeMogul founder and former CEO Brett Wilson. While the home very much speaks for itself, the owner's willingness to promote the home through his own personal and professional social media channels has had a viral effect with comments and well wishers weighing in on the experience. Within the first three days of the live listing the URL accumulated over 40,000 views, well above the average views for a new home listing URL. While not all views are coming from qualified in market buyers, any additional awareness of the listing will prove valuable for the sales cycle.

Buying a home is a very personal and emotional decision for a buyer and a seller. There is real power in turning the marketing message into a heart felt summary of a house that has been lived in and experienced real life events. A Facebook or Instagram post from a seller can supplement traditional methods of street signage, local classifieds and a listing agent's social media posts. As

stated by marketing guru, Seth Godin, "Marketing is no longer about the stuff that you sell, but about the stories you tell". For a more comprehensive analysis please see our quarterly market update on our website at [MartinHomesTeam.com](http://MartinHomesTeam.com).



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# COMPASS

## Lamorinda Home Sales recorded

... continued from page D2

### MORAGA

- 545 Chalda Way, \$706,000, 3 Bdrms, 1322 SqFt, 1974 YrBlt, 4-16-18;  
Previous Sale: \$440,000, 12-23-04
- 125 Cypress Point Way, \$700,000, 2 Bdrms, 1442 SqFt, 1973 YrBlt, 4-16-18;  
Previous Sale: \$750,000, 04-07-06
- 363 Fernwood Drive, \$1,648,500, 4 Bdrms, 2849 SqFt, 1967 YrBlt, 4-17-18;  
Previous Sale: \$540,000, 06-04-96
- 491 Fernwood Drive, \$1,043,000, 4 Bdrms, 2184 SqFt, 1972 YrBlt, 4-24-18;  
Previous Sale: \$166,000, 08-02-78
- 1320 Larch Avenue, \$1,761,500, 5 Bdrms, 3404 SqFt, 1966 YrBlt, 4-26-18;  
Previous Sale: \$1,150,000, 08-30-02
- 9 Miramonte Drive, \$680,000, 3 Bdrms, 1248 SqFt, 1964 YrBlt, 4-12-18;  
Previous Sale: \$175,500, 07-29-94
- 651 Moraga Road #23, \$510,000, 2 Bdrms, 1144 SqFt, 1962 YrBlt, 4-24-18;  
Previous Sale: \$380,000, 08-13-04
- 651 Moraga Road #25, \$510,000, 2 Bdrms, 1144 SqFt, 1962 YrBlt, 4-16-18;  
Previous Sale: \$255,000, 02-15-02
- 478 Rheem Boulevard, \$685,000, 2 Bdrms, 1170 SqFt, 1974 YrBlt, 4-25-18;  
Previous Sale: \$390,000, 09-22-14
- 1116 Sanders Drive, \$1,335,000, 4 Bdrms, 1990 SqFt, 1961 YrBlt, 4-13-18;  
Previous Sale: \$347,000, 08-01-91

