

URBAN CONCEPTS

FALL 2021

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With the arrival of fall and the beginning of the celebratory Holiday Season, we look back on this year as a year of recovery and rebirth. 2020 was a very eventful year that made many of us realize how vulnerable society can be, but it also showed how communities can adapt and be resilient to any difficult condition. This year has so far been a much milder year and just as societies have done throughout history, the strength of our resilience and ability to recover has shown strong in 2021.

As we prepare to celebrate Thanksgiving and the start of this year's Holiday Season, we've come to realize that there's so much more to be thankful for. Our good health and happiness, the relationships that we've been able to maintain and foster during this pandemic, but most importantly the reemergence of safe gatherings to reconnect with family and friends.

In this edition of Urban Concepts we share, tips on how to do your own periodic home assessments, a Q&A with local food bloggers, a guide to hidden gems in the Honolulu area, an article on the history behind the names of popular surf spots on the south shore and a couple of unique Thanksgiving recipes using produce you can find locally at any farmers market.

We wish all of you a wonderful Holiday Season!

Mahalo nui,

Brett Hill Construction

DIY

(Do It Yourself)

Periodic Home Assessment

Air Conditioner

The air conditioner is a very important piece of equipment in any home. It's a valuable source of comfort, especially during the summer, so making sure it runs efficiently and continues to cool your home throughout the year is of utmost importance. If you currently have your air conditioners maintained on a regular basis - quarterly or semiannually depending on the usage frequency, you are being proactive in avoiding potential unexpected breakdowns or costly repair or replacement costs not just to the air conditioning equipment but from damage caused by condensation water leaks that was not caught early.

Without proper and timely maintenance, often times your air conditioner may prematurely malfunction and one of the most common issues is a clogged condensation drain line that causes the water to over flow from your condensation drip pan or hose. This water leak, if not caught early will spread throughout your home causing damage to your carpet or flooring, walls and furniture. Even if you are maintaining your air conditioner, periodically checking under your unit and the surrounding floor area is a good practice to catch and prevent water leaks from causing significant damage to your residence or even your downstairs neighbors.

Through our 21 years of working in the construction and maintenance industries, we've often had requests by our homeowner clients for tips on preventative maintenance measures they can self-perform in their residence. Our suggestions to them is to do periodic visual assessments of their home, and to be aware of the warning signs which may be the onset of a problem. This visual assessment should be focused on some of the high-risk components in a home and should also note what should be observed when doing this assessment.

In this article we'd like to share some of our recommended areas which you should focus on when performing the visual assessment of your residence.



Smoke Detectors

Smoke detectors may be one of the most important items in your home when it comes to your family's safety. This early warning device will help alert your family to fire and dangerous smoke while there is still time to evacuate, but they need to be periodically tested to help ensure proper function. At least once a month you should press the "Test" button to make sure the batteries are still working.

As a recommendation you should replace the batteries once-a-year even if the smoke detectors are still functioning. Set a date that's easy to remember such as July 4th and replace the batteries in all the smoke detectors in your home so there isn't a question of when each detector's battery was replaced.

Bathroom & Kitchen

The critical areas to visually inspect in the bathroom and kitchen are:

- **Checking for leaks around the sinks, angle stops, drain lines, P-trap connection and water supply lines -**

The best way to inspect for leaks is to check the area directly beneath these areas for water damage or for standing water. You could also lay down paper towels on a section directly beneath these areas and check for water drops after around 20 minutes. The cause of the leak could be from any one of the sources listed above.

- **Checking for faucet leaks -** Water leaks can also be caused by the faucet itself. A faulty or worn-out cartridge or O-ring could cause the faucet itself to leak at the base where the faucet meets the countertop. To check for

this kind of leak, start by drying up all the standing water on top of the sink. Then, turn the water on (both handles if it's a double-handle sink), and look carefully for water seeping around the base of the faucet. In the event water is leaking, an important thing to note is that most common brands of faucets such as Delta, Kohler, Moen and Price Pfister offer limited lifetime warranties to the original purchaser as long as they still own the residence in which the faucet is installed in. Contacting them through their customer service number will get you free replacement parts.

