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Fresh Produce
DeMartini Orchard, a Los Altos mainstay since 1932, thrives under the Kozy family’s ownership.

Author
It’s no mystery why Mountain View author Susan Alice Bickford’s “Dread of Winter” is a success.

Sustainability
Follow the Chang family’s quest to integrate green practices in their daily routine.

Balance
Los Altos resident Rashee Rohatgi incorporates Ayurvedic principles in her cooking.

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Upcoming 2020 Magazine
Home & Garden
Publishes: April 29

Circulation 16,500. Mailed directly to households in Los Altos, Los Altos Hills and Mountain View. Hundreds of subscribers receive the Town Crier in neighboring communities as well as out of state. The Town Crier can be purchased at newsstands in Los Altos, Mountain View and Palo Alto.

Cover photo: Craig and James Kozy pose in front of DeMartini Orchard, the business their family has tended to since 1985.

MEGAN V. WINSLOW/TOWN CRIER
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Kozy family carries on DeMartini Orchard traditions

Fruit stand remains a thriving local business

DeMartini Orchard owners James Kozy, left, and his father Craig Kozy showcase some of the fresh fruit the Los Altos market is known for. James has been helping out at the business since his preteen years.

By Mary Larsen
Staff Writer/maryl@latc.com

A landmark in Los Altos since 1932, DeMartini Orchard has the distinction of being the city’s oldest continuously operating business and has had only a handful of owners in its long history.

Originally built as a simple fruit stand to sell produce from the DeMartini family’s orchard, it passed to Lou and Phil Zeitman in 1955. The current owners, Tony and Craig Kozy, took over in 1985; today the market is a thriving Diamond Certified business.

The original DeMartini orchard comprised the surrounding acreage, most of which was sold to make room for the neighboring Parc Regent condominiums; the DeMartini family still owns the land the market sits on.

Although Tony Kozy retired several years ago from working in the store, he and wife Beverly still keep a hand in business operations. Craig Kozy’s son James, helping out since his preteens, officially joined his father six or seven years ago after graduating from San Francisco State University; he is now general manager.

Still located at 66 N. San Antonio Road – diagonally across from the Los Altos Heritage Orchard – DeMartini’s sells the orchard’s prized Blenheim apricots each year. It also offers a large array of other locally sourced fruits, vegetables and flowers, along with dairy products, wine and a selection of pastries and meats. Despite its diminutive size, it could serve as a one-stop shop.

Locally grown

Born and raised in Palo Alto, Craig and Tony Kozy worked in produce at Continental Market on California Street in Mountain View (the store was later sold to Safeway and has since been torn down) prior to DeMartini’s.

“I was with Continental Market for 10 years,” Craig said.

Continued on Page 6
“Then my brother and I migrated over to this place when it became available.”

With the sale of Continental to Safeway looming, Tony came across an ad in a newspaper: “Business for lease.” It was right up their alley.

“So we took it over,” Craig said. “It was just me and him for quite a while – that was before (James) was born. We just slowly built it up. And a lot of our customers from Continental Market followed us over – it worked out well.”

Even with approximately 18 full- and part-time employees, owning a small family business requires wearing many hats and working long hours – “364 days a year,” they noted, with Christmas off.

“We both do whatever needs to be done,” Craig said. “It’s gratifying, but it’s a lot of work – you’ve got to be here all the time.”

When James came on board, he brought some fresh ideas with him.

“I brought a wine program in probably three years ago,” he said. “I started doing some online sales for us – we do online and delivery. It’s tried and true. We have to adapt to the times a little bit.”

Phil and Lou Zeitman stand in the DeMartini orchard during the duo’s long tenure. The Zeitmans took the orchard over in 1955. These tags were attached to their merchandise.
**Buy small, buy fresh**

Craig stressed that what sets DeMartini’s apart from most markets is the fact that the produce is purchased fresh in small quantities every day. And having already been in the produce business, they knew where to find it.

“The most important thing we do is we only buy what we can sell every day,” Craig said. “You’ll never come by here and see pallets of merchandise stacked up that I got a deal on that I’m trying to get rid of – no. We will only buy what we need for every day – that’s what keeps it fresh and keeps the quality up.”

Times have changed since the rural days of the market’s beginnings, and even the not-so-distant past.

