

Lamorinda OUR HOMES

Lamorinda Weekly

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Lamorinda Home Sales

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Digging Deep with Goddess Gardener, Cynthia Brian Growing Dinner

By Cynthia Brian



Originally a cherry plum tree, the plums this year are large, orange, and apricot flavored.



The "fruit" of a camellia tree is filled with seeds that will grow more camellia plants.



Banana peppers are ready to be picked.

Photos Cynthia Brian

"I farm the soil which yields my food, I share creation. Kings can do no more." Chinese Proverb

Last week I hosted "Nonie Camp" for my granddaughter. We spent four days and nights of uninterrupted, farm-inspired outdoor time together, chez moi. First thing every morning she happily began her chores: feeding the animals, watering the patio plants, and filling the fountains. After multiple activities including climbing trees, building forts, shooting hoops, skipping rope, swinging, swimming, and playing, our stomachs growled with hunger. Into the potager, we trekked. As we tended the garden and picked fruits and vegetables, she exclaimed. "This is amazing, Nonie. We are growing dinner!"

As an advocate for sustainability and cultivating our food, I was thrilled that she recognized the wonder of being able to step just beyond

our doorstep into nature to harvest a healthy meal. With the hot weather and lengthened daylight, tomatoes, peppers, zucchini, corn, and a multitude of other crops are ripe and ready for consumption. I wait all year to eat fresh tomatoes, make tomato sandwiches, and toss up salads of tomato, cucumber, onions, and basil.

Our warm and sunny summer also offers numerous delicious herbs to be clipped for our cookouts.

Basil: Harvest the leaves of basil regularly to encourage new growth. Mixed with olive oil and garlic, basil makes a scrumptious pesto.

Cilantro: Cilantro can also be made into a pesto sauce, and is an essential ingredient in Mexican, Indian, and many Asian dishes. It bolts when it gets hot. Use the seeds, known as coriander, as a spice.

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