- **Testing the garbage disposal -** Most homeowners use their garbage disposal on a daily basis so it gets tested whenever it's in use. For those who rarely use the disposal, running it at least once a week would flush any debris that builds up in it over time. A couple things to note when running the disposal:

1. Always run water when the disposal is on. The water flushes the debris through the drain line and also keeps the blades clean.
2. There are certain food items you should never throw down the disposal. Some are obvious like meat and chicken bones, fruit pits and lobster and oyster shells. Other less obvious food items include peanuts and stringy and fibrous fruits and vegetables such as the insides of a pumpkin because it will get caught in the blades. Also, uncooked oatmeal and pasta because it expands and gets caught in the drain line. Finally, never throw used coffee grounds down a disposal. This is one of the most common items that clogs the drain line because when it goes through the disposal the grounds becomes very compacted and pasty.



- **Testing your GFCI outlets** - The ground fault circuit interrupter ("GFCI") outlet which is usually installed in the kitchen and bathroom is an outlet with a special type of circuit breaker that can automatically shut off power directly at the outlet when it detects an electrical fault. This will greatly reduce the risk of an electrical shock to the home's occupants. Periodically testing the outlet is recommended to make sure the interrupter is functioning. To test your GFCI outlet simply open the door on your home's electrical panel (breaker box) and press the test button on the GFCI outlet. This should cause the breaker to trip, shutting off all power to the entire circuit.
- **Checking for gas leaks from your stove/ oven** - The two signs you should know about gas leaks are 1. A sulfurous-like smell in your kitchen and 2. A hissing sound near the stove. If you notice both of those signs you can do tests to confirm where the leak is coming from but at that point because of the danger of having a gas leak, it would be advisable to contact the gas company.
- **Checking your dishwasher** - Like most appliances using your dishwasher on a regular basis and performing proper and timely maintenance will likely prolong its life. Even then, leaks can happen without warning, but by doing certain tasks such as clearing the filter of food build-up and checking the door seal for cracking will lessen the chances of water leaks. If you do happen to see water seeping out from the bottom of the dishwasher when it is running, contact a plumber immediately and stop using the dishwasher until the leak has been found and corrected.
- **Checking your toilet for water leaks** - The toilet has a few sources that cause water leaks. Some sources are external like the angle stop valves, the wax seal at the base or if you own a two-piece toilet, the seal between the tank and the bowl. Others are internal such as a worn flapper. Either source will always give you warning signs that something is wrong.
 - Exterior leaks will always result in water puddling on bathroom floor near the toilet. The angle stop valves in the back of the toilet will drip just below the shut-off valve or the rubber gasket that seals the waterline entering the toilet fill tank. You can check this by placing a paper towel beneath the valves and periodically checking over a day to make sure the paper towel is dry. Leaks from the wax seal or the connecting point between the tank and the bowl will always show up as water puddling around the base of the toilet. Once detected, you should contact a plumber as soon as possible to make the repairs before the water damages your flooring or cabinets or your downstairs neighbor's unit.
 - Interior leaks occur within the tank. Most often it's the flapper that gets worn and doesn't seal properly. You will know when you have a leak when the toilet water supply line periodically runs even though the toilet wasn't flushed. Although this type of leak doesn't cause any water damage to your residence, over time as the flapper further deteriorates, your toilet could be "wasting" significant amounts of water. Replacing a flapper could be a "do it yourself" project, or you can contact a plumber to replace the flush parts.





Washing Machine & Dryer

Homeowners should always check the washing machine for water leaks. The main source of leaks are:

- Loose or faulty water supply line -
- Clogged or cracked water drain line -
- Broken drain pump -
- Damaged or disconnected internal water hoses -
- Broken tub or door gaskets -

In all cases, if you find water puddling on the floor in your laundry room or running down the wall just beneath the supply line valves and drain hose, stop the washer and contact a plumber immediately.

