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# HOME GARDEN

**Kitchen Remodel  
Combines Form &  
Function Beautifully  
in Hawaii Kai**

**Kale: The Inexpensive,  
Versatile and Easy to Grow  
Superfood**

**Issue 14**



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## Hawaii Home & Garden Network

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*Aloha Hawaii Home & Garden Network,*

*As we approach August (it's still July as I write), I feel the melancholy tugs of the end of summer blues. There are so many things to miss about summers in Hawaii. The weather is perfect beachgoing weather, most of the time, for three months and sometimes a little more. We'll be saying aloha to the South Shore swells sometime soon, unless you know those spots here and there that will still catch a swell sometimes until next summer. Shhhhhhhh. And one of the weirdest phenomenon I've ever seen having lived in three major cities. How the start of the state's university session can crush the blissful summer months of commuting on Oahu's freeways. I can see the horrified faces of all those commuters steeling themselves for the traffic onslaught to come August 20. Summer is about to end way too soon.*

*But I digress. What we're really here to talk about are Oahu homes and kitchens and Homeowners Design Center has another kitchen transformation that they've added to their impressive lineup. This is a night and day project where you won't even believe it's the same kitchen when you see the before and after photos. HDC did such an incredible job modernizing and opening up this kitchen and fully taking advantage of the scenic location of the home. Enlarging the space turned a nice view of the waterfront into a picture window view, which includes a seating area to appreciate such a view: a dynamic and artfully shaped kitchen island. The before and after photos will really amaze you at how much the kitchen changed. Well worth taking a look if you're looking for an equally transformative change but aren't sure if it can be done.*

*And of course, it wouldn't be Hawaii Home & Garden if we didn't have a garden tip for you. Living in Hawaii has some really wonderful advantages. The weather isn't just a perfect complement to a water-oriented lifestyle. It's the perfect mate for growing your own produce in your home. Everything isn't perfect living in Hawaii (see the traffic note). Cost of living is high. Very high. And the cost of food is one of the highest in the country. If you're able to grow your own produce, it will be a huge relief to your budget, and doing it organically won't increase the difficulty quotient. It's not as hard as you might think, for many produce anyway. Our Big Island expert Kellie Coyle has another great project that you could try. With everyone wanting to eat healthier, and even cost efficiently, the popularity of superfoods have been on the rise, and the one with a magnifying profile is kale. And believe it or not, it's not that hard to grow and growing them in your home, in Hawaii, is the gift that keeps on giving.*

*We hope you enjoy the issue. Definitely enjoy what's left of the summer of 2018 because you won't see it again for another nine months.*

*Mahalo,  
Rick Presser  
Publisher  
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New kitchen with Shaker-style cabinets from Diamond, Thermador appliances and U-Line beverage center.

## Kitchen Remodel Combines Form & Function Beautifully in Hawaii Kai

*Written by Andy Beth Miller*

*Photographs by Ryan Siphers*

For one Hawaii Kai family, the desire for a more functional kitchen proved to be the start of something beyond their expectations—a kitchen remodel that made a room both beautiful and functional. The couple originally had the simple goal of updating their cabinets but after visiting with Jessica Omoto of Homeowners Design Center, they saw that doing a complete renovation was well within reach. Omoto says her clients were impressed with the one-stop shopping experience offered by Homeowners Design Center. “I think for them, it was the ease of the whole process. We do measurements and design. We show them what they visually end up with... then we have contractors that we work alongside to make the project move smoothly.”



Before photo showing the corner position of the old kitchen and unused adjacent space.



Along with updating the kitchen, the couple decided to take advantage of their home's waterfront setting with the kitchen remodel. Tearing out a wall not only enlarged the space, but gave the kitchen a whole new view. "They have these doors that look right out onto the water, so it helped to bring a little more light into the space as well," says Omoto.

After enlarging the space, it was time to focus on style, starting with the center island. With the popularity of kitchen islands today, some tend to be a bit uninspired but, according to Omoto, islands are where designers can really get creative in a kitchen remodel. "Islands are actually fun because you can do anything with an island, any shape you can create," comments Omoto. Instead of the usual rectangle, Omoto went for something unique. Describing the design, she says, "One end is deeper and then it curves down to the other narrower end. It's just a little bit different from anybody else's island." Beyond its form, the island is functional, too, with storage on one side and seating on the other. It also houses the oven and cooktop.

