



Lamorinda Home Sales

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Digging Deep with Goddess Gardener, Cynthia Brian **Plant for Peace**



Marsh rosemary (Limonium), also called sea lavender makes an excellent dried flower.

By Cynthia Brian

"Lose yourself in nature and find peace."~ Ralph Waldo Emerson

Between the pandemic, the Russian-Ukrainian war, and, for me, a frightening family medical emergency, 2022 has been tumultuous and tough. Everyone is feeling the pain regardless of any city, county, or country residence. Anxiety and stress mount daily as news of the world become ever desperate, depressing and diabolical.



Photos Cynthia Brian A walk around the Emeryville harbor yielded these lso fragrant. spectacular cobalt spires of Pride of Madeira.

Buttery, yellow freesia are also fragrant.

Increased research indicates that naturebased activities are an excellent therapeutic intervention to ease our mental and physical stress. Whether it is a walk in the park, forest-bathing, hugging a tree, smelling the jasmine, or weeding your garden, taking a break with the beauty of the natural environment is an essential element in keeping us well. Listening to bird songs, the croaking of frogs, the lapping of waves, or the trickling of a fountain all have positive effects on our health. We'll lower our blood pressure and decrease levels of the stress hormone cortisol as we awaken our senses outdoors.

Standing in solidarity with the people of Ukraine, I continue to embrace the colors of blue and yellow. Perhaps because I'm looking for those colors, they seem to be everywhere, and I am shooting photos. This week I'm enjoying the tiny, starred cerulean of Blue-Eyed grass as well as the ubiquitous buttery blooms on freesia. Marsh rosemary (Limonium, sea lavender), nasturtiums, and sedum carpet hillsides and paths reminding me of the courage of the Ukrainians.

... continued on Page D8

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Lamorinda home sales recorded

City	Last reported	Lowest amount	Highest amount
LAFAYETTE	8	\$490,000	\$3,950,000
MORAGA	10	\$438,000	\$2,880,000
ORINDA	5	\$1,800,000	\$2,700,000

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

- 4041 Happy Valley Road, \$3,425,000, 4 Bdrms, 2358 SqFt, 1968 YrBlt, 02-10-22 3340 Johnson Road, \$3,950,000, 4 Bdrms, 5132 SqFt, 1936 YrBlt, 02-11-22, Previous Sale: \$1,350,000, 07-29-15
- 1048 Leland Drive, \$1,706,500, 3 Bdrms, 1831 SqFt, 1962 YrBlt, 02-15-22, Previous Sale: \$383,000, 06-01-91
- 300 Lowell Lane, \$3,950,000, 3 Bdrms, 2322 SqFt, 1969 YrBlt, 02-07-22
- 546 Morecroft Road, \$2,200,000, 4 Bdrms, 2861 SqFt, 1967 YrBlt, 02-18-22, Previous Sale: \$1,180,000, 08-01-13
- 1 Mountain View Lane, \$3,535,500, 3 Bdrms, 4132 SqFt, 1988 YrBlt, 02-18-22, Previous Sale: \$959,000, 04-13-99
- 3182 Old Tunnel Road #D, \$490,000, 896 SqFt, 1953 YrBlt, 02-16-22, Previous Sale: \$407,500, 05-14-15
- 1968 Reliez Valley Road, \$1,800,000, 4 Bdrms, 2727 SqFt, 1975 YrBlt, 02-10-22, Previous Sale: \$675,000, 02-04-09

MORAGA

- 2067 Ascot Drive #245, \$438,000, 1 Bdrms, 790 SqFt, 1971 YrBlt, 02-17-22, Previous Sale: \$202,500, 05-24-01
- 3 Benedita Place, \$1,366,000, 3 Bdrms, 2095 SqFt, 1984 YrBlt, 02-14-22, Previous Sale: \$1,070,000, 09-03-21
- 108 Brookline Street, \$1,375,000, 3 Bdrms, 1819 SqFt, 1983 YrBlt, 02-07-22, Previous Sale: \$775,000, 08-12-08
- 777 Camino Ricardo, \$2,652,000, 5 Bdrms, 2831 SqFt, 1965 YrBlt, 02-14-22
- 61 Hardie Drive, \$2,475,000, 4 Bdrms, 2449 SqFt, 1963 YrBlt, 02-10-22
- 2 Moraga Valley Lane, \$2,880,000, 3 Bdrms, 2793 SqFt, 1999 YrBlt, 02-08-22, Previous Sale: \$1,423,500, 04-28-08
- 1127 Rimer Drive, \$2,125,000, 4 Bdrms, 2308 SqFt, 1965 YrBlt, 02-08-22, Previous Sale: \$270,000, 12-01-87
- 264 Sandringham Drive, \$1,775,000, 3 Bdrms, 1901 SqFt, 1989 YrBlt, 02-18-22
- 34 Sea Pines Street, \$1,495,000, 3 Bdrms, 2828 SqFt, 1981 YrBlt, 02-08-22
- 1744 Spyglass Lane, \$1,360,000, 3 Bdrms, 1819 SqFt, 1985 YrBlt, 02-15-22, Previous Sale: \$265,000, 07-01-86

