

URBAN concepts

Fall 2020



Welcome, Fall

Fall has arrived. The season of harvest before winter. It's a time to reap the rewards of the season's crops and to share the successes of a bountiful harvest.

It's the season to give thanks for everything we have in our lives. Our family, our friends, our good health and the good values that have shaped each and every one of us. It's also a time to share and teach our traditions, talents and knowledge to others.

As an organization we are thankful for the many relationships we've built and the opportunities you've given us to develop our maintenance practice. Our knowledge about repairs and maintenance in condominiums would be nowhere near the level it is, had you not allowed us to work in your residences for all these years.

In this edition we will share interesting articles on potential sources of condominium water leaks and what to look out for, tips on raising indoor plants, repurposing pre-owned clothing to give it a second life, an introduction to photography by a professional photographer, essential oils and how they can be used as a disinfectant, a grilling experience with tomahawk steaks and a feature on two popular local produce items.

This has been a year unlike any other, and it will give birth to a lot of change for the future. Although one change with this year's Holiday Season may see smaller and fewer gatherings with family and friends, fall will still be the season of giving thanks for everything we've been blessed with. Be good and make the best of what fall has to offer.

Much Mahalo,
Brett Hill Construction

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SOURCES OF POTENTIAL WATER LEAKS IN CONDOMINIUMS

Condominium living comes with its own set of challenges that we should always be aware of, one of which is making sure the water sources in your residence do not leak and cause damage to your unit.

Although this is an important requirement in any residence whether you live in a condominium or single-family home, it has greater importance in a condominium because water will naturally flow down to the lowest points which means causing potential damage to neighbors below. Water leaks can originate, from multiple sources, and can cause significant damage depending on the severity and length of time before the leak can be found. In this article we talk about sources of potential water leaks and how to look out for them.

TOILET

The toilet has a few potential areas where leaks can originate but they all can be caught in time before the leak causes too much damage.

1. The **water supply line & angle stop** (the water line behind the toilet bowl), can leak at the joints - rubber seal washers can harden & crack because of the "hard" water (water high in mineral content). The leak is very difficult to detect because it is usually a slow drip, so periodically placing a paper towel underneath the area and checking for water droplets is a good way to monitor that.
2. The **wax ring** should be replaced every 5 years, if left too long, the ring will deteriorate causing water to leak from the base of the toilet when flushed. The ring can also get misaligned which will also cause a leak.
3. The **rubber washer** that seals the connection between the tank and the bowl will deteriorate over time, causing water to leak from the washer. This is common in communities where the water is "hard" (Hawaii). When there is a leak the water will run down the bowl, onto the floor. This is often misdiagnosed as a wax seal leak, because of where the leak is detected.
4. **Hairline cracks in the toilet bowl or tank** - epoxy can stop the leak temporarily, but replacing the toilet would probably be the best solution.

WATER HEATER

The water heater has several sources where leaks can occur. Depending on its origin, leaks from the water heater will show up either when water runs down the side of the heater or in the drain pan that the heater is sitting in. The usual causes of the leaks are as follows.

1. **Inlet & outlet water supply lines** (attached to the top of the heater)- when there's a leak, water will start running down the side of the heater. Replacing the line should stop the leak.
2. Leaks from the **water heater nipples** (the connecting points to the water supply lines) will occur when the threads of the nipples get worn out or stripped. At that point, replacing them should stop the leak.
3. The **pressure relief valve** can drip due to the temperature or water pressure in the residence being set too high. When this occurs, you will see water running down the side of the heater.
4. The **drain line** often clogs after flushing the heater. The clog is due to sediment getting caught causing the drain to not fully close. The only solution would be to flush the heater again and replace the drain.
5. The **tank inside water heater** corrode and rupture causing a bad water leak. At that point the heater will have to be replaced. Periodically replacing the anode rod will prolong the life and lessen the chance of the tank corroding and rupturing.

WASHER

Due to the high volume of water used, the washer is an appliance that must be looked after constantly to avoid any water leaks. The following are some of the more common sources of water leaks.