### ORINDA

- 201 Alice Lane, \$1,600,000, 3 Bdrms, 2345 SqFt, 1963 YrBlt, 4-16-18;  
Previous Sale: \$85,000, 02-28-75
- 25 Bear Ridge Road, \$1,685,000, 3 Bdrms, 2852 SqFt, 1964 YrBlt, 4-20-18;  
Previous Sale: \$1,466,500, 06-13-14
- 31 Bear Ridge Road, \$2,308,000, 4 Bdrms, 2604 SqFt, 1966 YrBlt, 4-16-18;  
Previous Sale: \$1,150,000, 07-16-09
- 20 Claremont Avenue, \$1,300,000, 3 Bdrms, 1798 SqFt, 1949 YrBlt, 4-19-18
- 3 Crane Court, \$1,880,000, 4 Bdrms, 2469 SqFt, 1950 YrBlt, 4-13-18;  
Previous Sale: \$1,430,000, 07-14-05
- 595 Dalewood Drive, \$2,075,000, 5 Bdrms, 4710 SqFt, 1993 YrBlt, 4-16-18;  
Previous Sale: \$1,530,000, 09-14-12
- 15 Dias Dorados, \$950,000, 3 Bdrms, 1817 SqFt, 1937 YrBlt, 4-19-18;  
Previous Sale: \$575,000, 02-16-00
- 5 Estabueno Drive, \$1,266,000, 3 Bdrms, 2325 SqFt, 1953 YrBlt, 4-11-18;  
Previous Sale: \$940,000, 09-07-12
- 64 Evergreen Drive, \$1,565,000, 3 Bdrms, 1922 SqFt, 1965 YrBlt, 4-23-18;  
Previous Sale: \$237,000, 07-15-80
- 231 Ivy Drive, \$1,595,000, 4 Bdrms, 2170 SqFt, 1954 YrBlt, 4-25-18;  
Previous Sale: \$1,550,000, 05-12-16
- 150 La Espiral, \$2,100,000, 4 Bdrms, 3327 SqFt, 1942 YrBlt, 4-13-18;  
Previous Sale: \$780,000, 11-26-14
- 27 La Noria, \$4,250,000, 7 Bdrms, 5009 SqFt, 1928 YrBlt, 4-16-18;  
Previous Sale: \$1,660,000, 10-05-98
- 12 Lost Valley Drive #A, \$1,250,000, 4 Bdrms, 3483 SqFt, 1981 YrBlt, 4-17-18;  
Previous Sale: \$1,665,000, 12-21-07
- 91 Scenic Drive, \$925,000, 4 Bdrms, 2445 SqFt, 1957 YrBlt, 4-19-18;  
Previous Sale: \$107,000, - -
- 21 Spring Road, \$882,000, 2 Bdrms, 1468 SqFt, 1929 YrBlt, 4-20-18;  
Previous Sale: \$545,000, 07-31-09







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## Feng Shui

# The three truths of feng shui

... continued from page D4



*Always try to intentionally choose an environment that already is abundant with strong shui. For example, ample natural light in this kitchen allows cooking to be a breeze.*

The main goal of nourishing feng shui is to skillfully infuse our environments. And while there are many requests for specific feng shui enhancements that reduce stress, trauma and allow for better flow, movement and ease, feng shui can also be applied for rejuvenation of wealth, partnerships-relationships, career-life path and others. The healing medicine of the five elements in our homes is similar to how acupuncturists influence the movement of chi in our bodies, and can be utilized in the actual feng shui of any home or office. The Five Elements vary by culture, such as the Tibetan Five Element system that honors different elements, including water, earth, air, fire and spirit (soul energy). The Bagua Five Elementals must all be present and intentionally balanced in any space with an experienced, mindful, and skillful eye.

The practical and profound role of the Five Elements is to bring the awesome life force of the living natural world into our own living spaces for abundance, longevity, harmony and wisdom.

**Truth 3: Exceptional feng shui is not just about location, location, location.** One of the main tenants passed down in ancient Taoist families, who have observed feng shui principles for living in unbroken lineages over thousands of years, is simply to start with auspicious details in as many ways as possible when selecting your home or office.

<b>WEALTH &amp; PROSPERITY</b> XUN Wood Southeast Purple	<b>FAME &amp; REPUTATION</b> Li Fire South Red Summer	<b>RELATIONSHIPS</b> Kun Earth Southwest Pink
<b>FAMILY</b> ZHEN Wood East Green Spring	<b>HEALTH</b> TAI JI Earth Center Orange, Yellow Brown	<b>JOY &amp; COMPLETION</b> DUI Metal West White Autumn
<b>KNOWLEDGE &amp; SELFCULTIVATION</b> GEN Earth Northeast Blue	<b>CAREER &amp; OPPORTUNITIES</b> KAN Water North Black & Dark Blue Winter	<b>HELPFUL PEOPLE &amp; TRAVEL</b> QIAN Metal Northeast Grey

