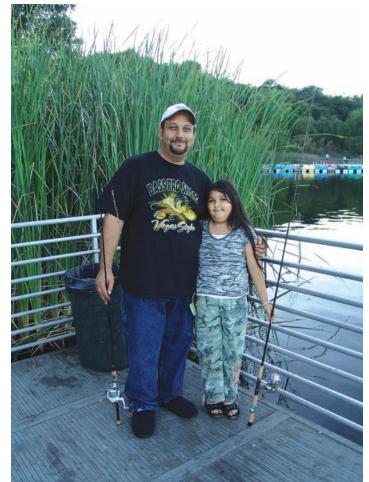
## For a Day in the Sun, Lafayette Reservoir Offers a Full Plate ... continued from page 2

said Said Muhatma, of Lafayette. "We live in an apartment building so we don't have a yard. This is our yard, sometimes. We like the water."

The reservoir is one of several managed by EBMUD for recreational activities, and officials stock it with a mixture of trout, perch, bass and catfish. A \$4 day use the chemicals. For guidelines on local fish consumpwww.oehha.ca.gov/fish.htm

Just as Juarez was talking about how his family never caught enough fish to really worry about chemical levels, the boy with the fishing rod and fresh worm let up a cry. He reeled and



Steve and Sam at the Lafayette Reservoir

permit is required for casting a line.

And while catching a fish can be fun, officials warn that eating them on a regular basis may not be all that healthy. Fishing advisories have been in place for quite a few years throughout the county and state. Elevated levels of PCB's (polychlorinated biphenlys) and mercury can be found in fish from local water supplies, and fish higher up the food chain like carp or bass can accumulate higher levels of

reeled, and pulled up a catfish that must have weighed at least 2 pounds.

"Well, maybe we'll have to look at what we're eating more closely," Juarez said, laughing and grabbing fish to remove the hook.

For more information, fee schedules and picnic reservations, www.ebmud.com, then click on services, and then recreation.

Reporter Cathy Tyson contributed to this story.



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Steve Gentry of the Orinda and Moraga farmer's markets examines a frame from one of his backyard hives

## Local Bee-Keepers Finish Bountiful Harvest By Chris Lavin

Tsing a special wide-bladed knife, Steve Gentry slowly pried open the lid of one of the small beehives he keeps in his back yard in Orinda. Thousands of bees buzzed around his deck and head, and one settled on the back of his hand. He distracted them with another dose of smoke from his handheld bellows, and they immediately started to eat as much honey as they

"They think it's a forest fire," he said. "They want to store up as much energy as possible."

He lifted one of the five frames out of the box and began to examine it for healthy patterns of egg-laying by the queen.

"This one looks good," he said, as the bees ate away on the frame he held in his hand. "You can see the eggs, the larva, the cells that have already been capped - you don't really need to see the queen. You can tell she's doing well by looking at all these eggs."

Dozens of bee-keepers throughout the Lamorinda area have reached the same conclusion in the past month, as they have harvested a much more bountiful crop than usual.

"It's been a really good year," said Patty Patton, assistant bee keeper to her husband Bill Thompson's hives in Canyon. "We got at least seven gallons" from their handful of hives.

Gentry has been a regular sight at the Orinda Farmer's Market for the past 10 years, and more recently has begun to set up his honey table and demonstration bee hive at the Moraga Farmer's Market. He harvests between 3,000 and 4,000 pounds of honey a year from his various sites throughout the Lamorinda area, including his own back yard.

And according to Gentry, it's a growing hobby here. He has watched the membership in the Mt. Diablo Beekeepers Association grow from about 30 a decade ago to more than 130 paying members today. All are just now coming off their busy season of harvesting the honey produced from the spring's plethora of blooms, when bees are their busiest.

Sporting a Hawaiian-like shirt with a bee and "honey for sale" motif – Gentry found a tablecloth with the pattern and had five shirts made out of it – Gentry does little except talk bees, think of bees, work with bees, and help other people and educational institutions set up demonstration hives so that they, too, can keep bees and learn about

"This is not a job, it's a passion," he says, which to anyone who talks to him for five minutes knows, is an unnecessary statement.

On a recent visit to the UC Botanical Gardens, where he was

helping to scout out a good spot to put a demonstration hive, Gentry bent down and watched a honey bee plunder a lavender flower. He pointed out the heavy beads of purple pollen on the bee's knees.

"In the hive when the bees deposit their pollen, you can tell where they have been," Gentry said.