1. The **washer drain** can sometimes collect debris such as lint and hair which can clog the drain, causing a backup and overflow. Using a plumber's snake can help clear most clogs.
2. The **external supply hoses** - could rupture unexpectedly or leak during a fill cycle. Shutting off the hot and cold water valves in between washes will relieve the pressure off the hoses and prevent any unexpected rupture in the hoses. Also, feeling for signs of water along the hose during the fill cycle will tell you if water is leaking from a hose or its connection points.
3. The **internal hoses** (hoses that connect the inlet valve to the tub) should be checked if water starts to flow out from under the washer. Cracked or perforated hoses or loose or corroded spring clamps could be the problem and may need to be replaced as these parts can become worn-out over time.
4. The **drain pump** could be malfunctioning if water is coming out from under the washer. It could mean the pump is broken and will need to be replaced. But sometimes lint or hair gets caught around the pump causing it to stop turning and the washer tub to stop draining, thus overflowing over the tub. In this case simply removing the lint or hair will allow the pump to start working again.
5. **Front-load washers door boot seals** (used to seal the area between the door and outer tub) can sometimes crack or rip due to normal wear and tear. If your washer seems to be leaking near the door area, check for signs of damage or dirt build-up that could be preventing a tight seal.
6. **Top-load washers tub seals** (used to keep water from leaking where the basket shaft enters the tub) if damaged, can cause your machine to leak during either the fill or agitation portion of the wash cycle. At that point, the damaged tub seal will need to be replaced.

AIR CONDITIONER

Water leaks caused by the AC are usually caused by a clogged condensate drain line. Through continued use without proper maintenance the condensate drip pan & drain line can accumulate algae growth, causing the drain line the clog & drip pan to overflow, spilling condensate water onto the adjacent area of the unit. You will usually know when the pan is overflowing when the surrounding area around the AC unit shows signs of water or water damage.

OTHER SOURCE OF LEAKS

There are other sources of water leaks that can cause damage (some significant).

1. **A slow drip** from a leaking faucet, angle stop, drain line or p-trap - if not found early, this can cause significant damage to a cabinet floor, any adjacent drywall, stone countertops & flooring/carpet. Periodically checking the floor of your cabinet for any dampness could prevent damage to your unit.
2. **Fire sprinklers** - can begin to drip at the joints due to age & corrosion. Pipes can start to drip from pinhole openings from which you'll be able to see puddling from the water drops below a sprinkler head. At that point it would be advisable to contact a plumbing contractor that can work specifically on fire sprinkler systems, you don't want to risk doing it yourself and possibly break the water line. Fire sprinklers are set to go off when the glass vile, in the center of the sprinkler breaks setting off the sprinkler with large volumes of high-pressure water shooting out. Something as harmless as hanging your clothes on the sprinkler head can break the vile and set off the sprinkler.

Water leaks in condominiums can cause significant damage, not only to your unit but to your personal belongings, irreplaceable one-of-a-kind valuables, and unfortunately the relationships between neighbors. Proper and timely maintenance and being observant can prevent most of these occurrences from becoming a major water issue.

HOUSE PLANTS

Urban Concepts interviewed Hokua resident and part-time plant enthusiast Ron Chang for tips on selecting and caring for condominium plants. Included in this article are highlights from this insightful discussion.



UC: The majority of our readers live in high rise condos in the Downtown/ Kakaako/Ala Moana/Waikiki area. Is it possible for them to successfully raise plants inside their apartments?

Chang: Absolutely. There are wide varieties of plants out there which are well suited to indoor living. The first thing a homeowner must do is determine what type of lighting is available in their apartment, so that the right type of house plant can be purchased for their environment. I like to categorize plants in four categories: 1) high intensity light plants which are best suited for outdoors only; 2) strong intensity light plants which thrive in sunny windows; 3) moderate intensity light plants which are capable of living in diffused light conditions; and 4) low intensity light plants which can survive in artificial lighting and rooms with minimal natural lighting. Anyone living in a condo should avoid category 1 plants unless they have a sunny balcony or glass bay window with heavy sun exposure, many flowering plants fall into this category (ex. Bougainvillea & most Ficus plants).

The ideal house plants for most condos fall in categories 3 and 4; although a number of south and west facing apartments which receive a lot of light can easily accommodate category 2 plants.

Most people who have challenges raising house plants indoors may simply need to identify what type of lighting they have in their apartment and what type of plants will thrive in the type of environment they can provide.

UC: That's very interesting and probably explains why the only plants surviving in our office are the artificial ones!

