

Grains offer flavor, nutrition, beauty in the garden

By DEAN FOSDICK
For The Associated Press

Now that you've established a productive vegetable garden, how about growing some pancakes, pasta and home-baked breads on the side?

Plant whole grains — cheap, low-maintenance grasses that produce edible seeds you can cook up raw (as you would rice), grind into flour, make into brews, or add fresh to salads and casseroles. Grains demonstrate that you don't need blooms to beautify small spaces. Think amber waves of grain, or patches of waist-high ornamental grass swaying gracefully in the wind.

Add thrift to the equation, too, because a little goes a long way.

"A 1,000-square-foot plot planted with 2-3/4 pounds of barley seed will yield one bushel of barley," says Sara Pitzer, author of the updated "Homegrown Whole Grains: Grow, Harvest & Cook Wheat Barley, Oats, Rice, Corn & More" (Storey Publishing, 2009).

"If one bushel doesn't sound like much, consider that one cup of raw barley cooks up to generously serve six people, and that most soup recipes — even ones making big pots of soup — call for only one-third cup of raw barley."

Grains also serve as nutritious recipe fillers, replacing pricier ingredients in a meat loaf or stew. "Put aside what you can't eat for planting the next year," Pitzer advises.

Whole grains usually recommended for home gardens include barley, buckwheat, corn, millet, oats, rice, rye, wheat and amaranth. Decide which grains or cereals you want to grow based on flavor, ease of harvest, hardiness and appearance.

Here's a Pitzer-provided primer to help get you started:

— Barley: Matures faster and tolerates drought better than wheat. A fiber-rich plant known to reduce cholesterol and blood glucose levels. Frequently used for brewing.

— Buckwheat: Broadleaf plant with a strong flavor that often is milled into flour for pancakes.

— Corn: One of the easiest crops to grow. It can be eaten fresh, ground into cornmeal or popped into tender, bite-size puffs.

— Millet: Tasty when served like rice or added to foods for its crunch. Loaded with protein, B vitamins and minerals.

— Oats: Germinates quickly but difficult to harvest unless you go with hull-less varieties. Recommended for everything from biscuits to oatmeal.

— Rice: Challenging to grow, but has limitless applications in recipes.

— Rye: An assertive taste in flour and food. Extremely hardy. Has no hull, making it easy to harvest. Crafters find many uses for its long stems, or straw.

— Wheat: Easily managed in gardens, and a recipe essential for everything from pastas to cakes.

— Amaranth: A tall, broadleaf plant that forms feathery plumes. The leaves can be cooked and eaten like spinach, while the grains have a peppery taste and are rich in protein and other nutrients.

Grains, like most other grasses, are simple to grow.

"They're more adapted to dry land conditions. You don't have to irrigate as much," said Bob Van Veldhuizen, a research technician with the University of Alaska Fairbanks School of Natural Resources and Agricultural Sciences. "They also don't require as many nutrients as things like tomatoes."

Van Veldhuizen has worked primarily on hull-less varieties. "They're of more interest to hobby gardeners," he said. "You don't need a home threshing machine."

Most grains are very hardy, thriving in USDA Zones 3 to 8 and beyond, said Dan Jason, a seedsman from Salt Spring Island, British Columbia.

"They're fast growing — 90 to 100 days to maturity," Jason said. "They're not killed by frosts. You can sow some grains in September and harvest them in June, freeing the garden for another crop."



Dean Fosdick/AP photo

Whole grains can be grown in small spaces to augment the produce harvested from home vegetable gardens.

the rates

saturday

H O M E S

4.75%

30-year-fixed

4.03%

15-year-fixed

West Region Mortgage Rates as of 1/27/11 • Subject to Change
Source: Freddie Mac

Quality over Quantity

Custom Olinda residence espouses design concepts of renown architect

The American penchant for bigger and bigger houses finally got a reality check in 1998 when Sarah Susanka published "The Not So Big House". It was the inspiration for the 3 bedroom, 2 bathroom residence at 88 Alaluana Road in upper Olinda.

Built in 2000, the 1,477 square foot residence incorporates Susanka's ideas about everyday living spaces for both formal and informal purposes. Simply put, by building a "not so big house," home owners can spend their money on better materials and fine details while creating living spaces that actually get used. The Not So Big House concept is also a first step toward

sustainable living.

