



Digging Deep with Goddess Gardener, Cynthia Brian A berry, merry Christmas ... mostly for the birds



Holly is one of the most well-known holiday berries used in wreaths.

By Cynthia Brian

"To me, the garden is a doorway to other worlds; one of them, of course, is the world of birds. The garden is their dinner table, bursting with bugs and worms and succulent berries."~ Anne Raver

Birdy, it's cold outside.

Deciduous trees are barren of leaves, autumn perennials have finished their blooming cycle, and few flowers adorn the landscape. The glistening ornaments that embellish the foliage are a gastro delight for birds.



Cotoneaster berries provide a winter bird buffet.

Winter has arrived and with it the beautiful berries that are a vital source of food for birds as well as a traditional embellishment to Christmas wreaths and garlands. When we think of berries, we normally conjure images of blackberries, blueberries, raspberries or strawberries, all grown and harvested in the warmer months. Winter berries are different, and although they are a small fleshy fruit, they are mostly enjoyed by wildlife, with a few edible exceptions eaten by humans.

My garden boasts a plethora of winter berries that encourage my feathered friends to hang around for the holidays. Finches, mockingbirds,



Nandina, also known as heavenly bamboo, is poisonous and deadly to all wildlife and domestic animals. Photos Cynthia Brian

robins, sparrows, jays, quail, doves, bluebirds, and orioles are attracted to the many varieties of berries that will provide their nutrition during a cold and stark winter. A few of my favorites include pyracantha, cotoneaster, viburnum, pepper, Chinese pistache, rosehips, holly, yew and barberry. Of these, only the pepper berries and rosehips are consumed by my family. Although pomegranates are not a berry, their jewel-red seeds called arils remind me of tiny berries and I grow them in my garden.

... continued on Page D10





Happy Holidays! Looking forward to 2022!!

Lamorinda, a place we call home, is so special and unique, that we love introducing it to others and welcoming them as new neighbors to our community.

We are busy preparing properties for the 2022 market, please give us a call, we'd love to help you too!

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Lamorinda home sales recorded

| City | Last reported | Lowest amount | Highest amount |
|-----------|---------------|---------------|----------------|
| LAFAYETTE | 15 | \$1,005,000 | \$4,420,000 |
| MORAGA | 15 | \$395,000 | \$2,675,000 |
| ORINDA | 12 | \$1,046,000 | \$4,125,000 |

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

125 Camelia Lane, \$4,420,000, 4 Bdrms, 4072 SqFt, 2020 YrBlt, 11-05-21 4520 Canyon Road, \$3,300,000, 5 Bdrms, 4479 SqFt, 1978 YrBlt, 11-08-21 4077 Coralee Lane, \$1,675,000, 3 Bdrms, 2478 SqFt, 1975 YrBlt, 11-05-21,

- Previous Sale: \$920,000, 11-19-13
- 8 Corte Rinaldo, \$1,690,000, 3 Bdrms, 3759 SqFt, 1977 YrBlt, 11-08-21, Previous Sale: \$425,000, 05-01-87
- 3239 Del Mar Drive, \$1,402,000, 3 Bdrms, 2007 SqFt, 1961 YrBlt, 11-09-21, Previous Sale: \$855,000, 04-19-06
- 1000 Dewing Avenue #216, \$1,005,000, 2 Bdrms, 1123 SqFt, 2017 YrBlt, 11-12-21