“We’ve been doing this our whole lives,” Craig said. “We have a lot of long-standing relationships with local farmers, but they’re going away.”

Continued on Page 8
A case in point: C.J. Olson’s Sunnyvale fruit stand, which closed in 2018.

“I pride ourselves in being the last of a dying breed,” Craig said. “There are no more roadside fruit stands anymore. We were an apricot orchard years ago. Olson’s is gone, everybody’s gone.”

James pointed out that though C.J. Olson’s fruit stand has closed, DeMartini’s still offers some of its products, such as dried Blenheim apricots.

The Kozys also pride themselves on their customer service, and being small enough to know the regulars.

“It’s always nice when I hear customers have been coming here longer than I’ve been on this Earth,” James said. “They come in here every day because that’s...”

Continued on Page 10

DeMartini’s is known for offering fresh produce samples to customers, including Sumo Citrus, above, a variety of oversized mandarin called “dekopon” in Japan. The fruit is easily identifiable by its distinctive “top knot.”
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how they shop. That’s how they cook – ‘I’m going to see what’s fresh today. … You just got cucumbers in, I’m going to make cucumber salad tonight.’”

Craig takes pride that DeMartini Orchard is “the longest-lasting business in Los Altos” – and there’s no other place like it in the city.

“Step into the past,” he said. “I’m the only store that samples out everything. You can walk around and try 30 different apples. You can try all the fruit. We’re a different type of business. There’s no other place like it, there never will be. It’s a quirky little old place, but that’s what gives it its charm and character.”

For more information on DeMartini’s, call 948-0881 or visit demartiniorchard.com.

DeMartini’s owners pride themselves on purchasing small quantities of produce each day to ensure its freshness.

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Mountain View resident’s mystery novel nominated for Edgar Award

‘Dread of Winter’ explores hometown secrets

By Sarah Feng
Town Crier Editorial Intern

When Mountain View author Susan Alice Bickford entered her family’s summer cottage in Vermont nearly seven years ago, she realized something was askew.

It was filled with extra furniture, moved in from the porch to avoid frost, and the air smelled cold and different. As Bickford gazed around, she suddenly envisioned a corpse lying on the couch.

“It was very familiar in the summer, but transformed by winter ... with big, fat ice crystals tending to form around the house,” she said. “(My protagonist) would look around and realize, ‘Something’s not quite right.’”

Inspired by the scene, Bickford said she began work on a suspense novel, “Dread of Winter,” about a young woman from central New York who is redrawn into the dark secrets of her hometown.

Released last fall, the book has earned rave reviews and was recently nominated for the Mystery Society of America’s Edgar Allan Poe Award in the Best Paperback Original category.

Set in the fictional city of Oriska, N.Y., “Dread” tells

Continued on Page 14
A Los Altos native, Dr. Joseph Field DDS, DABOI, FAAID, FICOI, FAGD takes pride in delivering outstanding results for his patients, and by giving back to the local community. As an example, Dr. Field’s dental offices dedicate a full day to provide free advanced dental care to Bay Area veterans during the annual “Smiles for Troops” event.

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When he’s not working, Dr. Field enjoys time with his family doing any outdoor activity they can and attending Bay Area sporting events. Dr. Joseph Field delivers excellent results for his patients and gives back to our beautiful San Francisco Peninsula.
the story of Sydney Lucerno, a woman who returns to her hometown to deal with her mother’s death. Caused by a mixture of the cold climate and her addiction to drugs, her mother’s passing plunges Sydney back into relationships and memories she has tried to suppress. Now, Sydney begins to unravel the mysteries that plagued her departure 13 years ago, like the disappearance of her ex-boyfriend, and struggles with the emergence of a half-sister, Maude.

The brutally cold climate is an element Bickford noted she took care to capture – a pervasive force she remembered from her childhood days. Bickford grew up in Syracuse, N.Y., and attended Hamilton College.

“Weather is an overpowering character in this story,” she said.

Oriska was born from Bickford’s visits to smaller cities in central New York and her discussions with local residents. She spoke to the sheriff of Madison County, a small county in central New York, to learn how police forces operate in lightly populated cities. As she drove through the loose cluster of towns sandwiched between Ithaca and Binghamton, she started to visualize the junction between nature and self.

Continued on Page 16
Real estate is extremely complex so my approach to leadership is to educate. Laws are changing all the time so the more I can share what’s happening, the better off our agents and clients will be.

