

# Lamorinda

# OUR HOMES

Lamorinda Weekly

Volume 16

Issue 14

Wednesday, August 31, 2022



Lamorinda Home Sales

... read on Page D2

## Digging Deep with Goddess Gardener, Cynthia Brian

### Garden of eating



Japanese eggplant sauteed with garlic and basil is a treat.



Cherry tomatoes are some of the sweetest, nectar-rich garden favorites.



Photos Cynthia Brian

Apples are ready for munching and crunching.

### By Cynthia Brian

*"The gathering of salads, radishes, and herbs made me feel like another about her baby – how could anything so beautiful be mine?" ~ Alice B. Toklas*

The final month of summer is the most delicious time of the season when summer crops, especially tomatoes and squash are at their tastiest. Throughout the year I look forward to this moment when I can pluck sun-ripened heirloom tomatoes right off the vine, pinch a basil leaf or two, and devour the combination while working in my potager.

Since medieval days, the French have been combining flowers, herbs, and vegetables in kitchen gardens called potagers. Still popular

today, according to government surveys, at least 25% of consumed vegetables in France are home-grown. With the cost of fresh fruit and vegetables at an all-time high, many Americans are following suit and smartly growing their own groceries.

Growing up on our farm, our edible gardens were expansive. Everything we consumed we either grew or raised, except for dairy products. Whenever we visited friends or relatives, we always brought a box of freshly harvested goodies. Our meals were colorful, flavorful, and nutritious, making me a life-long advocate of continuing the tradition of growing my own organic crops and sharing the bounty with others.

Everyone benefits from enjoying a little patch of earth; however, most people don't live on farms with acres of land.

... continued on Page D12