3260 Gloria Terrace, \$1,525,000, 2 Bdrms, 1420 SqFt, 1973 YrBlt, 11-10-21, Previous Sale: \$127,000, 04-01-78

3920 Happy Valley Road, \$2,000,000, 4 Bdrms, 3902 SqFt, 1966 YrBlt, 11-12-21

385 Hermosa Court, \$1,200,000, 3 Bdrms, 1276 SqFt, 1953 YrBlt, 11-08-21, Previous Sale: \$945,000, 10-11-21

2749 Kinney Drive, \$1,225,000, 2 Bdrms, 1527 SqFt, 1949 YrBlt, 11-01-21, Previous Sale: \$1,030,000, 02-05-21

3938 Leroy Way, \$2,385,000, 3 Bdrms, 2456 SqFt, 1949 YrBlt, 11-01-21

316 Lowell Lane, \$2,250,000, 4 Bdrms, 2771 SqFt, 1968 YrBlt, 11-02-21, Previous Sale: \$1,569,000, 04-04-08

740 Moraga Road, \$1,695,000, 5 Bdrms, 2685 SqFt, 1974 YrBlt, 11-12-21, Previous Sale: \$87,000, 11-01-89

6 Olde Creek Place, \$1,630,000, 5 Bdrms, 2290 SqFt, 1998 YrBlt, 11-12-21 1265 Upper Happy Valley Road, \$4,100,000, 5 Bdrms, 3343 SqFt,

1936 YrBlt, 11-03-21, Previous Sale: \$2,850,000, 09-01-15

MORAGA

118 Alta Mesa Court, \$1,435,000, 4 Bdrms, 3033 SqFt, 1974 YrBlt, 11-04-21, Previous Sale: \$450,000, 09-01-89

2129 Ascot Drive #10, \$610,000, 2 Bdrms, 1314 SqFt, 1970 YrBlt, 11-09-21 943 Augusta Drive, \$1,420,000, 4 Bdrms, 3424 SqFt, 1989 YrBlt, 11-08-21,

Previous Sale: \$1,275,000, 04-12-07

3862 Campolindo Drive, \$1,927,000, 4 Bdrms, 1937 SqFt, 1971 YrBlt, 11-10-21 10 Crockett Drive, \$2,675,000, 5 Bdrms, 3831 SqFt, 1988 YrBlt, 11-10-21, Previous Sale: \$1,975,000, 07-06-17

128 Danefield Place, \$2,300,000, 5 Bdrms, 2929 SqFt, 1964 YrBlt, 11-02-21 1615 Del Monte Way, \$2,320,000, 5 Bdrms, 2745 SqFt, 1967 YrBlt, 11-04-21,

- Previous Sale: \$1,420,000, 04-19-14 2133 Donald Drive #4, \$585,000, 2 Bdrms, 1386 SqFt, 1963 YrBlt, 11-01-21 651 Moraga Road #6, \$395,000, 1 Bdrms, 669 SqFt, 1962 YrBlt, 11-10-21
- 651 Moraga Road #32, \$540,000, 2 Bdrms, 1144 SqFt, 1962 YrBlt, 11-02-21, Previous Sale: \$475,000, 08-24-18

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to you and your families and all the best wishes for the New Year!

SOLD

23 Martha Road, Orinda (S)
550 Orindawoods Drive, Orinda (S)
69 Windy Creek Way, Orinda (S)
241 Corliss Drive, Moraga (S & B)
2453 Providence Court, Walnut Creek (S)
1284 Shell Circle, Clayton (S)
3607 Whitworth Drive, Dublin (S)
4819 Reno Lane, El Sobrante (S)
1304 Larch Avenue, Moraga (B)
2920 Windtree Court, Lafayette (B)
1896 Camino Estrada, Concord (B)
3231 Camino Colorados, Lafayette (B)
2001 Skycrest #2, Walnut Creek (B)
1854 Penny Lane, Concord (B)

PENDING

8 Dale Court, Lafayette (S) 440 Warwick Drive, Walnut Creek (B)

S = Seller | B = Buyer



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FROM MY FAMILY TO YOURS



Thankful now more than ever for our incredible community. Wishing everyone safe and healthy holidays and a wonderful 2022.

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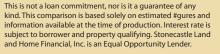
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The reviews are in Thank You

FOR A WONDERFUL YEAR

Emily made a stressful process of selling our house feel comfortable. She was quick to respond to questions and concerns and her expertise in the Lamorinda market was really appreciated. We sold our house with multiple offers over asking and were thrilled with the outcome!"

