

URBAN concepts

Spring 2023



We can't believe it has been about 3 years since the return of Urban Concepts, it feels like so much has happened since then yet time has passed by so quickly. We are so grateful for the continued growth of this newsletter over these past few years and truly look forward to sharing each new edition with you every quarter.

In this edition we share an informative Q&A on common a/c maintenance questions, articles on retrospective appraisals, the history of Merchant Street and an interesting article written by Cory, a current resident of Habilitat.

We hope you enjoy the Spring 2023 issue of Urban Concepts!

Mahalo,
Brett Hill Construction

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A/C MAINTENANCE FREQUENTLY ASKED QUESTIONS

A/C UNIT *Overview*

Before we begin, here's a quick overview of the typical home-owner's AC unit. Majority of the high-rise condominiums built within the last 25 years are constructed with a style of AC unit known as "water-source heat pumps", also commonly referred to as "condenser water heat pumps". Each condo unit typically has one or two AC units serving the bedrooms and another serving the living room area. Each AC unit is identical in terms of the types of components they contain and the operation that the components perform. There are three main components to the AC unit; the cabinet, the refrigeration section and the blower (fan) section. The cabinet refers to the sheet metal box that the refrigeration section and blower section "live" in, and the refrigeration and blower section become the "guts" of the AC unit. The sheet metal box is either fastened to wall studs hiding behind the walls and acts to secure the AC unit in place or free-standing in a closet, usually shared with the hot water heater. The refrigeration section and the blower section that live inside the cabinet are generally concealed with a large cover plate that is accessible from the hallway or bedroom. The cover plate acts as an access cover to the guts inside, and also acts as a pathway for warm air to enter the AC unit in order to then be cooled (conditioned) and supplied back out into the home. Each condo AC unit is connected to a set of supply and

With summer approaching fast and warmer weather also coming with it, our home's air conditioning systems rapidly advance from a luxury to a necessity.

For some, especially those with southern and western facing exposure, properly performing AC systems are critical to maintaining daily sanity. AC repairs are costly and often accompany long waits for replacement parts. In this article, Adam Negele, the President of Tradewinds Cooling, answers many of our questions regarding common AC subject.

return water lines which run up and down the building, better known as condenser water risers. These condenser water risers pump cooler water through the AC unit, and return warmer water back to a cooling tower on the roof of the building. The term "heat pump" is derived from the process that the AC unit performs, whereby a compressor "pumps" heat from a low temperature heat source (warm air inside the home) to a higher temperature heat sink (building condenser water).



A/C MAINTENANCE

Q & A

Q: My AC unit doesn't seem to be blowing cold air. We've had it off for the last 6 months and the last we checked it worked fine. How can something be wrong with it if it hasn't been used?

A: A body in motion tends to stay in motion.

Believe it or not, mechanical equipment likes to be used, AC units included. Yes, running your AC unit requires power which costs money, and this doesn't mean you need to run the AC 24/7, but periodically running the unit allows the mechanical components to stay in motion, which is what they were designed to do.

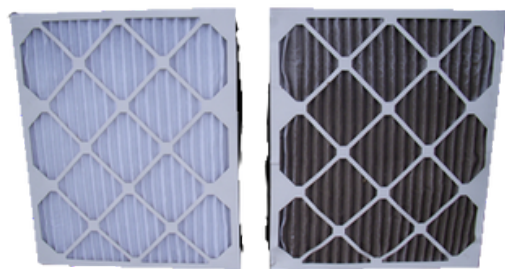
Q: *I haven't had any maintenance done to my AC unit in a while but I don't really want to hire someone to do it, is there anything I can do myself?*