*The Bagua Map: Front Door*

For example, choosing a home with abundant natural light will allow for a certain amount of “given” exceptional shui, and not just from the actual light – it’s also auspicious from a perch vantage point if lots of natural light floods sunshine inside; how lovely! Cleaner air to circulate throughout the home elevates wellbeing and a view can inspire and delight. A more mundane but equally important benefit of great natural light is a lower electricity bill, since the adjustments for gloomily lit homes include corrective lighting, which even if it’s a green lighting solution, might still increase costs.

If we look at the home layout for example, and the bedrooms in particular, we can tell ahead of time if the “commanding” position is honored or compromised. If the bedrooms have so much going on and the bed cannot be placed properly in the Commanding Position, it should be noted and considered before making a purchase. If you start off with feng shui basics in mind, the home will require less “adjusting.” Activating the Five Elements of the Bagua can naturally enhance any dwelling. Choosing an initial strong shui spot is essential for flourishing, happiness and abun-

dance. We’re so fortunate that feng shui continues to inform good common sense in interior design, architecture, kitchens, baths, bedrooms and gardens professionally and prolifically into the 21st century.

Michele Duffy, BTB M.F.S. is an Orinda resident who, since 1999, enjoys creating “Space as Medicine” Feng Shui one space at a time, as well as hiking in nature, cooking, and spending time with her family; Canyon Ranch Feng Shui Master, International Feng Shui Guild (IFSG) Red Ribbon Professional. To schedule a professional 2018 Feng Shui Consultation, contact Michele at (520) 647-4887 or send an email to [spaceharmony@gmail.com](mailto:spaceharmony@gmail.com).





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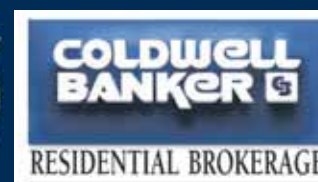
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# Grow your own!

...continued from page D1



*Lovage, onions, arugula amongst the nasturtiums.*

*Photos Cynthia Brian*

Watering consistently is essential, especially in the first few weeks of either sowing the seeds or planting the seedlings. Once established, you'll need to watch how much water your plants covet.

### What to plant:

The best advice is to only plant what your family enjoys eating. If you love carrots and turnips, make sure to include them in your design. If you only want fresh tomatoes, then that's your ticket to paradise. Many people attempt to plant too much, then, get frustrated when things either don't flourish or produce a plentitude.

I like to grow a bit extra to give away to friends and to freeze in sauces for the winter months. If you do grow an overabundance of crops, local food banks are always happy to accept your overflow. Also, failure is fertilizer. When a plant dies, throw it in the com-

post pile to grow a richer garden.

When buying seeds, choose high quality seeds from reputable companies or sow seeds that have been saved from high yielding collections. Cheap or inadequate seeds may not germinate, wasting time, space, and money. For select varieties of tomatoes, eggplant, squash and peppers, I prefer buying individual plants so that I have the ability to try a diverse assortment of heirloom and new selections.

### Easy to grow from seed:

Carrots	Chard	Cilantro
Radishes	Beans	Chervil
Lettuces	Peas	Parsley
Beets	Spinach	Corn (you need a large space for corn)
Sorrel	Cucumbers	
Arugula	Fennel	

### Easiest to grow from transplants:

Eggplant	Rosemary	Lovage (tastes like celery)
Zucchini	Basil	Artichokes (Need a large space for artichokes)
Tomatoes	Thyme	
Peppers	Sage	
Squash	Oregano	
Melons	Marjoram	



*Barley and weeds infested with aphids are a habitat for lady beetles.*

*Photos Cynthia Brian*





*Beets and sorrel*

#### **Other helpful tips:**

Nasturtiums, marigolds and calendula are all edible flowers that add distinctive flavors to both sweet and savory dishes. Best of all, they attract pollinators and beneficial insects to keep the predatory bugs away from your trophies. Seeds of these garden watchdogs sprout quickly and are heartily recommended.