Chang: Exactly. For example, bathrooms, hallways and deep area of a room that are away from a window should be filled with category 3 or 4 plants. Anything else will not be able to survive long term in such a condition.

The Sansevieria plant, is an ideal low light plant which is characterized by slow growth and thick hardy leaves that are long and angular. It can thrive in medium to full light but the amazing thing about this plant is that it can also adapt to very low light conditions. Because of the angular geometric shape of its leaves, it is also very stylish when placed in a decorative container. There are over 70 species of Sansevieria. (Top picture on the left: Sansevieria also known as Mother-In-Laws Tongue.)

Chang: Another great low light plant comes from the Dracaena family. Like the Sansevieria, these plants can also do well in full sun or in very low light. They are almost as slow growing as the Sansevieria, but rather than growing in



clusters from the ground up, Dracaenas grow like trees and have long stalks filled with leaves. There are many types of Dracaenas, but the most common type in Hawaii is the Dracaena Marginata.

(Picture, second to bottom: Dracaena Marginata also called the Money Tree.) The Dracaena Marginata is probably more of a category 2 plant in terms of light preference, while the Dracaena Warneckii is, in my opinion, a better Dracaena for indoors. Warneckii seems to thrive better in low to moderate light conditions and has brighter coloring. (Picture, second to top: Dracaena Warneckii).

UC: What if I have a sunny window or a bright room in my apartment? What kind of plants do you think would thrive there?

Chang: Apartments with excellent lighting have a much wider range of plants they can choose from. In addition to the ones described above, they can also select other types of plants like the Spathiphyllum. Its flowers look like a white anthurium and it has rich dark green leaves. It can thrive in moderate to strong light and is a relatively fast growing plant. Bromeliads also will do well in a well lit indoor setting and there are hundreds of different types of bromeliads to choose from that offer a wider variety of colors to suit your decor.

The one thing I love about the Spathiphyllum is that it is perfect for people who never know how much to water a plant. Because its leaves and stems do not store water very well, the Spathiphyllum will start to droop if it is being under-watered so that you should easily notice if the plant is in need of a drink.

The Spathiphyllum is an excellent choice of plant if you are unsure of what kind of lighting is available to your apartment, because it can thrive in a brightly lit room (category 2) or in a diffused light setting (category 3). It can even stay alive in an office for along period of time under artificial light (category 4). (Bottom picture on the left: Spathiphyllum, also known as the Peace Lily).

UC: That sounds like the perfect plant for me! Are there any other considerations I should make when selecting plants for my home?

Chang: One thing that should always be considered is scale and space. When looking at a plant in a garden shop, it may not seem very large among the other plants there and especially in relation to a wide open space in the store. But bringing the plant home to your condo can be a different story. Make sure you are not getting a plant that overpowers the space you have and try to purchase something that is consistent with the room's decor.

UC: Thanks for the tips, Ron! I do have one more question, is it true that talking to your plants helps them thrive, or is that purely a myth?

Chang: I think all living things do better when they are cared for by someone who is concerned for its well being. The time we spend to cater to our plants and observe whether they are getting the right amounts of water and light, will go a long way to ensuring their longevity and health. I wouldn't be too concerned about talking to our plants, unless of course, they start talking back!



Essential Oils



Do essential oils disinfect? They really do.

Essential oils with the help of distilled water, hydrogen peroxide or alcohol can create an effective solution. In this article, Noe Johnson, a condo owner from Coldwell Banker Realty, shares some simple recipes to be used to clean and disinfect your entire home.

Have you ever read the labels of the cleaning products in your cabinets? There is much research to prove how dangerously toxic many popular household cleaners are. A non-toxic approach to cleaning will not only clean your home, but you may find improvements in your overall health. Reducing our exposure to commercial chemicals is the wave of the future for our homes, for our bodies and for our planet.

Essential oils come from plants and are found in various parts of plants such as the flowers, seeds, peels from the fruits, bark and roots. Let's be clear though, not all plants make essential oils. A banana, for example, does not have its own essential oils within the fruit. Though, banana juice can be used in combination with almond oil, a popular carrier oil, to create a banana infusion. Not an aroma that appeals to me, but you get the idea. Carrier oils are also derived from plants and used to dilute essential oils.