A: Periodic maintenance is an unfortunate requirement if you're looking to prolong the life of your AC unit and keep it performing at its best. The good news is it's not all that hard if you're the kind of person that doesn't mind looking underneath the hood. There's also an entire manual written to help you through it. If you don't have a copy of the manual and you wish to not find it via a good old-fashioned google search, we can easily email you a copy upon request. The easiest and most important item of maintenance that a home-owner can perform is the filter change. The filters are not expensive, but some sizes need to be ordered as opposed to being readily available. Any retail customer can call or walk into a local AC supply house such as Cosco refrigeration or Admor HVAC supply and inquire to purchase a replacement filter. To check your AC filter, use a screwdriver on the two screws securing the wall-cover plate in place. The screws should be 1/4 turn and don't need to be completely removed to pull the cover off. Be careful not to yank too hard on the cover if it's stuck; just support the weight with a foot while you find the position of the screw that releases the latch. Once you have the cover plate removed, the filter will be immediately visible at knee-level, and it will slide out of the track that it's in. You'll need to note the size when finding a replacement, L x W x H. Filters are rated based on how much filtration the filter is able to perform. For comparison, a typical residential AC unit filter has

a MERV rating of ~4-8. A MERV rating of 13-14 is typical for hospital rooms and some labs, and the highest rating from 17-20 is typically associated with HEPA filtration. ~Caution~ a higher MERV rated filter is not always better for your AC unit. The existing filters are 1" thick, and the more filtration that a filter performs, the overall amount of cold air that your AC unit can push can potentially decrease.

Q: *What happens if I don't regularly change the filter?*

A: The filter's first and foremost job is to protect the heat-transfer coil from getting dirty. Once the heat-transfer coil gets dirty, the amount of AC your unit produces will drop off drastically until it either shuts itself off on an internal safety control device, or a component failure occurs. The heat transfer coil is essentially a series of copper tubes that have small and sharp aluminum fins bonded to the copper. Cold refrigerant flows through the copper tubes while warm air from the home is moved across the aluminum fins. The heat from the air is transferred through the metal surface to the refrigerant and viola, the air leaves the AC unit nice and cold. In a nutshell, if you don't keep a clean filter in your AC unit, you're probably fine for a little while, but over time as the filter gets dirty, some of that dirt starts making its way onto your heat-transfer coil, which starts to reduce the AC units ability to make AC. Additionally, the dirty filter causes the blower fan to work harder and move less air. Yes, you can always clean your heat transfer coil with a brush or a vacuum, but maintaining a clean filter is an easy way to stay ahead of a dirty coil.



*Clean vs. Dirty
A/C filter*

Q: *What are the most common problems encountered during an AC service trouble-call?*

A: The most common issues that we encounter are failed compressors, failed condenser water control valves, failed or noisy fans & fan motors, or refrigerant leaks. Without going too deep, these scenarios typically require some level of troubleshooting to diagnose and resolve. To make matters worse, the original AC units were built utilizing a style of refrigerant known as R-22. This style of refrigerant was identified a number of years ago as being a contributor of ozone depletion, but due to its popularity in the AC market, it could not simply be eliminated and instead required a phase-out process. In 2021, R-22 refrigerant is no longer produced domestically and can only be obtained through means of recovery or reclamation from existing R-22 systems. This means that finding a new replacement R-22 compressor to replace an existing failed one, is not easy to do and is very expensive. The good news is that the AC unit manufacturer offers a brand-new refrigeration section which utilizes a newer style refrigerant with readily available replacement components. The cost of the refrigeration section is significantly higher than the cost of the compressor alone, but it replaces all of the old refrigeration and heat transfer components that are quickly approaching the end of their life cycle.