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“(I’m) a very visual person,” Bickford said. “These towns were isolated, but not too intense. The architecture (showed) how things were built, and how people inserted themselves into the land.”

As Bickford sought to portray the Native American community she had grown up among as a child, she met with members of the Iroquois Nation to ensure that she was representing the local indigenous population accurately. Bickford added that a sensitivity reader helped her with inserting subtle fragments of culture, like character Randy Jaquith’s heritage with the Turtle Clan.

After writing a first draft of the novel in six months, Bickford received a letter from her editors at Kensington Publishing asking her to change the structure of the novel. According to Bickford, it took her two more years to complete the suggested edits and polish the manuscript. Kensington Publishing released “Dread” last October.

‘Really big’ nomination

Bickford has since lost her contract with Kensington and said she felt discouraged for several months.

That changed in mid-January. Bickford arrived home late after a night of English country dancing, went to sleep and woke up to a slew of congratulatory emails.

“There were so many ‘Congratulations!’ emails, and I realized that the Edgar Awards were out,” she said. “It was wonderful. Getting this nomination is really big – bigger than anything I have ever imagined I would be able to achieve.”

The Edgar Awards are a national prize for mystery writers in literature, theater, radio and film. According to the Mystery Society of America’s website, the Edgars, for short, honor “authors of distinguished work in various categories.”

Named after famous mystery writer Edgar Allan Poe, the Edgars have been presented annually since 1948; the category in which Bickford is a nominee, Best Paperback Original, joined the roster in 1970. Four other books are

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Los Altos resident Rashee Rohatgi weaves the five elements of life throughout her everyday routine, through the principles of Ayurveda.

Ayurveda is the ancient Indian science of healing – for Rohatgi, it revolves around health and well-being through the integration of herbs and spices in her cooking. She also uses other techniques to achieve a state of balance in her life and often refers to it as the “science of yoga.”

“Yoga is also a very integral part of Ayurveda – it applies yoga postures to restore balance,” Rohatgi said. “Cooking Ayurvedically is a conscious way of approaching food.”

However, Ayurveda is not all about satiating the taste buds.

“Although taste, or rasa, is one piece of the puzzle, it’s just not the only piece to consider ... as we often-times do,” she said. “It’s about cooking with awareness,

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and that is what yoga and Ayurveda are about. It’s about bringing consciousness into your movements and your daily existence.”

Having grown up in India, Rohatgi noted that Ayurvedic influences have been part of her upbringing for as long as she can remember. Since moving to the U.S. in 1997 and Los Altos in 2013, she has strived to maintain a balance among all the elements in her daily life. Rohatgi has been learning these concepts for more than 20 years and recently delved deeper into the science behind Ayurveda. Four days a month, she studies at the Mount Madonna Institute in Watsonville. She also studies remotely and through online webinars.

She shares her love for the Ayurvedic lifestyle through her home-based business, Naivedya. The name symbolizes “an offering to divine,” and her business logo represents the mudra, a ritual positioning of the fingers and hands.

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Los Altos resident Rashee Rohatgi, bottom right, practices Ayurveda, the ancient Indian science of healing, through integrating herbs and spices into her cooking. The dishes she makes include veggie poriyal, top center, and sevia, top right.
Rashee Rohatgi uses herbs in her cooking, left, and makes dishes including veggie pulao, right, which features spiced vegetables cooked with rice.

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It’s sort of understanding that we cook food recognizing the divinity within us,” Rohatgi said. “We cook with that reverence and we eat with that reverence.”

Rohatgi shares her culinary knowledge and discoveries with others through cooking workshops in her own kitchen.

Although diverse cooking classes can be found all around Silicon Valley, the absence of Ayurvedic elements motivated her to create classes about something she is passionate about.

“Food is something that brings me to a place where I’m the best version of myself,” she said.

She offers the classes the third Saturday of every month, with a typical cooking session beginning with discovering Ayurveda and the concept of recognizing the five elements. Participants then craft a meal
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in her kitchen, sometimes incorporating a traditional Indian dish called dal, a roast vegetable salad and a fresh loaf of bread. In addition to cooking classes, Rohatgi offers a catering service she calls an “evening with a difference,” providing Ayurvedic dinners for events while also explaining the principles of Ayurveda.