Someone once said that essential oils are not made, they are extracted as aromatic chemicals. Chemicals that come from parts of plants. The aromatic chemicals are created through cold pressing or steam distillation. The results are interesting as oils contain anti-septic and anti-viral properties. The anti-septic chemical effects are as follows:



• Anti-bacterial	• Anti-inflammatory
• Anti-microbial	• Anti-fungal
• Astringent	• Analgesic
• Anti-odor	• Anti-spasmodic

These days, essential oils are easy to find - they come in bottles. The most popular companies or brands are Young Living and DoTerra, but you won't find these oils in our Hawai'i stores. However, the most popular establishments with vast selections of essential oils around town are Down to Earth or Whole Foods. There are several brands to choose from, but the recommendation is to choose oils that claim to contain "100% Essential Oil". Careful when choosing a specialty blend. Blends of certain oils may dilute the effectiveness of a primary oil, and typically blends do not claim to be 100% pure oil.

Now for the recipes to make your own cleaning solutions. Here is a list of the products and supplies necessary to get started and a very short list of oils best for cleaning:

Anti-septic/Anti-viral:	Lavender, thyme, tea tree, citrus, lemongrass, clove, peppermint, eucalyptus, cinnamon
Anti-bacterial:	Any type of citrus, lemongrass, peppermint, eucalyptus, tea tree, sage
Anti-microbial:	Lavender, thyme, tea tree, peppermint, lemon, lemongrass, cedar wood, eucalyptus, cinnamon, clove
Anti-fungal:	Thyme, lemongrass, oregano, clove, peppermint, eucalyptus, geranium

- 20 oz. spray bottle
- 3% Hydrogen Peroxide (H2O2) and/or Isopropyl Alcohol (70% or 99%)
- Distilled Water
- Essential Oils

Alcohol Solution - 3:1, alcohol to water

There has been a bit of debate whether it is best to use alcohol at 70% or 99%. I took it to a pharmacist who simply said it won't make much difference. It's just a preference. Choosing to use the 99% alcohol in combination with antiseptic essential oils, you can expect the alcohol to do its job but know that it will evaporate quickly while leaving the essential oils to finish the work. 70% alcohol with essential oils will do the job, but will take longer to evaporate, and the benefits are the same. Considering the fact that the solution will include distilled water, you'll simply need to decide what your preference will be. I leave it to your conviction.

- Alcohol - Add 3 parts to the container (be sure to leave room for 1 part water at the end)
- Essential Oil - Add 30 drops into the container. (although you're making a cleaning solution, why not make it to satisfy your aromatic preference with a blend of 100% essential oils).
- Affix the lid to the solution and gently roll the mixture back and forth in your hands without tipping it over. Let stand for about 10-20 minutes.
- Distilled Water - Add 1 part to the container
- Replace the lid and gently roll the mixture back and forth in your hands

Hydrogen Peroxide (H2O2) Solution - 3:1, H2O2 to water

H2O2 is very effective indeed in disinfecting, however, even a solution of 3% can be harmful to some woods, plastics and also metals. There are higher grades but not recommended to be used as a cleaning solution as it is acidic.

- H2O2 - Add 3 parts to the container (be sure to leave room for 1 part water at the end)
- Essential Oil - Add 30 drops into the container
- Affix the lid to the solution and gently roll the mixture back and forth in your hands without tipping it over. Let stand for about 10-20 minutes.
- Distilled Water - Add 1 part to the container
- Replace the lid and gently roll the mixture back and forth in your hands

Flooring Solution - 50:50, distilled white vinegar and water

~The best tip for cleaning hard tiles and solid surfaces is a simple solution of white vinegar and water.

The recommended dilution is 50:50, but I'd say a little more water is best due to the strong smell of vinegar and its acidity. If the smell of vinegar is truly an imposition, then adding a few peels of an orange, lemon or lime will be a fresh infusion.

~Create the solution in advance, it'll keep for a bit if you find you've made too much. Careful not to leave the floor's surfaces too wet.

~Solution for Hardwood Flooring - 1 cup of distilled white vinegar to 1 gallon of water

~In cleaning hard woods, a dilution of more water is definitely best to not dull the polish or wax finishes.

On the other hand, a vinegar solution will remove residue from commercial cleaners and remove the buildup of dust and dirt. Vinegar is said to add a shine to hardwood, without leaving a film.