Q: *If I want to replace my AC unit with a new one, do I have to cut it out of the wall?*

A: If you want a new AC unit from a different manufacturer, yes, you will likely have to open up the walls around it in order to remove the entire cabinet. However, if you'd prefer not to have holes made in your walls, the existing AC unit cabinet doesn't have to come out for you to get a new AC unit. Remember, the cabinet is just the sheet metal shell that the refrigeration and blower section live in, so as long as the cabinet is not deteriorating inside your walls, there's no reason to change it. Simply by removing the front wall-cover and looking inside should give you a pretty good idea of the condition of the unit, and chances are extremely unlikely that the cabinet is in decent shape. As stated previously, the manufacturer offers a replacement refrigeration section as a

complete module, as well as a similar module for the blower section. That means you can replace everything inside of the AC unit cabinet in two separate modules, rather than worrying about each individual component. Each module installs relatively quickly and usually within a day's worth of work you essentially have a brand new AC unit.

Q: *Is it common for AC contractors to offer free estimates?*

A: It depends if you know what problems your AC unit already has and you can explain it to a contractor, you shouldn't have to pay for an estimate. Or, if you know that you want the refrigeration section or blower section, or both replaced, you shouldn't have to pay for an estimate. The contractor just needs to know the model and serial number of your particular AC unit, which is again found by removing the access cover panel. However, if you have a problem and don't know the cause, but you want repairs to be made, it will be challenging to find a contractor willing to troubleshoot for free. The next challenge is finding an AC contractor that you can trust, and not all contractors are the same. The reality is that the condo AC units are connected to a building-wide condenser water system, which is a system specific to high-rise/larger condo buildings, and is not a common residential style system. This means that most residential AC contractors won't be very familiar with your system and may not have the expertise to correctly troubleshoot. Commercial AC service companies are generally more familiar with troubleshooting this style of AC units, but are often very difficult to get a hold of or are not interested in servicing retail customers.

Finding a service contractor that is knowledgeable, responsive, and trustworthy is not easy. If your only option is to open the digital phone book, a couple of good qualifying questions are, "are you familiar with ClimateMaster vertical stack condenser water heat pumps", and/or, "do you have a lot of experience with water-cooled AC systems"?

THE RETROSPECTIVE APPRAISAL

By Jon & Stephanie Yamaguchi

There are many different types of appraisals that are utilized to serve different purposes. A common question posed to an appraiser is, "can I order an appraisal?" The response from the appraiser should be, "what kind of appraisal do you need?" The appraiser should proceed to counsel the potential client and assist in determining their specific needs.

In many cases, the client needs an appraisal that requires specific appraisal parameters, that will satisfy a certain type of appraisal.



In this article, we focus on developing an appraisal job scope for a retrospective appraisal. A retrospective appraisal is an opinion of value as of a specific date in the past. Retrospective values are frequently utilized to establish a date of death value, estate value, inheritance tax matters, property gifting, fractional interest determination, trust interest and directives, damage models, lease renegotiation, deficiency judgements and condemnation. It is important that the appraiser comply with the Uniform Standards of Professional Appraisal Practice (USPAP) and the Internal Revenue Service (IRS) Appraisal Guidelines (26 CFR 1.170A-17(a)(5)(i) to avoid license suspension, revocation, or penalty.



To begin the appraisal valuation process, a clear job scope must be identified and mutually agreed upon by the participating parties. Some of the pertinent items in a job scope are as follows:

1. Identification of the subject property.
2. Identify the client and/or participating parties names and contact for the physical inspection.
3. Intended Use and Intended Users of the Report
4. Effective date of valuation and the market value definition
5. Identify any assignment conditions, i.e., extraordinary assumptions, hypothetical conditions, jurisdictional exceptions, public or private on-site or off-site improvements that affect value and any assemblage, estates or its component parts.
6. Through our experience, the degree of difficulty increases as the effective retrospective date increases. Although relatively rare, we have completed retrospective appraisals with effective dates as far back as 20+ years ago. Prior records of renovations, photographs, and pertinent information such as prior physical condition are important aspects when developing this type of appraisal. Assisting your client to understand the appraisal process is helpful in obtaining the correct type of valuation format and will help expedite the process.