— Seller, Orinda

I worked with Emily on selling my home of 25 years recently and I cannot say enough about how sensitive, caring and professional she was in helping me prepare for this life changing event. Her knowledge of the business was impressive as she guided me through the maze of the entire process from making decisions on what needed to be done to make my house shine to keeping me relaxed throughout the entire process.

Emily is definitely a shining star in this profession. In addition, Emily helped me buy another home in the area and it went as smooth as silk!"

— Seller, Lafayette



Emily was extremely proactive informing us on upcoming homes. Once we found our dream home she guided us into a competitive and fair offer. She seemed to know exactly when to step in and offer guidance and when to patiently wait for us to make a decision. Emily was supportive, honest and responsive—a true partner throughout the entire process. We are so fortunate to have met and worked with her and would strongly recommend her to our friends and family."

— Buyer, Orinda

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Digging Deep with Goddess Gardener, Cynthia Brian A berry, Merry Christmas ... mostly for the birds



Pyracantha berries are a favorite dinner for robins.

... continued from Page D1

Pomegranates are a staple of the Christmas fruit basket because of their festive holiday colors. The arils are filled with antioxidants, potassium, fiber, vitamins, and minerals, packing a punch to keep us healthy. Add them to salads, make a chutney, or stir a splash of juice in a glass of sparkling wine for a festive, flavorful indulgence.

The pretty pink peppercorns from a California pepper tree are a gourmet's desire. Since these trees are grown as ornamentals many people don't realize that their berries are edible, with a fruity, spice profile that complements numerous recipes. They can be dried or used fresh. I have found the best way to grind them is with my mortar and pestle because their paper-thin husks get caught in my twist grinder. When making stews or soups, I toss the whole berry, called a drupe because it is a single seed, in the pot. If you buy pink peppercorns, be prepared to pay \$10-15 per ounce. Consider planting a California pepper tree which will grow to 30 feet tall and wide if you have the room.

Although it is mid-December, my roses continue to bloom. This month I am no longer dead-heading my bushes as I want the rosehips to form. Since roses are in the same family as apples and crab apples, the taste of rosehips mimics the tartness of crab apples. The seeds/berries of rosehips have powerful disease-fighting capabilities and are packed with vitamin C. After washing the hips, use them to make jellies, teas, syrups, soups, and desserts. ... continued on Page D12

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Digging Deep with Goddess Gardener, Cynthia Brian A berry, Merry Christmas ... mostly for the birds



Viburnum berries are a satisfying food for feathered friends and some species are edible by humans.

... continued from Page D10

For the birds...

Peeking through leaves and decorating trees and shrubs, winter berries are nature's Christmas décor. As beautiful as they are, the most critical element of growing these botanicals in your garden is the nutritional fare they provide for the birds and other wildlife during the coldest season of the year when food sources are limited. There are several other autumn ripened



Photos Cynthia Brian

Yew berries are poisonous except for the red flesh arils.

berry-bearing bushes or vines that still have shriveled fruit hanging, such as grape and elderberry, that can be left for the birds. Here's a sampling of vibrant holiday berry dinners fit for the birds.

Cotoneaster emerged as a volunteer in my garden, most likely from seeds brought in by birds. It is an evergreen shrub that grows into a tree if not properly pruned sporting white flowers in spring that are a magnet for bees and rich red berries in winter that are a delicacy for birds. Deer munch on the branches which doesn't bother the bush. Cotoneaster is fire-resistant and can be propagated from cuttings, although I have found that once one cotoneaster is in a landscape, others seem to sprout like weeds.