"It's like getting inoculated," Gentry said. The bees feed on local flowers, and the enzymes created in the honey-making process create a sort of vaccine, he said. If local honey is not available, honey from a similar ecosystem works too, he said.

One disadvantage is getting stung, on occasion. "Thousands," Gentry answers when asked how many times he's been stung. "Hundreds of thousands, probably." Now he just looks at his watch and waits for 45 seconds to pass - "that's when the pain peaks," he says.

A phenomenon many people ask both Thompson and Gentry about is Colony Collapse Disorder, in which whole colonies of bees simply disappear with no sign of trouble, or even of dead bees.

"It's happening everywhere but with local bee keepers," Gentry said. "It's only the commercial hives. We're doing great." Thompson agreed.

"We've had one of the best seasons ever," he said.

The Mt. Diablo Beekeepers Association meets the second Thursday of each month. The next meeting is July 12, and members are happy to help novices start out. For more information, call Gentry at 925-254-8063.



A closeup of one of Gentry's hives

"You get layers of colors. With lavender you can smear some right across your hand and get a purple streak." Later, at his house, he used his pocket knife to cut the wall from a tiny cell in the honeycomb. Inside, layers less than 1/16 of an inch revealed purple, white, brown and rust-colored pollens.

One big advantage of consuming local honey, Gentry and other beekeepers say, is that it can help prevent allergies.

Photos by Chris Lavin Where to Find Local Honey Besides local farmer's markets,

local honey is available for purchase at the following locations:

- Diablo Foods in Lafayette
- Open Sesame in Lafayette
- Whole Foods in Walnut Creek • Whole Foods in San Ramon
- Casa Orinda serves home-collected honey on all of its fried chicken and biscuit orders



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## LAMORINDA'S Restaurants • • updated July 11, 2007 • • American Bistro 3287 Mt. Diablo Blvd, Laf 283-7108 962-2469 53 Lafayette Cir, Laf Chow Restaurant **Hungry Hunter** 3201 Mt. Diablo Blvd, Laf 938-3938 Quiznos 3651 Mt. Diablo Blvd, Laf 962-0200 Ranch House 1012 School St. Mor 376-5127 Terzetto Cuisine 1419 Moraga Way, Mor 376-3832 The Cheese Steak Shop 3455 Mt. Diablo Blvd, Laf 283-1234 **BBQ** Bo's Barbecue 3422 Mt. Diablo Blvd, Laf 283-7133 **Burger Joint** 960 Moraga Rd, Laf Flippers 284-1567 Nation's Giant Hamburgers 400 Park, Mor 376-8888 Nation's Giant Hamburgers 76 Moraga Way, Ori 254-8888 Café 3732 Mt. Diablo Blvd # 170, Laf **Express Cafe** 283-7170 Ferrari- Lucca Delicatessens 23 Lafayette Cir, Laf 299-8040 87 Orinda Way, Ori 253-9894 Geppetto's caffe **California Cuisine** Metro Lafayette 3524 Mt. Diablo Blvd, Laf 284-4422 Shelby's 254-9687 2 Theatre Sq, Ori Caribbean Calypso Bar & Grill 2 Theatre Sq. Suite 153, Ori 258-9686 Chinese Chef Chao Restaurant 343 Rheem Blvd, Mor 376-1740 China Moon Restaurant 380 Park St, Mor 376-1828 3500 Golden Gate Way, Laf The Great Wall Restaurant 284-3500 **Hsiangs Mandarin Cuisine** 1 Orinda Way # 1, Ori 253-9852 Lily's House 3555 Mt. Diablo Blvd #A, Laf 284-7569 581 Moraga Rd, Mor Mandarin Flower 376-7839 Panda Express 3608 Mt. Diablo Blvd, Laf 962-0288 Szechwan Chinese Restaurant 79 Orinda Way, Ori 254-2020 999 Oak Hill Rd, Laf Uncle Yu's Szechuan 283-1688 Yan's Restaurant 3444 Mt. Diablo Blvd, Laf 284-2228 **Coffee Shop**