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EARLY HISTORY OF MERCHANT STREET

In the mid 1800's when Honolulu became the capital of the Kingdom of Hawaii, the city began a transformation from an industrial city to the kingdom's major business and government district. During that period a narrow two-lane 1,000-foot stretch of Merchant Street, in downtown became the center for Honolulu's growing professional and business community. This section of Merchant Street from Nu'uuanu Avenue to Bishop Street included buildings which still stand today and were the first location of some of the most prominent companies and organizations in Hawaii.

TR Foster Building

Starting where Merchant Street intersects Nu'uuanu Avenue, there's the TR Foster Building. Built in 1891, this two-story red brick building with its cast-iron embellished facade was used as the headquarters for the Inter-Island Steam Navigation Company, a company founded by Thomas R. Foster in 1878. At the time this company was the largest inter-island passenger and cargo steamship operator in Hawaii. When airplanes came to Hawaii, Mr. Foster founded a subsidiary company, Inter-Island Airways, which in 1941 was renamed to **Hawaiian Airlines**. Until recently, the building was home to O'Tooles Irish Pub which shut down in 2022. It has since opened up as a new Irish bar called Black Shamrock Tavern.

Thomas Foster, incidentally, was the next-door neighbor to botanist Dr. William Hillebrand and had purchased Dr. Hillebrand's large property which included a garden when the Doctor moved back to Germany. Upon Mr. Foster's wife's passing in 1931, she left the property to the City and asked that it be named **Foster Botanical Garden**.



Royal Saloon Building

Located on the northeast corner of Merchant Street and Nu'uuanu Avenue, the property was originally a hotel and saloon called the Royal Hotel. In 1886 it was purchased by Walter C. Peacock who then built Royal Saloon in 1890. The saloon served the many sailors on the 400+ ships that came to port in Honolulu Harbor every year.

Made of red brick with white stucco on the exterior, this building has survived the test of time and remained relatively intact to this day. Over the years the property has changed ownership several times and for a while during prohibition was used as office space. Once prohibition was lifted, the Royal Saloon building was eventually brought back to its original intended use as a bar and restaurant. Since 1987 to today, this building has been occupied by **Murphy's Bar and Grill**.



Yokohama Specie Bank Building

Located on the northwest corner of Merchant and Bethel Streets, this yellow brick two-story building was designed by one of Honolulu's most prolific architects, Henry Livingston Kerr. Built in 1909 as the Honolulu branch of the Yokohama Specie Bank, this bank was the first Japanese bank to open a branch in Hawaii to initially serve many of the migrant workers who immigrated from Japan, but it also served both Chinese and English-speaking customers.

On December 7, 1941, when the Governor declared martial law, the bank was shut-down and its assets were seized by the Alien Property Custodian. Today the building is occupied by multiple businesses including a Montessori preschool.



Walter Murry Gibson Building

Built in 1931 as the **Honolulu Police Station**, it replaced the previous police station built on the property in 1886. The Spanish colonial revival style was designed by local architect, Louis E. Davis using French marble, mahogany from the Philippines and sandstone from Waianae.

In 1967 the police department moved from this location to the former Sears location on South Beretania Street. Currently the building is occupied by the Federal Government branch of the US Department of Housing and Urban Development and the City's Real Property Assessment Division.

On a side note, the history of the police force in the Kingdom of Hawaii goes back to 1834 when **King Kamehameha III** first organized the force. One of the world's oldest police forces to have ever been organized, it was formed just 4 years after the London police force was established and twelve years before any police force was established in the United States.



Kamehameha V Post Office

Built in 1871 on the northeast corner of Merchant and Bethel Streets, the Kamehameha V Post Office was the first post office built in Hawaii and the first building constructed of precast concrete masonry unit blocks and iron bars. The post office served as the main post office until it relocated to the much larger space in 1922.

After its restoration in 1993, the building became the home to **Kumu Kahua Theatre** to develop those interested in a theatrical career.



