

## Not to be missed

**Orinda Workshop to Prepare for Disasters.** On Saturday, April 30 the Orinda Citizen Corps Council will sponsor a workshop for Orinda CERTs and Neighborhood Leaders from 12:30-4:00pm in the Equipment Bay of MOFD station 41. These volunteers will continue to train to make their homes and neighborhoods safe before, during and after a local disaster. Register at rkunzman@comcast.net.

**The Padua Family of Lafayette will be holding a fundraiser event** at The Bridges Golf Club to benefit the Bobby Padua Family Fund April 29th. For more info. visit [www.bobbypadua.webs.com](http://www.bobbypadua.webs.com) or call Megan Padua, (925) 899-4967.

**Sudden Oak Death ("SOD") has arrived** in Lamorinda and is spreading. Volunteer a few hours on the April 30-May 1 weekend to learn about Sudden Oak Death, and assist an annual UC Berkeley survey for infected trees in areas of your choice. Training: Saturday, April 30, 10am-noon, in the Garden Room of the Orinda Community Center. For training space and material planning, please contact William Hudson willhh@gmail.com (Orinda) if you will be participating.

**Electronic E-waste Collection/Fundraiser** for Feed The Children Disaster Relief Fund on Saturday April 30th from 9am- 4pm at the Orinda Lafayette Presbyterian Church, 49 Knox Dive, Lafayette. Contact: (925)-890-1324.

**A Community Treasure Sale. (a.k.a. Garage Sale)** will take place on April 30th, 8am-2pm at St. Stephen's Episcopal Church, 66 St. Stephen's Drive. Orinda. [www.ststephensorinda.org](http://www.ststephensorinda.org). Furniture, baby gear, vintage clothes, art, kitchen gems, games, etc. The funds raised will be used by the youth for volunteer service activities.

**On Monday, May 2, Children's Home Society,** a nonprofit 501 (c) (3), will hold its "Eggstraganza" with salad buffet lunch at Our Savior's Lutheran Church at 1035 Carol Lane. The time is 11:30am-1:30pm. Tickets: Lola at (510) 267-1860.

**On Thursday, May 5 at 4pm the Moraga Library** presents a free beading workshop. Beading pro Yolanda teaches participants to make a colorful bracelet of your own. Limited to 15 participants, ages 12 and up. Please call the library at (925) 376-6852 or stop by the information desk to register.

**Cinco de Mayo celebration on Thursday, May 5, 4-7pm** at Hacienda de las Flores, 2100 Donald Drive, Moraga. Live Mariachi band, tortilla making, pinatas, games for children, authentic Mexican food, margaritas, beer and soft drinks, available for a nominal charge. Free parking and shuttle from Rheem. Shopping Center. Sponsored by the Hacienda Foundation and the Town of Moraga Parks and Recreation Department. For more information, please visit [www.CincoMoraga.com](http://www.CincoMoraga.com).

**Moraga Bright Beginnings will be having** their last Yard Sale on May 7, 9am-2pm. This is a 50+ family event, everything from furniture to hockey sticks. 1689 School Street, Moraga. We are closing in June. We are hosting a reunion party for our past 15 years of students from 2pm-6pm. Call (925) 376-2600 for more information.

**The Stroke Support Group of Contra Costa County** will hold its monthly meeting in the Concord Room at John Muir Medical Center-Concord Campus, 2540 East Avenue, Concord on Monday May 9 from 7-9 pm. The speaker will be Gerald Starr, a stroke survivor who recently completed a 5K walk with his cane. His topic will be "Setting and Achieving Your Rehabilitation Goals."

**Moraga Movers next monthly meeting is May 9** at St. Mary's College Soda Center. Social hour is at 5pm followed by dinner and a speaker- Dr. Steve Woolpert of St.Mary's. For reservations call (925) 376-6622 or going online to [www.moragamovers.org](http://www.moragamovers.org).

**Lafayette Historical Society's Annual Potluck Dinner,** Tuesday, May 10, Lafayette Library – Community Hall, Mt. Diablo Blvd. and First Street, 6:00 pm. Topic: Treasure Island's 1939 Golden Gate Exposition. \$10.00 per member; \$15. Non-member donation requested to help defray LHS costs, PLUS: Your favorite hearty salad or casserole (please bring serving utensils) Reservations requested: Please call - 283-1848 or email – Lafayette.his-

tory@comcast.net. Questions : Call Mary McCosker, 284-5376.

**Electronic E-waste Collection/Fundraiser** for Citizens For The Lost on Saturday May 14th, from 9am to 4pm at Lafayette Christian Church, Glenside Drive, Lafayette Contact: (925)-890-1324.

**Moraga Community Faire will take place** on May 14, 11am-5pm at the Rheem Center and will feature a car show, wine tasting, music, art, food and fun. There will be a free climbing wall, two bounce houses and plenty of other activities for children. The Moraga Community Faire is organized and sponsored by the Moraga Chamber of Commerce and supported by the Town of Moraga. For more information, visit [www.moragachamber.org/faire](http://www.moragachamber.org/faire).