Millie's Kitchen 1018 Oak Hill Rd #A, Laf 283-2397 998 Moraga Rd. Laf Squirrel's Coffee Shop 284-7830 Village Inn Café 290 Village Square, Ori 254-6080 Continental 284-7117 Petar's Restaurant 32 Lafayette Cir, Laf Vino Restaurant 3531 Plaza Way, Laf 284-1330 3287 Mt. Diablo Blvd, Laf **Duck Club Restaurant** 283-7108 **Hawaiian Grill** Lava Pit 2 Theatre Square, St. 142, Ori 253-1338 Indian 3740 Mt. Diablo Blvd. Laf 284-5700 India Palace **Swad Indian Cuisine** 3602 Mt. Diablo Blvd, Laf 962-9575 Italian 3406 Mt. Diablo Blvd. Laf 283-3869 Giardino 100 Lafayette Cir, St. 101, Laf 284-5282 La Finestra Ristorante La Piazza 15 Moraga Way, Ori 253-9191 Mangia Ristorante Pizzeria 975 Moraga Rd, Laf 284-3081 Michael's 1375 Moraga Way, Mor 376-4300 Mondello's 376-2533 337 Rheem Blvd, Mor 3600 Mt. Diablo Blvd. Laf Pizza Antica 299-0500 Postino 3565 Mt. Diablo Blvd, Laf 299-8700 Ristorante Amoroma 360 Park St, Mor 377-7662 Japanese 3518-A Mt. Diablo Blvd, Laf Blue Ginko 962-9020 3474 Mt. Diablo Blvd, Laf Kane Sushi 284-9709 1 Camino Sobrante # 6, Ori Niwa Restaurant 254-1606 Serika Restaurant 2 Theatre Sq # 118, Ori 254-7088 Tamami's Japanese Restaurant 356 Park St, Mor 376-2872 19 Moraga Way, Ori 253-8399 Yu Sushi **Jazz Dinner Club** 3707 Mt. Diablo Blvd., Laf Joe's of Lafayette 299-8807 The Orinda House 65 Moraga Way, Ori 258-4445 Mediterranean Alekos 2 Theatre Sq # 105, Ori 254-5290 Oasis Café 3594 Mt. Diablo Blvd, Laf 299-8822 Per Tutti Ristorante 3576 Mt. Diablo Blvd, Laf 284-5225 Mexican 360 Gourmet Burrito 3655 Mt. Diablo Blvd, Laf 299-1270

El Charro Mexican Dining 3339 Mt. Diablo Blvd, Laf 283-2345 3563 Mt. Diablo Blvd, Laf El Jaro Mexican Cafe 283-6639 258-9987 La Cocina Mexicana 23 Orinda Way, Ori 1375-B Moraga Way, Mor 377-1203 Mucho wraps Baja Fresh Mexican Grill 3596 Mt. Diable Blvd, Laf 283-8740 Celia's Restaurant 3666 Mt. Diablo Blvd, Laf 283-8288 3518 Mt. Diablo Blvd, Laf El Balazo 284-8700 74 Moraga Way, Ori 258-9049 Maya 3518D Mt. Diablo Blvd, Laf Taqueria El Balazo 284-8700 3616 Mt. Diablo Blvd, Laf 299-1333 Numero Uno Taqueria Pizza 3614 Mt. Diablo Blvd, Laf Aladino's Pizza 283-6363 377-6453 Mountain Mike's Pizza 504 Center St, Mor 1375 Moraga Rd, Mor 376-1515 Pennini's Round Table Pizza "361 Rheem Blvd, ", Mor 376-1411 Round Table Pizza 3637 Mt. Diablo Blvd, Laf 283-0404 Village Pizza 254-1200 19 Orinda Way # Ab, Ori Zamboni's Pizza 1 Camino Sobrante # 4, Ori 254-2800 Sandwiches/Deli 1480 Moraga Rd # A, Mor 376-4400 Bianca's Deli Europa Hofbrau Deli & Pub 64 Moraga Way , Ori 254-7202 Gourmet Bistro Café 484 Center St, Mor 376-1551 254-2908 Kasper's Hot Dogs 99 Brookwood Rd. Ori Noah's Bagels 3518 Mt. Diablo Blvd, Laf 299-0716 Orinda Deli 19 F Orinda Way, Ori 254-1990 Singaporean/Malaysian 3647 Mt. Diablo Blvd, Laf 299-1653 Kopitiam South American 299-6885 960 Moraga Road, Laf The Patio Tapas and restaurant Steak 20 Bryant Way, Ori Casa Orinda 254-2981 Tea Patesserie Lafayette 71 Lafayette Cir, Laf 283-2226 Thai **Amarin Thai Cuisine** 3555 Mt. Diablo Blvd # B, Laf 283-8883 99 Orinda Way, Ori 253-0989 Baan Thai 377-0420 Royal Siam 512 Center St, Mor 253-1975 Siam Orchid 23 Orinda Way # F, Ori

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