The Melchers Building

Built in 1854, the Melchers Building is the oldest commercial building in Downtown Honolulu. Constructed of white coral blocks with a basement that was dug out from the solid coral grounds, most of the wall's coral finish is actually hidden by the stucco that's plastered around the building.

The building was used as the office for Gustav Melchers and Gustav Reiner, who formed Melchers and Company, a German importer and commission merchant that sold ship chandlery mainly catering to the whaling ships that came to port in Honolulu Harbor. In 1867, Mr. Melcher retired and moved back to Germany. Melchers and Company was then purchased by one of its clerks, Frederick A. Schaefer who renamed it F.A. Schaefer and Company. F.A. Schaefer and Company occupied the building until 1924, when it was purchased and occupied by **Hawaiian Dredging Construction Company**. In 1960 the City purchased the property and used it as the Prosecutor's Office. Today, the building is occupied by the City Department of Community Services.



The Bishop Bank Building

In August, 1858, **Charles Reed Bishop** and **William A. Aldrich** opened the first permanent bank in Hawaii. For the first twenty years **Bishop & Co. Bank** operated out of a wooden building just Mauka of Merchant Street. Then in 1877 the bank purchased a property on Merchant Street to construct the bank's new building. Designed by Thomas J. Baker, who was the first architect of the **Iolani Palace**, the two-story brick Italianate structure was completed and occupied by the bank in 1878, and continued to house the bank's operations until 1923, when the bank moved to its current headquarters on Bishop Street. Later, Bishop & Co. Bank changed its name to **First Hawaiian Bank** and has operated under this name ever since.



The Bishop & Co. Bank remained the owner of the building and leased office space to various tenants until it was sold in 1980 to **Harriet Bouslog**, a prominent labor attorney in Hawaii. It was then renamed the Harriet Bouslog Building and currently houses the offices of the Harriet Bouslog Labor Scholarship Fund and the Bouslog/Sawyer Trusts.

The Bishop Estate Building

In 1896, **Charles Reed Bishop** commissioned **Clinton B. Ripley** to design the Bishop Estate Building on the property adjacent to the Bishop Bank Building. The actual design work was done by Ripley's partner **Charles W. Dickey** who is credited with designing other famous buildings in Hawaii such as the **Alexander & Baldwin Building**, **Halekulani Hotel** and multiple buildings on the **Kamehameha School** campus.

Constructed of dark lava rock with notable features that includes arches above the lower door and window frames, four stone pilasters on the upper level, and a cornice parapet along the roofline, the exterior of the Bishop Estate Building has remained unchanged since its opening in 1896.

When completed, the building became the offices for the **Bishop Estate Trust**, the **Charles Reed Bishop Trust** and the **Bernice P. Bishop Museum**, and remained the home to the two trusts and the museum from 1896 to 1980, when it was sold along with the Bishop & Co. Building to Harriet Bouslog.



The Judd Building

Located on the southeast corner of Merchant and Fort Street, the Judd Building was designed by famed American architect **Oliver Traphagen** whose work also included the Moana Hotel and the Kaka'ako Pumping Station. Built in 1899, this four-story Italian Renaissance-styled building was one of the first to offer rental office space and included the first electric passenger elevator. In the 1920's a fifth floor was added and to this day has remained a five-story building.

Some of the more notable first tenants of the Judd Building included **The Honolulu Stock Exchange**, **C. Brewer & Co.** and the initial headquarters of **Alexander & Baldwin**. In addition, **Bank of Hawaii** which was incorporated in 1897 occupied the second and third floors of the building. Today the Judd building has a mix of tenants including a law firm and the **Hawaiian Host Group** famous for its Hawaiian Host chocolate covered macadamia nuts.

On a side note, the Judd Building is named after **Dr. Gerrit P. Judd**, who was a close advisor to **Kamehameha III** and served as a minister in the government of the Kingdom of Hawaii. He was also a key figure in the creation of Hawaii's constitution and helped to negotiate the return of Hawaiian sovereignty from Great Britain in 1843.