**Join Tony La Russa's Animal Rescue Foundation (ARF)** as we celebrate 11 years of Animals on Broadway, a free community event at Broadway Plaza in Walnut Creek on Sunday, May 15 from 10:30am to 4pm. Visit [www.arf.net](http://www.arf.net) for more information.

**The Moraga Women's Society will host a fashion show** on Monday, May 16; start with mimosas at 10am with the Fashion Show about 10:30. A salad lunch and special dessert will be served following the Fashion Show. Location is the Holy Trinity Cultural Center, 1700 School Street in Moraga. Tickets are \$25.00. All proceeds from this fund raiser go to Moraga Schools, the Library, and Park and Recreation Department. For ticket information, please call Jean Glaser, 376-7961.

**9th Annual "Taste of Lafayette," 5:30-8:30pm,** Tuesday, May 17. Enjoy "tastes" at close to 20 participating restaurants along "Restaurant Row." Tickets for the event will be available through the Lafayette Chamber of Commerce, located at 100 Lafayette Circle, Suite 103. Visit [www.lafayettechamber.org](http://www.lafayettechamber.org) or call (925) 284-7404.

### SENIORS

**A free symposium will be offered to our community's** older adults and their care-givers on 6 May at the Temple Isaiah in Lafayette from 8:30 am to 12:30 pm. The symposium will address the Secrets of Dynamic Aging, transportation issues and services, and how to stay safe inside and outside our homes. The final speaker will speak on "Happiness, if not now, when?" For those interested in attending this symposium, please call and make a reservation at (925) 330-0060. Refreshments will be served, and seniors of all ages, their children, friends, and care-givers are invited to attend.

**Senior Helpers of Contra Costa presents a Senior Health Faire,** to be held at the Hacienda de las Flores at 2100 Donald Drive, Moraga on May 17th from 2-4:30pm. Judge Joyce Cram, a leading authority on legal issues concerning local seniors will headline a group of presenters. Volunteers will be conducting free and confidential Community Memory Screenings, an initiative of the Alzheimer's Foundation of America. Admission is free and refreshments will be provided. Space is limited so please call (925) 376-9900 to reserve your spot.

### GARDEN

**Bringing Back the Natives Garden Tour,** Sunday May 1, 10am-5pm. This is a free self-guided tour of 50 fabulous gardens that provide habitat for wildlife, are pesticide-free, conserve water, and contain 50% or more native plants. For more information go to [www.bringing-backthenatives.net](http://www.bringing-backthenatives.net).

**Lafayette Garden Club meets 9:30am, Second** Thursdays monthly, Our Savior's Lutheran Church, 1035 Carol Lane, Lafayette. The May 12 meeting features a Spring Plant Sale. Contact: [petersbn4@aol.com](mailto:petersbn4@aol.com).

**"Life in the Lafayette Garden" garden tour, Saturday** May 14. Tickets are \$25 each and include an outdoor cooking demonstration, urban farming demonstration, light refreshments, live music, and tours of 5 Lafayette home gardens. The tour will be held from 11 am until 4 pm. Tour maps and garden descriptions will be provided with tickets. The tour is sponsored by John Montgomery Landscape Architects. Proceeds from ticket sales will benefit the AAUW-OML Tech Trek scholarship program. For ticket information, please call AAUW member Pat Lopker at (925) 376-5155.

## Dining • Dining • Dining •

Terzetto presents:

# Art Show & Sale

Saturday April 30<sup>th</sup>

5:00 to 8:30 pm

## Special Event for Mother's Day



featuring  
Donna Arganbright Pottery  
Lucy Beck Photography  
Mariann Mortensen Jewelry

1419 Moraga Way, Moraga Shopping Center  
925-376-3832 - [www.terzettocuisine.com](http://www.terzettocuisine.com)

Mon: 7am - 2pm; Tues-Sun: 7am - 8:30pm

Join us for a special  
Mother's Day Buffet  
Brunch or Mother's  
Day Dinner on May 8.

# Hail, Caesar – and Asparagus!

By Susie Iventosch

Last week, I was trying to come up with other great ways to serve asparagus, and saw a recipe that called for roasted asparagus served in a Caesar dressing. I thought it looked delicious and since my husband makes a terrific Caesar, he set about the business of the dressing, while I made the salad. Then I spied the beautiful Campari tomatoes in my produce drawer, and added them to the mix. We no sooner sat down to have the first bite of salad, than it dawned on me the hearts of palm sitting in my cupboard would be a fabulous complement to the roasted asparagus. This is how recipes often develop at our house! It's a wonder I ever sit down to eat, between photographing the dishes, and adding ingredients here and there! Anyway, we loved the result and wanted to share it with you.

Believe it or not, asparagus is a member of the lily family, and it comes in three color varieties: green, purple and white. I have never seen purple asparagus, although often the tips have a bit of a purplish cast. The name "asparagus" comes from the Greek meaning "shoot" or "sprout"

and was believed to have both medicinal and aphrodisiacal qualities. Asparagus dates back some 2000 years to origins in the eastern Mediterranean region.