The dryer has two areas you should check periodically. First is the lint filter. That should be cleaned out after every use and if your dryer has a secondary lint trap, that should also be cleaned as well. Cleaning out the lint traps consistently will allow the drying process to be more efficient and place less strain on the motor.

The other area is the exhaust hose. This requires pulling out the dryer to make sure the exhaust hose is properly attached to the dryer and the air duct. Sometimes if the hose is not clamped on to either end, it loosens and will come off. If this happens, you will notice a lot of lint on the floor and in the back of your dryer.

Other Items

In your daily lives you should always be aware of changes in the condition of your residence.

- You notice splotches of discoloration or mold spores on your ceiling or walls. That would normally be an indication of a water leak above the ceiling or behind the walls. It could be coming from a leak in your roof, a water supply line or a drain line. If you live in a condominium, it could be from one of your neighbors who live above you.
- You start to notice termite, roach or rodent droppings on your floor or countertops. It would be recommended that you contact an exterminator immediately to address any infestation.
- You notice a burning smell or burn marks on or near your electrical outlets. That could mean either you are overloading the circuit, there's a wiring or aging issue or the outlet is old. In any case you should address this issue because it's an indication that the outlet is generating significant heat and may be a fire hazard.



We hope this addresses some questions you may have about performing a self-assessment and preventative maintenance program in your residence.

For all of us, our home provides one of our bare necessities in life - shelter, so we should care for this basic need, then it will in turn, care for us.

Amanda & Felix Eats

Local food bloggers, Amanda & Felix were nice enough to answer a few of our questions about their channel, favorite local food spots, and their plans for the upcoming holiday.

Amanda & Felix are a born and raised, Hawaii based couple who decided to start a YouTube channel in the middle of the pandemic. They wanted to start something that makes them happy and proud, as well as create content that brings joy to viewers. One year, 18 thousand subscribers and over 2 million views later their videos are doing just that, so please enjoy this short Q&A!

If you want to learn more or need local lunch spot recommendations, follow their food & life (but mostly food) journeys through their YouTube channel, Amanda & Felix Eats.



Q&A



Q: What made you guys want to start blogging about food?

A: We've always had a love for food and trying new places. During the pandemic when Amanda got furloughed, she wanted to try out making YouTube videos because she always felt like an artistic person without an outlet. Also, with the decline of tourism and our economy we found ourselves supporting more local businesses and wanted to encourage our friends and family to do

the same, so we decided to combine our love for food, art and our home here in Hawaii. We hoped to bond with our foodie Ohana on YouTube over food and local culture!

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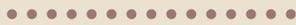
Q: How do you choose what and where your next spot to try will be?

A: We honestly just go with the places we generally love or have been wanting to try. Then depending on the location, price, etc, we usually choose within the week where we want to go. There are times we receive suggestions from our subscribers on where we should try next or the types of food to try. Our To-Do list is never-ending (in a good way)!

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Q: If not food, what else would you choose to blog about?

A: We just moved into our very first home, so we've been documenting our journey and posting it! And so far, we've been having fun and our foodie Ohana has been enjoying it too!



Q: How did you guys learn to be so engaging in front of the camera?

A: We honestly don't think we're that engaging! In the beginning we felt very awkward talking to a camera but over time we got more comfortable and let our true personalities shine through.



Q: Since many of use will be having smaller more intimate holiday gatherings this year, are there any favorite spots that you recommend to order Thanksgiving food from? (traditional/ untraditional)

A: So many places have been doing take out Thanksgivings since the pandemic so it really depends on what you're looking for. If you really like Ray's Cafe prime rib, they also do a whole rib roast for you by weight if you order ahead. We hear that The Kahala does a Thanksgiving package that is a must try if you are willing to splurge for the holidays.



Q: What was your favorite spot that you have blogged about so far and why? (service? food? ambiance? price?)