Now you're done, go find something to clean and know that the harmful chemicals found in many of our store-bought cleaners is not in either of your cleaning solutions. Find peace in knowing the kitchen, bathrooms, furniture, door knobs, light switches and railings will be clean and fresh!



Steps to Taking a Good Photo

FOR BEGINNERS

p.s. a fancy camera is not required!

Professional photographer & the Owner Experience Coordinator at Park Lane Ala Moana, Diedre Monroy shares her insightful perspective for beginning photography enthusiasts, much of which was self-taught through her development as a photographer

Believe it or not, my love for photography started when I was just seven years old. My mom passed down her original Polaroid Camera to me and I was instantly hooked. Since then, I've won various awards in high school, and started my own business at twenty-four. I was once in your shoes with many questions as to what makes a good photo. One thing that I learned is, art is art.

First things first - it is not the camera that makes a good photo, it is the creative eye that is using it. When it comes to taking a photo, to some, it can be as easy as picking your phone up and snapping 50 photos in three seconds. If you are looking to expand your creativity, here are 5 basic rules to begin with.

#1 - Let's talk about the composition of the photo. If you were to split up the frame into three parts from left to right, and again from the top to the bottom, your subject should be positioned anywhere avoiding the center. This includes the placement of the horizon line as well.

#2 - The second simple part of composition is **foreground, middleground, and background**. The foreground consists of anything that is closest to the camera. The background is anything that is furthest from the camera, and lastly, the middleground is what is in between the two. Having at least two of these components creates depth in your photo and leads the eye to your subject.

#3 - Perspective. It is OK to take a dozen photos of one subject, and it is even better to take it at different angles. By doing this, you will find the best angle that suits the story you are trying to tell.

#4 - Lighting - one of the most common rules that you may hear, can really enhance a photo. There are various ways to use light in a photo, but to keep it simple, I will discuss a lighting rule for portraits. For starters, it would be best to have your back to the sun, with it shining on your subject at a 45 degree angle. If there is no sun, and it is a cloudy and overcast day, disregard this rule as the clouds will act like a soft filter.

#5 - Horizontal VS. Vertical photos - This may also be known as landscape and portrait orientation. While you are snapping away at your subject and taking a dozen photos at a time, try switching it up by shooting some photos horizontally and others vertically.

Steps to Taking a Good Photo

FOR BEGINNERS

p.s. a fancy camera is not required!



#01

RULE OF THIRDS

Avoid placing your subject in the middle of the frame. Place the subject to the left or right of center (or above or below center). This includes the horizon line!

#02

COMPOSITION

Foreground - part of the photo that is closest to the camera

Middleground - between foreground & background

Background - furthest away from the camera

#03

PERSPECTIVE

Taking photos from different angles makes it more interesting in telling a story!

#04

LIGHTING

Be sure to have the sun or light behind your (the photographer's) back, shining at your subject at a 45 degree angle.

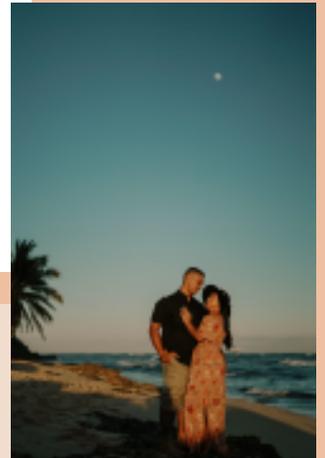
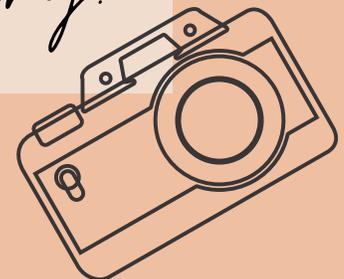
#05

SHOOT VERTICAL & HORIZONTAL

This will expand your creativity level by shooting portraits in a horizontal format or landscape photos in a vertical format.

"it is not the camera that makes a good photo, it is the creative eye that is using it."

Keep Shooting!