Asparagus is a perennial crop and can be grown in the home garden. We've never grown it, but it is said to yield a harvest for years. Just think of how many children's pockets that could fill. (Rumor has it that my brother did that with his broccoli one time when he was little!)

Hearts of palm, also known as "palmito" is a wonderful addition to any salad, and can be made into an au gratin side dish, too, by adding a little cheese and perhaps some bread crumbs or panko. It is sometimes difficult to find just exactly the texture you like, but be patient and test out a few brands. I much prefer the firm heart of palm to the mushy. I have found that those bought at Costco are usually pretty firm, but it can also be hit and miss—even within the same jar. It seems that the wider ends are softer, while the narrower parts are more firm. Some processors cook the product longer to obtain a softer texture, which

many in Central and South America prefer. But, since we prefer the firmer texture, those are what we strive to find in the markets.

Hearts of palm come from the center cord that runs right up the middle of certain varieties of young palm trees. The trees are harvested at about one year of age, to produce the most optimum texture. Nowadays, most hearts of palm we produce or import are a domesticated farm species, instead of from the wild, where fatal damage occurred to the tree during harvesting.

The bulk of the hearts of palm we buy in the U.S. comes from Costa Rica, but also from an assortment of Latin American nations, and more recently from Florida and Hawaii. In Costa Rica, they serve Palmito (Hearts of Palm) Salad everywhere and it is so fresh and delicious.

Interestingly, the hearts of palm contain none of the risky palm oil, (that comes from the nuts of the mature palm trees) and have no cholesterol or fat. And, in fact, an entire jar is said to have less than 100 calories! What could be better? Great taste and good for the figure, too!

## Caesar "Asparagustus" Salad

(Serves 4)

### INGREDIENTS

- 1 head Romaine lettuce, torn into bite-sized pieces
- 3-4 small tomatoes, quartered or cut into eighths
- 12-16 spears asparagus, roasted and cut into 1½-inch pieces (toss with olive oil, S&P, and roast for 6-8 minutes at 375°. Make sure it is still al dente.)
- 4 spears of hearts of palm, cut into ¼-inch rings (each spear should be approximately 4-5 inches long)
- ½ cup freshly grated Parmesan for garnish
- 1 recipe Caesar Dressing:

- 1 clove garlic, minced (can use more ... I seem to get garlic overload easily, so I prefer less)
- Juice of about a ¼ of a regular (not sweet) lemon
- 8 tablespoons extra-virgin olive oil
- 5 tablespoons white or red wine vinegar
- 1 tablespoon of Dijon mustard
- 2-3 dashes of Worcestershire
- Dash of Tabasco Sauce (or Crystal Louisiana Hot Sauce)
- ½ teaspoon anchovy paste, optional
- Liberal shake or grind of black pepper
- Dash of sea salt, optional
- ¼ cup finely grated Parmesan

Mix all dressing ingredients (except Parmesan) and shake well. Then whisk in the Parmesan until well-integrated. The creamy texture of this dressing comes from whisking in the Parmesan—notice there are no eggs.

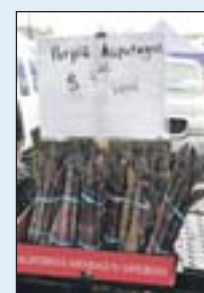
To assemble salad, place lettuce in large salad bowl along with tomatoes, cooled asparagus, hearts of palm and tomatoes. Toss with dressing and grated Parmesan.



## Meet Susie!

Susie Iventosch will conduct a cooking demonstration at the season opening of the Lafayette Farmers' Market on Thursday, May 5.

Contra Costa Certified Farmers' Markets  
Website: <http://www.cccfm.org/>  
Phone: 925.431.8361  
Orinda Farmers' Market – April through November Saturdays from 9 a.m. to 1 p.m.  
Lafayette Farmers' Market-opens May 5 and runs through Sept. 29  
Thursdays from 3:30 to 7 p.m. (new hours)  
Moraga Farmers' Market-year round  
Sundays from 9 a.m. to 1 p.m.



Purple asparagus offered at the Moraga Farmers' Market  
Photo A. Scheck

Asparagus and Hearts of Palm Tidbits:  
<http://www.webmd.com/diet/features/the-health-benefits-of-asparagus>  
<http://hubpages.com/hub/10-Super-Health-Benefits-of-Asparagus>  
[http://www.napoleon-co.com/pages/product\\_pages/palm.html](http://www.napoleon-co.com/pages/product_pages/palm.html)  
<http://www.foodista.com/food/2KPZYLD5/hearts-of-palm>



Susie Iventosch is the author of Tax Bites and Tasty Morsels, which can be found at Across the Way in Moraga, [www.amazon.com](http://www.amazon.com), and [www.taxbites.net](http://www.taxbites.net). Susie can be reached at [suziven@gmail.com](mailto:suziven@gmail.com). **These recipes are available on our web site. Go to:** [www.lamorindaweekly.com](http://www.lamorindaweekly.com) If you would like to share your favorite recipe with Susie please contact her by email or call our office at 925-377-0977.