“It takes us away from that constant concept of food fads and trends which apply across the board to everybody, to understanding that health and balance are very individualized,” she said.

For more information on Naivedya, email rashee@cookayurvedically.com or visit cookayurvedically.com.

Rashee Rohatgi shares her culinary knowledge and discoveries with others through cooking workshops in her own kitchen.
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Anyone who walks into my house would probably notice the canvas totes by the front door, the multiple recycling bins and maybe even the drawer packed with plastic bags. Motivated by climate change and the increased need for sustainable habits, my family continues to make efforts toward creating an environmentally friendly home.

We are by no means perfect, but we have learned a great deal in the process, determining which changes are easier and more feasible than others — and which best suit our household.

Many of the changes were gradual; I didn’t notice that they had become habits until I thought deliberately about our family’s actions and impact. But we choose to make it this way: much of the work my family does to move toward sustainability revolves around making sustainable habits easy. When the environmentally beneficial option is faster, more convenient or accessible, it’s easier to make a better decision and form sustainable habits.

Our trek toward sustainability is still a work in progress, but I’d like to share the changes my family has made so far in the hopes it will inspire others to begin their journey as well.

**Household changes and habits**

- **Reusable-paper box, plastic-bag drawer.** Whenever I need scratch paper, I head to our designated box in the living room. Any leftover one-sided paper is placed in the box so that it can be reused by other family members. This system makes reusing paper an easy and beneficial habit. The box itself isn’t fancy; it’s made of a flat gift box, previously used to package clothing. Similar to our reusable-paper box, we have a drawer in the kitchen to store reusable plastic bags, usually leftover from shopping. Tying the bags into knots keeps them from tangling.

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is a little recycling bin. We keep our main recycling tub in the kitchen so that people can empty their bins while grabbing snacks or drinks. This also conveniently places the recycling next to the sink for easy disposal of rinsed, empty juice bottles or containers. An actual bin isn’t a requirement, though. I repurpose a mug.

- A sustainable closet. To reduce my closet’s impact on the environment, I focus on rebuilding with each new piece I purchase, rather than splurging on sustainable items. I particularly like brands such as Cotopaxi, Patagonia’s Worn Wear collection, or Rothy’s – they use remnant textiles from other companies or other recycled materials. I buy from companies like these because it’s important to provide a market for items made from recycled materials.

Andrew Chang drives his Tesla. The family bought the electric car after their older gas-powered vehicle broke down.
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SUSTAINABILITY

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materials. Often, sustainable brands have expensive items due to the process of repurposing old material. Buying second-hand is an effective way to reduce one’s footprint and find clothing without breaking the bank.

**Infrastructure changes and city programs**

In our house, replacing old light bulbs with LEDs and choosing low-flow showerheads have been easy ways to reduce our electricity and water consumption because they don’t require behavioral change.

However, replacing all hardware at once with sustainable options is often intimidating due to its expense and logistic difficulties. Our family works toward sustainable architecture and hardware by prioritizing the environment when updating or repairing our

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Bessie Ng flushes one of the Changs’ low-flow toilets. The family also has low-flow showerheads and faucets to reduce water use.

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house – this usually applies to larger investments.

For example, when our older gas-powered car broke down recently, we invested in an electric vehicle as its replacement. When our toilet began leaking, we replaced it with a low-flow toilet to reduce our water consumption. We find the slow transition toward sustainability manageable.

Below, I list a few hardware changes that my family either has incorporated or is looking into.

• Reducing water consumption. Low-flow toilets, showerheads and faucets all can contribute to reducing water use. Also, periodically checking for leaks can both save water and minimize your water bill. Many energy and water providers in the area have rebate programs to encourage sustainable consumption. Silicon Valley Clean Energy incentivizes the switch from a natural gas water heater to an electric Heat Pump Water Heater by offering rebates through its FutureFit Program. Cal Water offers rebates for high-efficiency toilets, clothes washers, irrigation controllers and sprinkler nozzles. The Santa Clara Valley Water District offers rebates for low-water landscaping, greywater system installation, submeter installation and private well installation. For more information on any of these programs, visit the organizations’ respective websites.

• Exploring energy conservation and generation. Switching to LEDs is a quick way to reduce energy consumption, but make sure to dispose of old light bulbs correctly; they’re considered hazardous waste. Los Altos Hardware in downtown Los Altos accepts CFLs and fluorescent tubes.