REPURPOSED CLOTHES

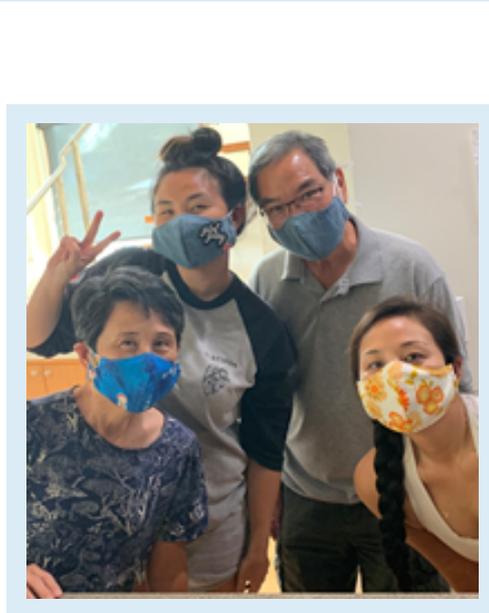
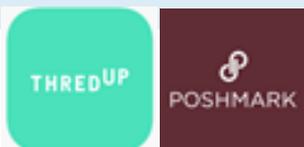
With condo living, we are more conscious about the things we own. Time and again, we wonder what to do with garments that no longer fit or have seen their fair share of wear and tear over the years. Luckily, there are more than enough ways to be mindful and sustainable when freeing ourselves of what we no longer need. In this article, Cara Kuromoto, a Hawaiki Tower resident & owner of The Vintage Hunny a local business that repurposes clothes into modern styles, will share 3 ways you can give your clothes a second life as well as make an impact.

1. DIY (do it yourself) into something new. Transform your old clothing into something updated and functional. For example, you can turn an old blouse or old pair of jeans into washable face masks for family and friends. Repurposing also referred to as upcycling clothing is the procedure of taking old or damaged garments and revamping them into brand new pieces. (Left picture: Repurposed denim used to make washable facemasks).

With the growing popularity and necessity of sustainability, the trend of upcycling garments is becoming increasingly popular with modern fashion. After my grandpa passed away, I helped my mom and grandma clean out his closet, and what seemed like "trash" to them was upcycling gold in my eyes. We found denim shorts from the 80's, t-shirts from Aloha Airlines (now discontinued), vintage aloha shirts and we even found some old designer garments. With upcycling, your unwanted clothes could be someone else's vintage treasure. (Far right picture: A pair of old overalls, upcycled into a dress & the excess scraps of denim used to make a matching sun hat.)

It is understandable that most people don't have the right resources to turn their old clothes into something completely new, so as a last resort you can use your old clothes as rags around the house! This is just another great way to be sustainable, and recycle your old garments into something useful.

2. Consign and resell your old clothing. Using online sites or apps such as, Thred Up or Poshmark, are the most easy and efficient ways to resell your old, lightly worn garments. You can do everything from the comfort and safety of your own home and all you have to do is print out the prepaid label and send it out through the mail, which most condos allow you to drop off your prepaid packages downstairs for the mailman to pick up daily.



3. Donate to local second hand stores, such as the Salvation Army or Goodwill. The good thing about donating your gently used clothes to these centers are because the sales from their stores are donated to specific causes that each organization represents. Another plus side to donating to these establishments is that you can get a donation receipt to use as a tax write off.

On both website's they provide a list of acceptable and unacceptable donation items, which is helpful so you are not wasting your time bringing items just to find out that they aren't able to accept them. The Salvation Army's site also offers free pick-ups, but if you decide to drop off your donations both websites have drop off locations around the island listed, as well as their hours of operation.

The Salvation Army website:
<https://www.salvationarmyusa.org/usn/>
Goodwill Hawaii Website:
<https://www.higoodwill.org/>

BARBEQUING THE PERFECT STEAK

With COVID-19 forcing all of us to limit our social activities, many of us have decided to sharpen our stay-at-home culinary skills. With this lifestyle change and the family back home this summer, the Hill household made it their mission to search for the ultimate recipe for grilling steaks.

THE CUT:

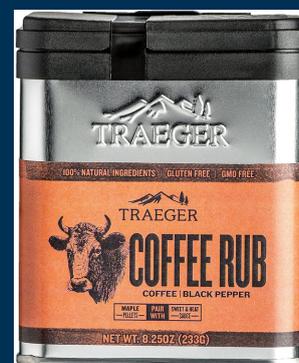
This summer our family experimented with finding the holy grail of steaks. This expedition included such cuts as filet mignon, tri-tip, sirloin, wagyu, bone-in ribeye, and T-bone. All were exceptional but the Holy Grail was the dry aged, grass fed "Tomahawk" steak. This very special cut ranges from 2.5-3.5 pounds and is cut 2 inches to 2.5 inches thick. The uniform marbling of this steak is at the top of the list, very typical to wagyu steak.