A: There are honestly too many spots to choose from! Some of our new favorites that really surprised us were Poke on Da Run (poke nachos), Bella Banh Mi (Vietnamese sandwich), Katsu Sando 808 (tonkatsu sandwich), and Butcher and Bird (burger/ BBQ/ deli meats).



Q: How will you be celebrating the holiday's this year?

A: This year we will be celebrating in our new place! Amanda hopes to make her first Turkey Dinner and Felix hopes to make his first prime rib roast at home! We were also hoping this year our families can meet for the first time! To follow along make sure to subscribe to our YouTube channel: Amanda & Felix Eats

Q: Place/ blog that received the most positive feedback from viewers?

A: Hy's Steak House. That video was a personal favorite for us because it was Felix's birthday and we took him to eat his favorite food: STEAK! That video received a great deal of positive comments such as: birthday wishes, nostalgia and suggestions of new places to try!



Hidden Gems: Honolulu

Sometimes it's difficult to know where to look when you're craving that specific type of meal, wanting to plan a casual, low-cost activity with friends or just looking for somewhere new to try. In this article, we put together a unique list of hidden gems located in the Honolulu area. This mini guide covers all things from free Yoga, vegan friendly eateries, free live music, and places that contribute and support Hawaii's ongoing strive to become more sustainable and food independent.



FREE Activities

Yoga in the Park: Hosted by Core Power Yoga, this activity is open to the public and people of all fitness levels.

Yoga in the park is completely FREE and takes place every Sunday at Victoria Ward Park.

It is suggested to register early through the Ward Village website, due to limited spots.



Live Music: ~ Moku Kitchen ~

Located in Salt Kaka'ako, they have live music on most nights as well as a validated parking structure.

Live Music: ~ Moani Waikiki ~

Located in the International Market Place, they feature live music nightly. They also have weekly specials such as Loco Moco Mondays & "Wine Not" Wednesdays.



Unique, "Hole in the Wall" Eateries

Thyda's Tacos: Serving "LA street style Mexican Food".

Thyda's is a small food truck, located on the back side of Whole Foods on Queen Street. They offer Taco Tuesday specials as well as a vegetarian option with jackfruit filling as a meat alternative.

Beware, that there is not a lot of parking, so walking over or parking in the Whole Foods structure would be the best option.



Monsarrat Shave Ice: Real fruit, shave ice stand.

Located in an alley on Monsarrat Street, they are known for serving all natural fruit syrups with no artificial coloring or flavors. Their syrups are created in house using real and organic fruit that has a thicker consistency similar to fruit puree rather than a syrup.



Vegan & Plant Based Eateries

Tane Vegan Izakaya : Vegan sushi, a modern vegan izakaya Japanese restaurant.

Tane not only offers 100% plant-based, vegan sushi but it is also gluten conscious, noting which dishes can be made to be gluten free. They are located on South Beretania Steet and also offer take out.



Banan : Plant-based soft serve made from Hawaii grown bananas. Banan products are vegan friendly, locally sourced produce, with no added sugar and use ingredients that are plant-based. Their mission is to support local farmers, promote farm to table principles and boost the local economy.

*Another interesting thing to note is that they donate all of their food waste to farms and schools to be used as animal feed and vermicast, ensuring that nothing is wasted.



Zero Waste Refill Stores

Refill stores are a newer concept that we are slowly seeing more and more of. The idea of a refill station is to refill your home, personal care and food products, to save plastic and waste from the environment. Every time you choose to refill, you save a plastic bottle from going into our landfills or oceans.

R Planet: Carefully curated products with the values of ethical sourcing, responsible disposal, natural ingredients, and supporting small/local businesses.

Located in Ala Moana Mall, their mission is to incorporate environmentally responsible practices into people's homes and daily lives.

They offer a refill station with a limited selection of items including shampoo, conditioner, body wash, lotion, laundry detergent (liquid, powder & pods), hand soap, dishwasher pods & cleaning tablets.