ORINDA

- 69 Hillcrest Drive, \$2,700,000, 4 Bdrms, 2887 SqFt, 1946 YrBlt, 02-10-22
- 139 La Cuesta Road, \$1,800,000, 5 Bdrms, 2358 SqFt, 1944 YrBlt, 02-11-22, Previous Sale: \$1,342,000, 11-22-16
- 87 Muth Drive, \$2,065,000, 4 Bdrms, 1825 SqFt, 1961 YrBlt, 02-18-22, Previous Sale: \$784,000, 08-25-04
- 65 Sleepy Hollow Lane, \$1,800,000, 4 Bdrms, 1784 SqFt, 1955 YrBlt, 02-07-22, Previous Sale: \$1,200,000, 06-19-18
- 22 Valencia Road, \$1,870,000, 3 Bdrms, 2777 SqFt, 1952 YrBlt, 02-16-22, Previous Sale: \$1,037,500, 05-13-13

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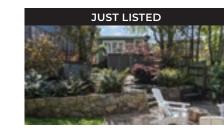
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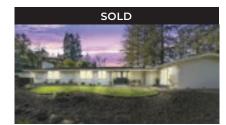
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Just Sold

Featured in Sunset Magazine 4139 Coralee Ln, Lafayette Sold for \$2,400.000 - Represented Sellers

Recently Sold

Stunning Mid-Century with Views 4123 Canvon Rd. Lafavette Sold for \$3,450,000 - Represented Buyer





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Digging Deep with Goddess Gardener, Cynthia Brian **Plant for Peace**



A salute to the bravery of Ukraine with a hillside of sedum and cherry blossoms.

... continued from Page D1

I hiked a trail around an Emeryville harbor to soak in the water views and inhale the fresh sea air, while marveling at the spectacular cobalt plumes of Pride of Madeira (echium fastuosom) and the sky blues of California lilac (ceanothus). My mood instantly improved.

Being in nature fosters resilience as well as encourages awe and wonder. Nature is restorative to body, mind, and spirit. Spring is here and the ground is bursting with new life. Trees unfurl luxuriant leaves, bulbs bloom in a kaleidoscope of colors, and fruit trees, including apple, pear, crabapple, and cherry are bursting with buds. This is the perfect season to plant peace.

I've planted three avocado trees that have been nurtured from a pit. A dwarf navel orange has been added to my citrus grove which is buzzing with bees sucking on the sweet nectar. Since I added new nutrient soil last season to my garden, there are numerous weeds. Pulling those weeds is time-consuming, yet it allows me to let my mind wander, relaxing enough to assist in solving challenges. Once my hillside is free of unwanted plants, I will begin to sow seeds of "pretties," flowering annuals that will bring me joy and tranquility.

If you are looking for seeds that will grow in our region, visit the Moraga Library where the Moraga Garden Club has installed a free seed library. The public is invited to take up to five packs of seeds and if you want to donate seeds to this marvelous outreach project, you are invited to do so.

It's not too late to plant roses and since peace is what everyone wants and deserves, consider planting the beautiful Peace Rose. It will brighten your garden and your heart.

The gorgeous blue clematis is an excellent climber on a trellis or arbor.

As I lose myself in nature to find peace, I recall the words of President Dwight D. Eisenhower: "One day the people of the world will want peace so much that the governments will have to get out of their way and give it to them."

I think that time is now! Peace be with you.



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Cynthia Brian's Gardening Guide for April

• **EMPTY** vessels of standing water as mosquitoes are already breeding. For fountains and birdbaths, clean the water regularly or add drops of bleach or mosquito dunks.

• **REMOVE** deep-rooted weeds such as dandelions from your garden by hand.

• **DECREASE** the spread of crabgrass by applying a pre-emergent that keeps seeds from germinating.

• HARVEST the tender leaves of wild mustard, arugula, purslane, and dandelion. Add to salads and sandwiches for a surprising snap.

• **AERATE** your lawn to improve the absorption of moisture and fertilizer before reseeding.

• **PICK UP** dropped camellia blooms to deter petal blight.

• **REFRAIN** from cutting back daffodils until they are as crisp as a cracker. They need to replenish the nutrients to the bulb for next year's floral explosion.

• **CUT** small branches of crabapple or redbud to bloom in a vase on your nightstand. Research indicates that individuals with the brightest outlook and happiest attitudes keep blooms bedside.

• FERTILIZE lawns and shrubs.

• **SCATTER** snail bait to protect new shoots from the crawlers.

• **VISIT** your local nursery to buy intriguing plants that will increase the attractiveness of your landscape and improve your temperament.

• LOSE yourself in nature and find peace.

• **SUPPORT** Ukraine.

Happy Gardening. Happy Growing. Happy Spring!



Clip a few small branches of Western Redbud for a floral display.



Photos Cynthia Brian

Nasturtiums are not only beautiful; they are delicious in salads.

Page: D11



Honoring Ukraine, Cynthia Brian continues to wear yellow and blue.

Cynthia Brian, The Goddess Gardener, is available for hire to help you prepare for your spring 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. Buy copies of her books, including, Chicken Soup for the

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