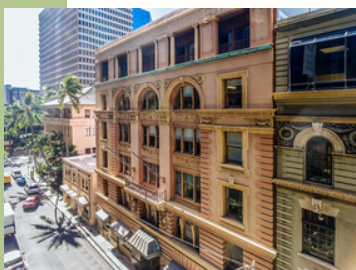


The Stangenwald Building

Built in 1901 and named after **Dr. Hugo Stangenwald**, the Stangenwald Building is a six-story Italianate office building designed by noted architects **Charles W. Dickey** and **Clinton B. Ripley**. With the invention of the elevator, it was possible to build a six-story building and was Honolulu's first "skyscraper". In addition, with its steel frame, concrete floorings and brick construction, plus built-in fire hoses and flameproof vaults on every floor, the Stangenwald would be considered the first "fireproof" building in Hawaii. It remained Honolulu's tallest office building in the city for more than 60 years with the only exception being the spires of the Aloha Tower and Honolulu Hale.

To secure the building's name, Dr. Stangenwald contributed \$100 to have his name and the completion date carved on the upper story, but he never got to see the completion of the building with his namesake due to his passing in 1899. When completed, the building featured a vent shaft for access to maintenance pipes, an underground parking lot for bicycles and the first shared law library in Hawaii, a feature that attracted lawyers as tenants for most of its life.

When the building was first built, some of its initial tenants were some of the most prominent Hawaii businesses such as The **Henry Waterhouse Trust Company**, The **B. F. Dillingham Company**, **Alexander & Baldwin**, **Castle & Cooke** and **C. Brewer & Company**. Over its lifetime the building has changed owners' multiple times and as recent as 2018, both the Stangenwald and Judd Buildings were sold by Alexander & Baldwin to a Hong Kong investor. Some of the building's current tenants include a coffee shop, an architecture firm and a public relations company.



The Honolulu Star Bulletin Building

Sandwiched between two iconic architectural structures - The Stangenwald Building to its right and the Alexander & Baldwin Building to its left, the Honolulu Star Bulletin Building is a tiny unassuming two-story structure that was built in 1902. Designed by **Clinton B. Ripley** and **Louis Davis**, it was originally built to house the staff of the **Hawaiian Star**, which merged with the **Daily Bulletin**, which at the time was the oldest daily newspaper in Hawaii, to become the **Honolulu Star-Bulletin** late in 1912.



The second floor of the building was leased to a couple law firms that were tenants for the majority of the building's existence. Today, the building is occupied by a solar energy equipment supplier and a retail clothing store.



The Alexander & Baldwin Building

Since its opening in 1929, the Alexander & Baldwin Building has been the headquarters for Alexander and Baldwin. Built on the corner of Merchant and Bishop Streets, this iconic structure was built in memory of the founders of Alexander & Baldwin, Samuel Thomas Alexander and Henry Perrine Baldwin and continues to be one of the most recognizable structures in Honolulu's financial and business district.

When the building was in its design phase the owners required that the architect, **Charles W. Dickey** design the buildings to reflect a "Hawaiian" appearance. One that is suitable to the climate, environment, history and geographical position in Hawaii. The geographic location of Honolulu in the middle of the Pacific Ocean also allowed for a subtle Asian or Chinese influence in the design.

The building's interior has evolved over the years to accommodate a larger work force and for comfort, but the exterior has remained relatively unchanged since its opening in 1929, and the history of this building will always be preserved through its design.



From the mid 1800's Merchant Street has developed a lot of history for Hawaii. It was the start point and headquarters for a lot of Honolulu's major companies including Hawaii's "Big Five" companies, two of Hawaii's major banks and some of the most well-known legal and financial advisors in the history of Hawaii. And although Merchant Street has evolved over the multiple generations since Honolulu became the capital of the Kingdom of Hawaii, then the Territory of Hawaii and finally to the State of Hawaii, some of the original structures have stood the test of time and will remain so over many generations ahead because they are designated on the Hawaii State Register of Historic Places.