You can bring your own container and they also have free jars available.



Keep it Simple: Honolulu's zero waste refill store.

With 2 locations, one in Kaimuki and another in Waikiki, their mission is to provide high quality, cruelty-free, non-toxic, reef-safe products sourced from local and small businesses for a better Earth.

They offer refill stations with a wide range of products, including personal care, food and cleaning products.

Some refill items, all available in various scents include:

~ **Personal Care** ~ Hair Products (shampoo, conditioner, deep conditioner, mask & oils, dry shampoo), Body wash, scrubs, oils & lotions, Bubble bath, Sunscreen, Bug spray, Witch hazel, Room spray, Hand sanitizer, Mouthwash, toothpaste, Skin Care (face wash, cleansers, toners, serums, exfoliate, eye cream)

~ **Cleaning** ~ Laundry detergent, Hand soap, Dish soap & dishwasher powder, All-purpose, Window, Toilet, Wood, Tub & tile cleaners

~ **Food** ~ Rice, Quinoa, Chia Seeds, Oats, Beans, Spices, Coconut flakes, Nuts, Pasta, Olive oil, Popcorn & MORE!



Other

Naked Cow Dairy Farm & Creamery: Hawaii's gourmet butter, artisanal cheeses and cream top yogurt creators. With the goal of contributing to the food independence of Hawaii and to support as many local farmers and business owners as possible.

They believe in humane treatment of their animals, using no antibiotics or hormones. They also use all Hawaii sourced products all the way down to the type of feed they give to the herd.

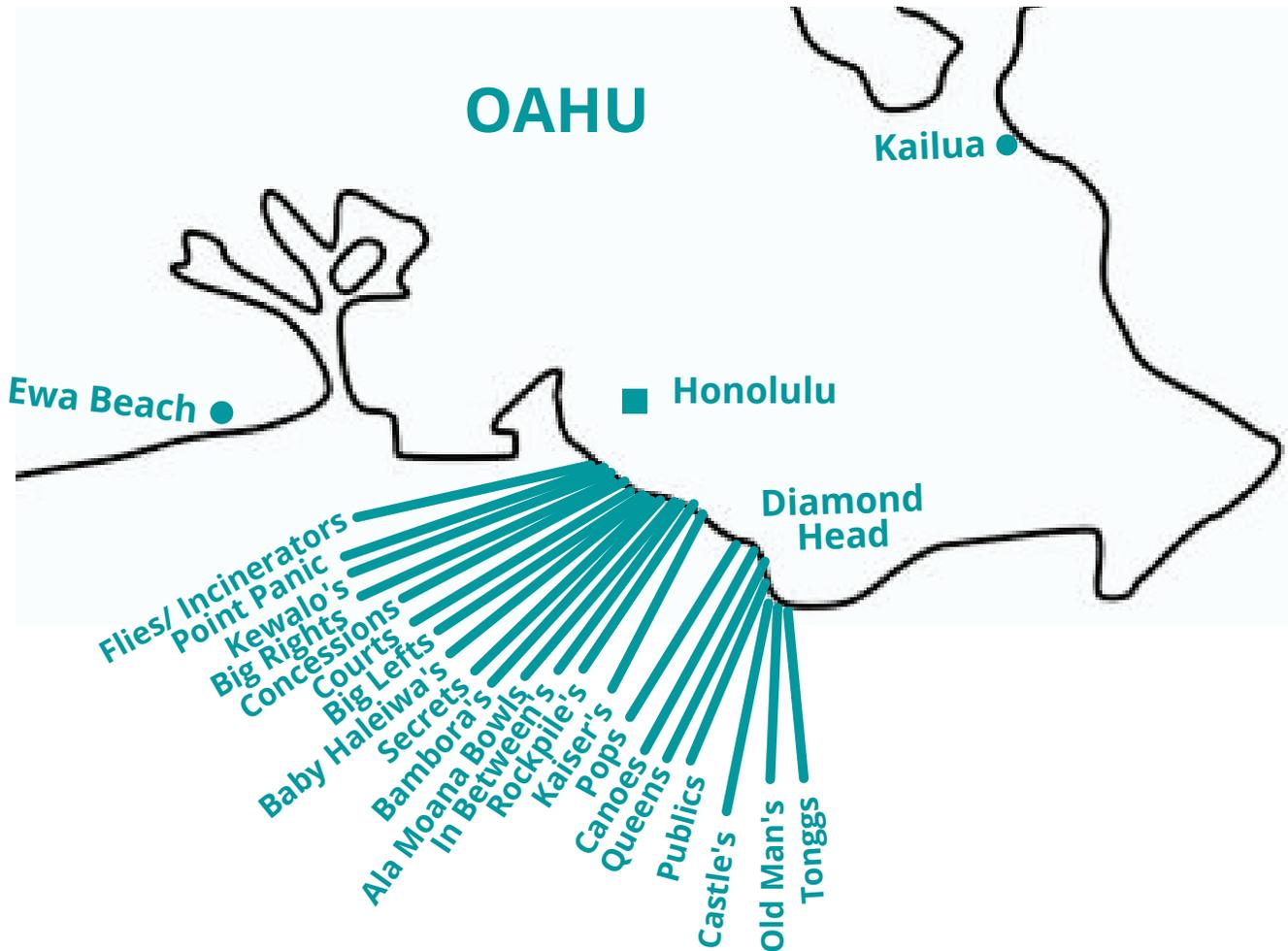
Their cows are milked on the Big Island and production is on Oahu, making them a "dual island dairy".