Looking ahead

I’m proud of my family’s efforts toward integrating sustainability into our daily lives through small steps. But even with what we’ve accomplished so far, we are always looking to improve

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and would love to do more. That’s why I’ve made a list below of a few actions we’d like to pick up. Hopefully, it inspires you to make a list of your own.

• **Plan meals or purchase food mindfully.** An immense amount of food waste is produced each year. In 2010, the U.S. Department of Agriculture estimated that we waste approximately 31% of the food available for consumption, equivalent to 133 billion pounds and nearly $162 billion lost. My family would like to cook and purchase only what we can finish.

• **Incorporate compost into our garden.** We have a small garden in our backyard, from which we can harvest homegrown kale, basil, mint, strawberries and more. Mission Trail Waste system, our local waste management service, is happy to deliver a complimentary backyard compost bin or worm bin on request;

The Changs have bins to recycle paper and packaging – such as cardboard and plastic – in their Los Altos home.

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I view each home sale or purchase as a stepping stone in your life.

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we haven’t yet used this opportunity. They also conduct compost giveaways as directed by the city. My family would love to integrate our home compost system into our garden to make use of the organics we generate.

- **Use sustainable toiletries.**
  I’d love to transition to shampoo bars and solid toothpaste, especially because toothpaste containers are often not recyclable (due to their composition of plastic and aluminum) and generate a large amount of waste. Alternatively, I’d be willing to try TerraCycle, Colgate’s Oral Care Recycling Program, where people can ship their oral care product packaging waste. However, I’m not sure if the environmental benefit of a few toothpaste tubes would offset the carbon emissions from shipping the waste itself.

The Changs have replaced all the old-style light bulbs in their home with LEDs that save energy. They recycled the old ones.
Reflecting

There are always ways to improve, and often it’s hard to know where to start. I suggest having a conversation with your family about which areas of sustainability to focus on.

I recommend choosing and integrating a few behavioral changes into your daily routine, in addition to accomplishing doable tasks sooner rather than later, such as changing light bulbs and showerheads. After a few weeks, reassess your household and have another quick conversation. What did you do well and how can you do better? Don’t forget to celebrate successes.

I do worry about the future of our planet, and my generation’s future. Even though our environmental efforts may not seem like much individually, the cumulative impact of our actions has the potential to save our beautiful world.

If we’re able to control our footprint and the demand of the market by voting with our wallets and action, I believe that we can take on climate change one household at a time.

Audrey Chang is co-president of the Los Altos High School Green Team.
People dance to live music at a past First Friday event. The free events are held the first Friday of each month in downtown Los Altos.

Los Altos First Friday
6-8 p.m. monthly
Downtown Los Altos
Attendees can listen to music from local bands and solo artists the first Friday night of every month. The performers station themselves outside restaurants and storefronts, which often extend their hours to provide complimentary in-store activities and refreshments for passersby. The free events offer an opportunity to shop, dine and explore the downtown area while surrounded by music. First Fridays are organized by Los Altos Forward, a program of Los Altos Community Foundation.

For more information, visit losaltosfirstfriday.org.

Full Moon Night Hikes
8:30-10 p.m. monthly
Westwind Community Barn
Full Moon Night Hikes are available for night owls interested in seeing Los Altos Hills in a different light. The monthly hikes take place when the moon is at its brightest. Participants should bring a flashlight, dress warmly and wear sturdy shoes.

For more information, visit losaltoshills.ca.gov.

Mountain View Farmers’ Market
9 a.m. to 1 p.m. Sundays
Caltrain Station
The Mountain View Farmers’ Market on Evelyn Avenue, operated by the California Farmers Market Association, features more than 70 growers and food vendors selling their organic produce, baked goods and fresh flowers. The location offers easy Caltrain and light-rail access and is within walking distance of downtown Mountain View.

For more information, visit cafarmersmkts.com.

Pathways Walk
9:30-10:30 a.m. monthly
Purissima Park, Los Altos Hills
The first Wednesday of every month, Los Altos Hills Parks and Recreation leads a roughly 2-mile walk through the town’s pathways system. Routes and speed vary based on participants’ wishes.