The Place of Change

We would like to introduce you to an organization that holds a special place in our hearts and a resident with whom we've created an unbreakable bond. Cory is a resident of Habilitat and someone who has made a conscious decision to change his life for the better. We'd like to introduce him and Habilitat through his own words, and to show you why Habilitat is truly The Place of Change.

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Habilitat is the place of change for many who have struggled with addiction, homelessness, and incarceration. This program has allowed miracles to happen in the lives of individuals due to the intense training, life skills taught, and core values that follow. Everything I have learned in this program are skills based on working with others, time management, a prominent attitude, creativity, and being a leader who encourages those around me.

The knowledge and experience that residents gain by communicating and working with the business community allow us the opportunity to be more successful. The skills and training applied at Habilitat go hand in hand with the same core values employers look for in individuals. Habilitat works with businesses to provide job opportunities to those in recovery and provides education and resources to employers to help them understand the benefits of hiring individuals in recovery. This program benefits businesses, as it helps to create a more diverse and inclusive work environment and provides them with reliable and productive employees.

I am receiving training in the sales and marketing department. Habilitat offers many vocational training departments with skilled training and discipline to earn a position in the workforce or even start a career. I might not have a college degree, but I believe Habilitat has provided me with the best education for what it takes to be a valuable member of society. The impact Habilitat has made in the community and amongst my peers is amazing to witness and experience.

The Brett Hill Management team enlightens me with the innovation and motivation I will take in my future endeavors. Veracious professionals and a great team, they are all down to earth. I am writing this article to share that no matter what has happened in life, you still have a choice. Determined to have a successful future, I will bring out the best in myself and others, and I am grateful for the relationship that Habilitat has built with Brett Hill Construction Inc.

My name is Cory, and I am an aspiring business professional at Habilitat Inc. I wish everyone reading this to have a wonderful Spring season. May you continue to be the best at what you do, because anyone that has happiness and success in life is an inspiration to me.

To learn more about Habilitat please visit their website at www.habilitat.com.



Arugula

What is it?

Known as a popular salad green, arugula is surprisingly not a lettuce at all. Arugula is actually a member of the brassica family, it is a cruciferous vegetable along with broccoli, cabbage and mustard greens. It has a flavor that is peppery, spicy, and slightly nutty.



How to Select & Store

When shopping for arugula, look for bright green, perky leaves of a uniform color and avoid yellowing, damaged, wilted or excessively moist-looking leaves. Do not wash them until right before using.

Store in a cold and moist environment, but freezing is not recommended. For bagged or boxed arugula, leave them in the package and refrigerate for up to five days, for loose arugula leaves, loosely wrap them in paper towels and store in a plastic bag in the fridge. Cooked arugula will keep for a few days in the refrigerator.



Nutritional Value

Like other cruciferous vegetables, arugula provides the body with vitamin C which is good for heart health and could help reduce the risk of some cancers. Vitamin C also acts as an antioxidant, helping to fight off disease and boost immune system. A one-cup serving of arugula provides 4% of the daily recommended intake of vitamin C.

Also a great source of calcium and vitamin K, which play a role in improving bone health and preventing osteoporosis, and helps your body with normal blood clotting. Arugula is also very low in calories (only 5 calories per one cup serving) and also provides vitamin A, iron, potassium and magnesium. It can also be used as a natural breath freshener, the chlorophyll in arugula can help combat bad breath.

How to Prepare & Serve

Often eaten raw, arugula can be served as a side salad tossed in a drizzle of extra virgin olive oil, salt and pepper. Cherry tomatoes and nuts can also be combined along with some berries to make a nice summer salad. Arugula is also often added as a pizza or pasta topping, in sandwiches or in some recipes used as a substitute for basil in a pesto sauce.