They can be found in local grocery stores such as Whole Foods, Safeway & Foodland as well as multiple farmers markets around the island (Kaka'ako, Kailua Town, Pearlridge). They also offer online ordering through Farm Link Hawaii.

THE HISTORY BEHIND: SOUTH SHORE SURF SPOT NAMES

How come that break is called.....?

Along the south shore fronting Kaka'ako and Waikiki there are multiple surf spots that are frequented by surfers especially during the summer south shore surf season. While most surfers have their "favorite spots", many have tried surfing most of them just to find that favorite spot. We'd like to share some information on the more popular surf sports along the Kaka'ako and Waikiki coastline and give some background on how these iconic spots got their names.



Flies or Incinerators - In line with the end of Cooke Street just east of the John A. Burns School of Medicine, this right and left break gets its name (Flies) because back in the early 1900's it was Honolulu's trash landfill. The incinerator which is now the Children's Discovery Center, is the lone remaining evidence of that landfill.

Point Panic - This is a bodysurfing break that is a short burst of a wave almost right into the seawall. This seawall is why this right and left break is aptly named 'Point Panic'. Usually reserved for bodysurfers and bodyboarders, surfers say that there's a certain point on the ride if you're still on the wave, you should panic.



POINT PANIC

Kewalos - Just east of the entrance to Kewalo Basin, this right and left break pitches right onto a shallow reef. The ride is a little tricky and definitely not recommended as a place to learn how to surf. Also, shark sightings are common because it's the fishing boat's entry and exit point to Kewalo Basin.



KEWALOS

Big Rights - The break that is furthest west off of Ala Moana Park, Big Rights is aptly named for its nice right directional break. A friendly fraternity of "regulars" are always surfing there.

Concessions - This right and left break lines up with the old concession (currently closed) on the Ewa-end of Ala Moana Park as its landmark. This is one of the more popular surf spots in the Kaka'ako area so expect to be fighting a mean crowd for your share of waves.

Courts - Sandwiched in between Concessions to the west and Big Lefts to the east, this right break lines up with the tennis courts in Ala Moana Park as its landmark. This one is a definite local favorite.

Big Lefts - Just the opposite of Big Rights (above).

Baby Haleiwas - Growing up, many of us always assumed this right break was named because it's a smaller version of a Haleiwa break. It's so close to Big Lefts that on big surf days it actually is the right-side break of Big Lefts.