NOTE: The "Tomahawk" steak is very hard to find in Hawaii. We order these steaks from a specialty grass fed cattle ranch in Siskiyou County California called 5 Marys Farm (website: fivemarysfarm.com) and we also buy them at Whole Foods (the cost is less at this location), but you must call in advance as they sell out very fast.



THE SEASONING:

Once the cut, that being "Tomahawk" was determined the next step was to create the magical seasoning mixture. This part of the experiment ranged from wet brining, dry aging and various rubs, including sea salt and cracked pepper, Cattle ranch specialty steak seasoning mixtures and coffee rubs. The winner in the seasoning category was the dry coffee rub seasoning mixture. This homemade mixture consisted of fresh ground coffee, sea salt, cinnamon, cumin, rosemary and ground pepper. However, the easier way to go is to purchase Traeger Coffee Rub. We found this initially at City Mill, but then purchased it through Amazon. Apply your seasoning very liberally on all sides, including the ends.



THE BARBEQUING:

The third step was to appropriately cook the "Tomahawk". The best approach that we found was to sear the steak at a very high heat (i.e.: 400-500 degrees). Make sure to only flip the meat one time so that there are nice dark grill marks seared into the steak. This seals the steak to retain the natural juices. Once seared (approximately 2-3 minutes per side), then turn off the high heat section of the grill and move the meat to the other side of the grill which is on low-to-medium heat. Close the grill lid and let it continue to cook flipping the steak a couple of times maximum. This process takes 15-20 minutes on average, but more importantly is completely contingent of the temperature of the steak in the middle. This thick steak really requires a meat thermometer, as guessing the doneness is very difficult to do with this extra-thick cut.

Rare is 125-130 F degrees

Medium-Rare is 135-140 F degrees

Medium is 140-150 F degrees

Medium-Well is 150-155 F degrees

Well is 155-160 F degrees

NOTES:

- Remember that the temperature selections as noted above are applicable for the center of the meat. The perimeter and ends will be cooked to the next level of doneness. Therefore, this "Tomahawk" cut will actually have two levels of doneness.
- Make sure you have your meat thermometer. Once the temperature reaches 125 F degrees it rises very quickly so check it often.
- Make sure the meat is at room temperature before barbecuing it.
- Make sure the barbecue is fully heated before placing the meat on the grill.
- Remember that even when you remove the steak it continues to cook while cooling.
- Once cooked to your desired temperature, in the middle of the steak, let it sit (i.e.: rest) for approximately 10 minutes and then cut it into nice thin medallions to be shared family style.
- Pair your "Tomahawk" with a bold red wine. Some selections of varietals include a Cabernet Sauvignon, Merlot, red blends, or select an Italian Super Tuscan, Barolo, Barbaresco, Amarone della Valpolicella, Ripasso, or French Bordeaux.

In conclusion, experiment with your taste buds, preparation of doneness, and associated wine pairings.

And, always remember it is not the steak or wine itself taking center stage but the experiences you have with your friends and family.

Bon Appetite!

-Brett

PRODUCE SHOWCASE

KABOCHA

Taste: Exceptionally sweet flavor, even sweeter than butternut squash. It is similar in texture and flavor to pumpkin and potato combined.

Uses: Commonly utilized as a side dish and in soup or as a substitute potato or squash. Also used as part of a tempura dish.

Nutritional Facts: Rich in beta carotene, with iron, vitamin C and potassium.

Grown and Sold: Grown on Oahu and the neighbor islands. Sold at most grocery stores and farmers markets.



OKINAWAN SWEET POTATO

Taste: Sweet flavorful taste with a soft texture.

Uses: Most commonly boiled and eaten on its own. Also used in desserts or snacks and in tempura dishes.

Nutritional Facts: High in vitamin A, vitamin C and manganese. A good source of copper, dietary fiber, vitamin B6, potassium and iron. Also high in antioxidants.

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