**The kitchen remodel enlarged the view of the waterfront and incorporated a buffet area.**



**Before photo of the space and windows looking out to the waterfront.**



**Before photo of the old kitchen island and position of kitchen.**

Throughout, the kitchen remodel incorporated Diamond-brand Shaker-style cabinets all in cherry wood, with the island displaying a deeper, contrasting tone. "On the island, we did a chocolate finish, just to give it that darker, richer color," says Omoto. The white and gray marbled pattern of the granite countertop blends nicely with both cabinet finishes.

Another way Omoto combined form and function in the kitchen remodel was by designing a buffet area with glass doors and under-cabinet refrigeration. It's a perfect place to display collectibles as well as a fun spot for entertaining. The under-cabinet beverage center is by U-Line, while all other appliances are by Thermador.

**New kitchen island with a unique and functional shape being the focal point of the enlarged kitchen.**







Lighting also played multiple roles in the kitchen remodel, with overhead recessed lights, stylish pendant lights and dramatic under-cabinet lighting. For a cleaner look, the outlets were located underneath the cabinets as well. "It gives the clean appearance on the tile backsplash," says Omoto.

The Hawaii Kai homeowners were so delighted with the results of their recent kitchen remodel that they decided to spread the word. "They've actually referred their neighbor to us," says Omoto, "so they're quite happy with their kitchen."



The kitchen remodel incorporated numerous lighting options, including recessed lights, under-cabinet lighting and pendant lights.



**VIDEOS**

Kitchen Remodeling Advice for Family & Friends, Video 3



**BLOG**

A Clean, Mean Kitchen Makeover



**COMPANY PROFILE PAGE**

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# Kale: The Inexpensive, Versatile and Easy to Grow Superfood

Featuring Hawaii Home & Garden

Written & Photographed by Kellie Coyle

Ultra-healthy superfoods continue to be the culinary rage and having one or many of them in your own organic home garden will make you an uber user of superfoods. Foods such as salmon, blueberries, almonds, quinoa and kale are known to be packed full of vitamins that fight diseases and elevate your overall health. While these superfoods are readily available in most markets, one can easily be incorporated into your lanai or backyard organic home garden – kale.

Let's look at the health specifics of kale. According to WebMD.com, a serving (one cup of raw leaves) contains 3 grams of protein, 2.5 grams of fiber, and omega-3 fatty acid. And the vitamins! Kale supplies 134 percent of daily requirements of vitamin C (boosts the immune system), 206 percent of daily requirements of vitamin A (good for eyes, bones and skin) and 684 percent of the daily requirements of vitamin K (good for heart and memory). All these goodies help fight cancers, heart disease and inflammation. This makes it a no-brainer to add to your home garden. It's easy to grow from starters and it responds well to our sunny Hawaiian climate. We can grow it all year.



...Toscano...



Superfood kale provides an abundance of vitamins and minerals for optimal health. There are many varieties including Dwarf Blue Curled...



...and Red Russian.

Kale, from the cabbage family, grows well in the ground or in containers for your lanai home garden. Wherever you decide to plant your kale, use good soil. I discovered a local all-purpose, organic, ready-to-use and inexpensive potting soil, NIU from Honolulu. The packaging proudly lists worm casing as one



A starter and a planter at least 6" wide by 6" deep. Use good local potting soil.



Pour soil, gently place the starter in the planter and fill in with additional soil.

of its ingredients. So maybe it's time to invest in garden gloves if you don't already use them. Hardy and inexpensive gloves can be found at local home improvement stores. I am currently using a really good pair I found in the fishing section of a big box store at less than \$4.00 a pair.

For containers on your lanai, choose a planter with plenty of room for growing healthy roots (at least six inches wide and six inches deep). I used starters I picked up at a local home improvement store for about \$2.00 each. I've heard that one starter per container produces the best results for a lanai home garden. I've had luck using several starters in a rectangular planter (24" long, 6" wide and 6" deep), placing each starter six inches apart.

Whatever the size of your planter, make sure there are a couple of holes in the bottom for proper irrigation. Place the container in a fully sunlit area and water regularly. The soil should remain moist to the touch. With starters, you can begin to harvest leaves right away so place the planter in an easy access area for grabbing leaves as you need them for a lanai home garden.

Kale does great in the ground as well in a backyard home garden. Plant your starters in good soil. It might be necessary to add purchased garden soil with existing soil to create the best environment for your kale. Again, give each starter plenty of room (at least six inches between starters), plant in a fully sunlit area and keep the soil moist to the touch.



Whether in the ground or a container, harvesting is easy. Just snip off the leaves you need starting from the outside of the plant. They will soon be replaced with new fresh leaves. If you want to use the entire plant, cut a couple of inches above the roots so your leaves will grow back in abundance. Carefully wash each leaf before eating. Properly cared for, your kale will provide a sustainable amount of healthy leaves for months or longer.