Bomboras - This surf spot located just to the right of Magic Island in Ala Moana Park, is a left and right-side shallow reef break that is easily accessible from Magic Island. Bombora is an indigenous Australian term for large ocean waves breaking over a shallow submerged rock shelf.

Ala Moana Bowls or Bowls - The epic south shore break just off the left side of Magic Island just beyond the Ala Wai Boat Harbor entrance pole light. This left break is often described as the biggest and most muscular break on the south shore of Oahu. Always crowded when the surf is breaking, the bowl-like tubular wave was created when the Ala Wai Boat Harbor entrance was dredged.



BOWLS

In Betweens - In Betweens got its name because it's a break in between two popular breaks - Ala Moana Bowls and Rockpiles.

Rockpiles - Breaking over an exposed reef, Rockpiles got its name just from that fact. This left and right-side wave breaks right onto the exposed reef.

Heading east past the Ala Moana/ Kaka'ako coastline there are some iconic surf spots in Waikiki whose names are very popular. Here are just a few of those:

Kaiser Bowls or Kaisers - Located in line with the Hilton Hawaiian Village's first tower, Kaiser's was named after the Henry J. Kaiser development that was originally called the Kaiser Hawaiian Village until it was purchased and renamed by the Hilton Corporation in 1961. Mr. Kaiser incidentally was the founder of Kaiser Permanente and the major developer of Hawaii Kai, hence the name Henry J. Kaiser High School.

Canoes - With the Sheraton Moana Surfrider Hotel as its landmark, Canoes is one of Hawaii's most popular breaks. This is where many visitors who come to Hawaii, first experience surfing. It's also the only break where outrigger canoes surf the waves on a daily basis, hence the name. Due to its popularity this break is often very crowded, but it's a somewhat friendlier crowd so everyone should get their share of waves.



CANOES

Queens or Queens Surf - One of the best waves in Waikiki. Named after Queen Lilioukalani's beach front home and straight out from the east end of Kuhio Beach Park before the lagoon, it's best for longboarding. Often during the summer, professional and amateur surf contests are held here. Queen's is usually very crowded, and if there's any swell, Queen's is breaking, but because of the tight takeoff and large crowds, beginners should stick to Canoes.



QUEENS

Pops - Pops is short for Populars, which lines up with the Duke Kahanamoku statue as its landmark. It's the outside break of Canoes and Queens and is a very popular spot because it's where a lot of us learned how to surf.

Publics - A very friendly left and right-side break that is very consistent. Located east of Queen's Beach, Publics got its name because the landmark for this break is the public restroom along Kalakaua Avenue.

Castles - Named after the missionary Samuel Northrup Castle who arrived in Hawaii with the eighth company of missionaries in 1837. He left the mission in 1851, and with Amos Cooke, founded the Castle & Cooke Company. The Castle family owned a three-story beach front home, Kainalu, which was a prominent landmark in Waikiki and the landmark for the surf break in line with that home. It was razed in 1958 for the construction of the Elks Club and also the Outrigger Canoe Club which was built on the site in 1963. Castles is one of the south shore's most famous big wave surf spots. The second reef break does not break unless wave heights are very big.

Old Mans - Named after Albert Teller who moved here from the mainland in 1932. In 1958 he moved to a cottage located behind the Sans Souci condominium and began surfing the break fronting the Sans Souci condominium near Kaimana Beach. During that time, the "regulars" who surfed there and who were much younger, began calling this spot Old Man's after Albert and it stuck. Albert Teller has since passed away and upon his passing in 1995, his ashes were scattered at this very surf spot named after him.

Tonggs - Named after Ruddy Tongg, an island businessman who founded Tongg Publishing and Trans-Pacific Airlines which later became known as Aloha Airlines. Ruddy owned a Diamond Head beach front home located along the Gold Coast from 1946 to 1961. His sons Michael and Ronnie were avid surfers and their home was the focal point for the neighborhood surfing community, thus the name Tonggs. Like Canoes and Pops, Tonggs is an excellent place for beginners just learning how to surf.