Protect your vegetables from predators including snails, slugs, rabbits, gophers and deer.

Add a layer of straw as a mulch to retain moisture and discourage weeds.



*A drip system waters the tomatoes. Mulch will be added to the soil.*

Feed your vegetables and herbs with organic fertilizer. Follow the instructions on seed packets or the plant tags.

Depending on what you choose to plant, your harvest timeline will be between 20-75 days. Some of your edibles will be perennials offering you years of gratification while others will satisfy your culinary cravings for a single season.

For a summer of love with what money can't buy, grow your own!

... continued on page D14





## Cynthia Brian's Gardening Guide for June

- **LAST CHANCE** to buy tickets to the Oakland A's versus Los Angeles Angels baseball game on June 15 as a tax deductible donation to support the literacy and youth charity, Be the Star You Are!®. Buy your tickets directly and choose your field seats at <https://groupmatics.events/event/Bestar> More information: <http://www.bethestaryouare.org/events> Final day is May 31 to get your discounted tickets with a fireworks show.
- **FINAL DAYS** to plant your vegetable garden or potager for a summer harvest. Check out plants at your favorite garden center or nursery.
- **THROW** snail bait after planting. Sluggo is non-toxic to pets and kids.
- **PULL** the dry leaves from daffodils and freesia. If you pull up a bulb, you can replant now or save to replant in the fall.
- **HARVEST** artichokes.
- **THIN** fruit on apples and stone fruit.
- **CUT** a bouquet of colorful roses or bearded iris. Add to a vase filled with lemons or limes for an aromatic arrangement for any room.
- **BEWARE** snakes in the grass. Most are beneficial and are to be left alone. Check out my photo of the full snakeskin I found in my herbs.

Hope to see you at the A's ballgame on June 15. If you like reading this column, whether you can attend or not, please support our charity, Be the Star You Are!®, an all volunteer 501 c3 non profit, that works with our local youth to grow leaders. Buy tickets to give away to friends or colleagues. Make your donation today at <http://www.BetheStarYouAre.org>.

Congratulations to our marvelous graduates!  
Bravo and Kudos.

Happy Gardening. Happy Growing.  
Cynthia Brian



*A fly lands on a grapevine with budding berries.*



*Photos Cynthia Brian Eggplant is planted with a straw mulch.*



*Add lemons or limes to a vase and fill with roses.*



*Ruffled bearded iris can but cut for arrangements.*





*Thyme is an excellent herb to grow amongst the vegetables.*



*A full snakeskin found in Cynthia's garden.*

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!® 501 c3. Tune into Cynthia's Radio show and order her books at [www.StarStyleRadio.com](http://www.StarStyleRadio.com).

Buy a copy of the new book, *Growing with the Goddess Gardener*, at [www.cynthiabrian.com/online-store](http://www.cynthiabrian.com/online-store).

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*Cynthia on the patio*

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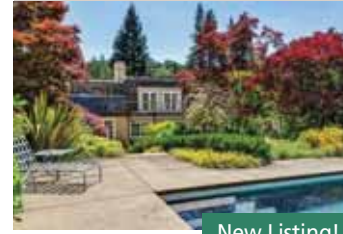
New Price!

### 1 Hartford Road

North Orinda beauty, custom built in 2008. Upscale touches, chef's kitchen, private master retreat.

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## LAFAYETTE



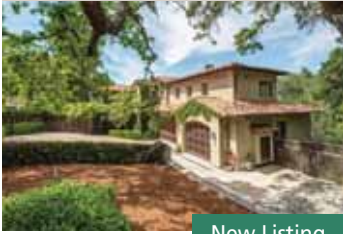
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