Holly has glossy leaves that are either serrated or have spiny teeth. Because most hollies are dioecious, you'll need to plant both a male and female for cross-pollination if you want those glorious red berries to decorate garlands, wreaths, and Christmas trees. English holly and American holly are the two species most used during the holidays. Although holly berries tend to start ripening in fall, most birds, including blackbirds and song thrushes don't start feeding on them until late winter when other food is scarce.

Chinese pistache is one of my favorite trees for its exuberant fall color of yellows and oranges with attractive berries that metamorphose from green to aqua, to pink, and finally magenta. Birds, turkeys, quail, and squirrels go crazy for the bunches of berries that hang from the branches. I add a few sprays to my Christmas tree whenever the fowl and squirrels are kind enough to leave me a few bunches.

... continued on Page D14

Lamorinda home sales recorded

... continued from Page D2

Moraga ... continued

3962 Paseo Grande, \$1,860,000, 3 Bdrms, 1946 SqFt, 1969 YrBlt, 11-05-21, Previous Sale: \$760,000, 06-23-03 304 Rheem Boulevard, \$1,600,000, 3 Bdrms, 1710 SqFt, 1955 YrBlt, 11-01-21, Previous Sale: \$750,000, 05-04-04 1903 Saint Andrews Drive, \$2,300,000, 5 Bdrms, 3424 SqFt, 1983 YrBlt, 11-03-21, Previous Sale: \$1,150,000, 11-12-13 3 Via Barcelona, \$955,000, 3 Bdrms, 2417 SqFt, 1987 YrBlt, 11-12-21, Previous Sale: \$615,000, 09-23-11 454 Woodminster Drive, \$715,000, 2 Bdrms, 1474 SqFt, 1974 YrBlt, 11-08-21

ORINDA

14 Aspinwall Court, \$1,430,000, 4 Bdrms, 1925 SqFt, 1958 YrBlt, 11-12-21 14 Bobolink Road, \$2,850,000, 6 Bdrms, 3597 SqFt, 1949 YrBlt, 11-09-21 32 Calvin Drive, \$1,600,000, 3 Bdrms, 2184 SqFt, 1964 YrBlt, 11-10-21 211 Crestview Drive, \$1,046,000, 2 Bdrms, 970 SqFt, 1971 YrBlt, 11-01-21 492 Dalewood Drive, \$4,125,000, 4 Bdrms, 3438 SqFt, 1969 YrBlt, 11-01-21, Previous Sale: \$1,400,000, 08-15-00 2 Keith Drive, \$1,800,000, 3 Bdrms, 2126 SqFt, 1958 YrBlt, 11-12-21 23 Longridge Road, \$1,520,000, 3 Bdrms, 2025 SqFt, 1982 YrBlt, 11-04-21, Previous Sale: \$1,100,000, 07-03-18 30 Meadow Park Court, \$1,980,000, 4 Bdrms, 1772 SqFt, 1950 YrBlt, 11-01-21, Previous Sale: \$679,000, 09-18-01 5 North Lane, \$1,680,000, 4 Bdrms, 1831 SqFt, 1956 YrBlt, 11-09-21, Previous Sale: \$875,000, 01-23-19 22 South Trail, \$1,310,000, 3 Bdrms, 2709 SqFt, 1946 YrBlt, 11-05-21, Previous Sale: \$1,350,000, 11-04-16 3 Valley View Lane, \$3,100,000, 6 Bdrms, 5409 SqFt, 1989 YrBlt, 11-03-21, Previous Sale: \$2,715,000, 07-12-07 30 Whitehall Drive, \$1,710,000, 3 Bdrms, 1857 SqFt, 1959 YrBlt, 11-12-21

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114 Merion Terrace, Moraga 466 Woodminster, Moraga 73 Brookwood Rd #43, Orinda 29 Crescent Dr, Orinda 4290 El Nido Ranch Rd, Orinda 25 Los Cerros, Orinda 9 Via Corte, Orinda 35 Underhill Rd, Orinda 859 Grayson Rd, Pleasant Hill 1767 Ruth Dr, Pleasant Hill 257 Kingston Way, Walnut Creek 1673 Poplar Dr, Walnut Creek 2009 Stewart Ave, Walnut Creek 2827 Fernside Blvd, Alameda 1411 Ridgewood Dr, Martinez 5325 Stonehurst Dr, Martinez 4337 Clarinbridge, Dublin

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Digging Deep with Goddess Gardener, Cynthia Brian A berry, Merry Christmas ... mostly for the birds



Pink peppercorns from the California pepper tree add tasty, mild flavors to food.