These are just some of the surf spots along the south shore from Kaka'ako to Diamond Head. There are a few more that were not mentioned that have very surfable waves. One thing's for sure, every one of these surf spots could never be considered a "secret spot" because they've all been around for years and for a few generations, so the names, location and characteristics of each break has been shared and handed down from generation to generation.

PRODUCE SHOWCASE: ~ RECIPES ~

Recipe ideas to transform traditional Thanksgiving sides into healthier, unique dishes using produce that can be sourced locally.

KABOCHA

(For more details and nutritional facts, visit the produce showcase page in the Fall 2020 edition of the newsletter.)

Ingredients:

- 1 medium kabocha squash - look for a kabocha that is firm and without bruises, it should feel heavy for its size and weigh about 1 pound
- 1 TBSP olive or avocado oil - to roast the squash
- 1 TBSP maple syrup - used as an added natural sweetener
- 1 tsp cinnamon
- 1/2 tsp sea salt - to add a salty-sweet combination to the dish



(Recipe found on Eating Bird Food blog & picture credit, Eating Bird Food blog)

CINNAMON MAPLE ROASTED KABOCHA SQUASH (in lieu of candied yams).

Instructions:

1. Preheat the oven to 400 degrees F. On a rimmed baking sheet, toss the squash with the oil, maple syrup, cinnamon and salt.
2. Arrange squash in a single layer and roast for 15 minutes. Flip and roast for 15 minutes longer, until golden and tender. Enjoy!

Note: To change up the flavor you can add chopped onion & garlic to get a more savory + sweet variation or some cayenne powder or chili powder for a spicy + sweet version.



KALE

(For more details and nutritional facts, visit the produce showcase page in the Spring 2021 edition of the newsletter.)

Ingredients:

- 8 TBSP butter, divided
- 12 ounces shiitake mushrooms, stems removed and sliced
- 3 cloves garlic, minced
- 3 bunches of kale, stems discarded, leaves chopped into 1/2 inch pieces
- 1/2 cup chicken stock
- 3 1/2 cups half-and-half (at room temp)
- 1 cup grated Parmigiano-Reggiano

- 4 large shallots, thinly sliced (for homemade fried shallots)
- canola oil
- OR
- 1 1/3 cups French's Original Crispy Fried Onions divided (for an easier more traditional version of the dish)



(Recipe found on the Huffpost, food & drink. Picture credit, the Huffpost)

CREAMED KALE CASSEROLE (a healthier version of the green bean casserole).

Instructions:

- If you are going the French's Original Crispy Onions route, skip steps 1-3 and start from step 4!
- 1. Add canola oil to a depth of 2 inches in a large, heavy, high-sided skillet, leaving at least an inch of space from the top of the skillet. Heat over medium heat until it reaches 350 degrees F.
- 2. Add shallots and cook until crispy and lightly browned, about 1-2 minutes.

3. Use slotted spoon to remove to paper-towel-lined plate. Let excess oil drain off and season with salt. Reserve for later.

4. Meanwhile, melt 2 tablespoons butter in a large pot at medium heat. Add mushrooms and cook until browned, about 5-7 minutes.

5. Add garlic and cook 2 more minute.

6. Add the kale in batches and toss until wilted.

7. When all of the kale is added to the pan, stir in chicken stock. Cover and let cook until kale is softened and chicken stock has evaporated, about 5-7 minutes.

8. Remove cover; add remaining butter and cook until melted.

9. Sprinkle flour over kale and cook for 2 minutes.

10. Slowly whisk in half-and-half and cook until thickened, about 5 minutes.

11. Remove from heat and stir in parmesan. Season with salt to taste.

12. Transfer creamed kale to casserole dish, top with crispy fried onions. Serve immediately.

- Alternatively, this can be made ahead and kept warm in an oven at low heat - just add fried onions right before serving.