I usually just go with starters for either a backyard or lanai home garden, but I also decided to experiment with kale seeds for this project. I sprinkled seeds in a small planter. I noticed signs of life only days after planting, but the plants were only about two inches after three weeks. The seed packaging states harvesting can begin between 50 and 65 days! And I will have to trim and transplant the growth from seeds. Conclusion, patience is required for growing kale from seeds. It takes much more time and effort than using starters.

You do not want to dilute the powerful health benefits of your kale by spraying harmful pesticides all over it. In fact, the texture of the kale leaves makes it difficult to thoroughly wash off pesticides. Yet another great reason to grow your own kale! Keep it

**More than one starter in a rectangle container. Remember the 6-inch rule.**



**Dwarf Blue starter ten days after planting.**

organic and bug-free with Neem oil found in home improvement stores. If you are not familiar with neem products, check out this article from the National Pesticide Information Center <http://npic.orst.edu/factsheets/neemgen.html>. It's a great product for any organic home garden.

Some might be snickering right now – so it's time to address the elephant in the room. The taste. Kale is what some might refer to as an acquired taste. It's bitter. And growing kale in warmer climates may add to the bitterness. If you love the taste – great, you are set to go. If not, let's find some ways to manage the bitterness so all can experience kale's undeniable health benefits.

Here are a few tips. Try different types of kale. I've heard the Toscano (Tuscan) leaves are less bitter than the Blue Dwarf Curly leaves. I conducted my own research, tasting both. Frankly, I found both to be equally bitter. But I encourage you to taste the different varieties, and there are a few, to see what tastes best to you. I do know that newer "baby" greens are not as bitter as mature leaves that have been on the plant for a while. Another good reason to include kale in your home garden, you will always have access

to newer leaves.

Having said that, all kale leaves are versatile and can be eaten raw or cooked. Good thing too as this gives us more options to complement the taste with other ingredients. I included some recipes for dishes using kale. With so many recipes out there, it could be a project to discover the ones that work for you and your family. So, grow away and have fun experimenting with recipes that help you incorporate this versatile superfood into your diet and into your organic home garden.

**Growing kale from seeds requires patience. Three weeks after planting seeds.**



**Thoroughly wash each leaf. Hold each leaf under running water to remove any dirt, etc.**





## CRISPY KALE CHIPS

Photo and recipe care of [www.foodnetwork.com](http://www.foodnetwork.com)

### INGREDIENTS:

- 1 head kale (about 3 cups chopped), washed and thoroughly dried
- 2 tablespoons olive oil
- Sea salt, for sprinkling

### DIRECTIONS:

Preheat the oven to 275 degrees F. Remove the ribs from the kale and cut into 1 1/2-inch pieces. Lay on a baking sheet and toss with the olive oil and salt. Bake until crisp, turning the leaves halfway through, about 20 minutes. Serve as finger food



Crispy kale chips

## GINGER KALE SMOOTHIES

Photo and recipe care of [www.tasteofhome.com](http://www.tasteofhome.com)

### INGREDIENTS:

- 1-1/4 cups orange juice
- 1 teaspoon lemon juice
- 2 cups torn fresh kale
- 1 medium apple, peeled and coarsely chopped
- 1 tablespoon minced fresh gingerroot
- 4 ice cubes
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon ground turmeric or 1/4-inch piece fresh turmeric, peeled and finely chopped
- Dash cayenne pepper

### DIRECTIONS:

Place all ingredients in a blender; cover and process until blended. Serve immediately.



Ginger kale smoothies

## KALE AND CUCUMBER SALAD WITH ROASTED GINGER DRESSING

Photo and recipe care of [www.bonappetit.com](http://www.bonappetit.com)



Kale and cucumber salad with roasted ginger dressing.

### INGREDIENTS:

#### Dressing

- 8 ounces fresh ginger
- 1 green or red Thai chile
- 1 garlic clove
- 3 tablespoons fish sauce
- 3 tablespoons sugar
- 3 tablespoons vegetable oil

#### Assembly

- 1 bunch small red Russian kale, ribs and stems removed, leaves torn into bite-size pieces
- 1 English hothouse cucumber, very thinly sliced
- 3 Persian cucumbers, very thinly sliced
- 1 small red onion, thinly sliced
- 2 tablespoons fresh lime juice
- 2 teaspoons sugar
- Kosher salt
- 1 bunch cilantro, coarsely chopped
- 1/4 cup store-bought fried onions



## COMPANY PROFILE PAGE

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