For more information, visit losaltoshills.ca.gov

TheatreWorks Silicon Valley’s ‘Ragtime’
April 1 through May 3, various times
Mountain View Center for the Performing Arts
“Ragtime,” the Tony Award-winning musical set at the dawn of the last century, celebrates the American dream. The play, adapted from the novel by E.L. Doctorow, features a book by Terrence McNally, music by Stephen Flaherty and lyrics by Lynn Ahrens. Tickets are $45-95, depending on the selected date and time.

For times, tickets and more information, visit mvcpa.com.
Easter Egg Hunt
10 a.m. to noon April 4
Downtown Los Altos
Children can hunt for thousands of candy- and prize-filled eggs hidden along Main and State streets at the 57th annual Easter Egg Hunt. Activities and photo opportunities with the Easter Bunny are available at Veterans Community Plaza. Admission is free for children ages 1-10.

For more information, visit downtownlosaltos.org.

Lunch Mob
Noon to 1:30 p.m. April 13
Downtown Los Altos
The Los Altos Chamber of Commerce hosts lunch at Rustic House Oyster Bar & Grill to support a Chamber member and make new connections. RSVP not required.

For more information, visit losaltoschamber.org.

Spring Family Parade
10 a.m. to 1 p.m. April 25
Mountain View
The 42nd annual Spring Family Parade begins

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Immanuel Lutheran Church

Come join us for Sunday School at Immanuel Lutheran Church!

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Children’s entertainment – like face painting and balloon twisting by Twinkle Dee Star – is a staple of the Los Altos Farmers’ Market, scheduled to begin May 2 on State Street.

Grow a Giant Pumpkin
1-2:30 p.m. April 25
Los Altos Hills Town Hall, Parks and Recreation Building
It takes more than good seed, good soil and good luck to grow a giant pumpkin. Join local green thumb Vince Zunino to learn the art of growing a giant pumpkin. RSVP required.
For more information, visit losaltoshills.ca.gov.

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The Great Race for Saving Water

50th Anniversary
Earth Day

A family- and pet-friendly 5K, 10K, Kids Dash plus Earth Day festival

Join us after the race — live music, food trucks, electric vehicle ride & drive, games, nature activities, raffle, community booths and more!

Satuday
April 25
9AM-1PM

Palo Alto
Baylands Athletic Center

Earth Conscious Event

• Bike there for extra raffle tickets & free tune-ups
• Zero waste — bring reusable water bottles
• Recycle used sneakers for extra raffle tickets
• We recycle your race bib

#GreatRaceforSavingWater #BaylandsEarthDay

Register for the races at cityofpaloalto.org/earthday
Teen Open Mic Night
7 p.m. April 25
Mountain View Center for the Performing Arts

The Mountain View Youth Advisory Committee welcomes all ages to experience teens performing anything from singing to poetry and comedy. Seating for the free event is first come, first served.

For more information, visit mvcpa.com.

Los Altos Farmers’ Market
4-8 p.m. Thursdays May 2 through Sept. 26
State Street

The Los Altos Village Association-hosted farmers’ market features local vendors selling fresh produce, flowers, plants, baked goods and more. The market includes children’s activities and live music.

For more information, visit downtownlosaltos.org.

A La Carte and Art Festival
10 a.m. to 6 p.m. May 2 and 3
Downtown Mountain View

The 24th annual A La Carte and Art festival offers family-friendly activities, live music, a car show, arts, crafts and food. Presented by the Mountain View Central Business Association, the event celebrates springtime, the arts and Cinco de Mayo.

For more information, visit alacarte.miramarevents.com.

Wine Stroll
6-9 p.m. May 8
Downtown Los Altos

The merchants of downtown Los Altos join with the Los Altos Village Association to present an evening of wine tasting. Tickets, $30-$40, include a wristband, a free collectible glass and a map of the tasting sites. Those who wish to participate without tasting may attend for free.

For tickets and more information, visit downtownlosaltos.org.

Vicky Fang visits Linden Tree Books
May 16
Downtown Los Altos

Local author Vicky Fang introduces two new books at Linden Tree Books: “Layla and the Bots,” a series for young readers, and “Invent-a-Pet,” a picture book about finding the perfect pet with the help of STEAM coding concepts that create one-of-a-kind creatures. The free event is designed for all ages.

For tickets, time and more information, visit lindentreebooks.com.

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