Photos Cynthia Brian

Pistache berries are great for decorating Christmas trees if they aren't devoured by birds and squirrels first.

... continued from Page D12

Pyracantha may be the preferred winter staple of robins. Birds flock to the orange-red berries called pomes, eating so many that they seem intoxicated. Known as firethorns, pyracantha is a fast-growing plant with sharp thorns. Volunteers sprout in unusual locations thanks to the birds spreading their seeds. Keep pyracantha pruned and use branches with berries in holiday arrangements.

Viburnum shrubs and hedges add beauty to any garden. They produce pinkish-white flowers that bloom from spring until late fall, depending on the species. Birds love munching on berries ripening in winter with colors that are black, blue, purple, bright red, neon pink, and even yellow. Some species are edible by humans, but other species can be toxic. Unless you know that the viburnum you planted is edible, leave the berries to the birds.

Yew berries red flesh called arils are sweet and safe for birds. The arils provide nutrients needed by the flyers. The seed inside is deadly, and birds know to discard it. Often called the Tree of Death, all parts of the yew tree are poisonous except the arils. The highly poisonous taxane alkaloids of the yew have been developed as anti-cancer drugs.

Not for the birds...or any animal

Nandina adds multi-season interest to any garden with its nectar-rich white flowers that attract pollinators followed by clusters of green berries

that ripen to shiny bright red in late fall. The lacy foliage emerges as purple, then turns green, then changes to red and purple throughout the year. As much as I love this ornamental bush, it is important to know the berries are deadly to birds, wildlife, and domestic animals. Most birds innately avoid this plant, but the voracious eaters, cedar waxwings, are susceptible to imbibing until intoxicated. The berries contain cyanogenic glycosides that convert to hydrogen cyanide when ingested.

WARNING: When planting berry-bearing bushes, please be cognizant that most provide wildlife forage but may be toxic, poisonous, or even deadly when consumed by humans. Never put any plant substance in your mouth unless you are certain that it is edible.

There is still time to give the gifts that keep on giving by purchasing any of my award-winning books from www.CynthiaBrian.com/online-store. Proceeds benefit the literacy charity empower women, families, and youth, Be the Star You Are!® 501 c3 (www.BetheStarYouAre.org)

You will receive many additional gifts with every purchase.

Birdscape your garden by growing a bird-friendly sanctuary with berryproducing floras that birds will love. Wander in a winter wonderland of wildlife and have a berry, merry Christmas ... with the birds!

Blessings to all and a ho, ho, ho!

Happy Gardening. Happy Growing. Happy Holidays!



Cynthia Brian wishes you a very berry, merry Christmas

Cynthia Brian, The Goddess Gardener, is available for hire to help you prepare for your winter garden. Raised in the vineyards of Napa County, Cynthia 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 StarStyle® Radio Broadcast at www.StarStyleRadio.com.

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ORINDA

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MORAGA

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lot

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\$2,255,000



8 Avis Court

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ORINDA



73 Brookwood Road #43 Chic 1 bed/ 1 bath condo in treehouse like setting! Renovated in 2016 w/ vinyl flooring, quartz counter tops & more!

WALNUT CREEK

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Sold!

\$1,200,000



Single-level 3 bed/ 3 bath located

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ORINDA

Sold!

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WALNUT CREEK

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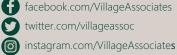


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townhouse w/ view of hiking trails

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