Susanka advocates living spaces that emphasize quality over quantity and the residence at 88 Alaluana Road accomplishes this objective. Located near the top of Olinda Road, the well maintained 2-story home has a wide, covered entry porch, multiple roof lines with 4 gables and transom windows. It is nestled on a 2.79 acre parcel above three terraced lawn areas, providing a clear view of a 14.64 acre state-owned pine forest across the street.

"It's tranquil," said homeowner Chris Shurilla. "The only mechanical noise you hear is an occasional car . . . You're really away from it all."

"You're at the top of



The 3 bedroom, 2 bathroom house is rich in interior and exterior detail.

the world here," said Realtor (Sales) Marlene Ritts. "It's a phenomenal property." Marlene is the listing agent for the home with Island Sotheby's International Realty.

Chris and Teresa Shurilla have made a number of improvements to the home since purchasing it in 2003. The most noticeable and impressive renovation is the kitchen. It has all

new maple cabinetry with self-closing drawers, stainless steel appliances, butcher block countertops and dining bar. Chris also added a separate beverage refrigerator that is built into the wall. It sits just below a wall-mounted flat-screen computer monitor. A wireless key pad and mouse can be used from the dining bar. The computer is hidden in cabinets below the stairwell that Chris also added. It's a smart storage solution right from the pages of "The Not So Big House".

Additional improvements include all new wood-frame glass interior doors.

"They've done so much to this house," said Marlene. She recounted how she was at Home Depot when she ran into Chris. He was purchasing a wood frame glass front pantry door to match the other interior doors in the house.

Chris has also made a number of improvements to the home's water catchment system. "Through every drought its never been half emp-

ty," said Chris of the 30,000 gallon capacity cistern. "And we use a lot of water."

In addition to not having to worry about water bills, there is no association with maintenance fees, pointed out Marlene.

Wide hallways and landings, coffered ceilings, and a vaulted living room with built-in couch beneath a 2-story high window-lined alcove are some of the ways the home design makes good use of space.

"The square footage is deceiving," said Teresa in reference to the bright and spacious ambiance of the home.

Additional features include 4.5 inch baseboards throughout the home; solid oak flooring; slate tile flooring in the entry, laundry room and bathrooms; deep soaking tub with stained hardwood surround; walk-in shower with glass-block wall and ceramic tile surround; front-loading washer and dryer.

The home is being offered for \$769,000. For more information, call Marlene at 385-7253.



Copies of Sarah Susanka's "The Not So Big House" and "Creating The Not So Big House" rest on the counter of the renovated kitchen.



The home has sweeping views of the north shore, central valley and Haleakala.

Wailuku home design takes advantage of view

"It's the only 5 bedroom house currently on the market in Wailuku Heights and one of two with over 3,000 square feet of interior living space," said Realtor Broker Josh Jerman of the residence at 532 Polulani Drive.

Located 1,600 feet above sea level, the architect designed and custom

built home has sweeping views of the north shore, central valley and Haleakala. It has a Monier tile roof and stucco exterior.

"We built it (in 1990) to take advantage of the view," said homeowner Mickey Damerell, better known as Dr. D — an orthodontist with a long-time practice in

Wailuku. "A lot of the rooms have a nice view."

The main entrance opens to an expansive foyer with vaulted, open-beam ceiling and marble-tile floor. Etched glass door and window designs include banana leaf and heliconia. To the right is a family room with wet bar and billiards table. This

room showcases the home's impressive views as soon as one enters the home. It is connected to a full bedroom suite with access to a ground-level lanai and walking path to the backyard lawn planted with a variety of tropical, fruit-bearing trees —

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Realtor/nurse coordinates CPR instruction

By JOSEPH W. BEAN

According to the American Heart Association, “Cardiovascular diseases, including strokes, are our nation’s No. 1 killer.” If you’re thinking that’s something that happens to others — a different age group, ethnicity, sex or lifestyle — think again.

“Its victims,” said President Barack Obama in his proclamation of American Heart Month 2010, “are women and men, and people of all backgrounds and ethnicities, in all regions of our country.” He added, “...it is among the most preventable (causes of death... it) requires us to take responsibility for our health and that of our children.” The President will proclaim that February 2011 is, again, American Heart Month. That proclamation has actually been a job requirement for the Commander in Chief since 1963.

In the course of their work, Realtors® often gladden the metaphorical hearts of their clients, but what could they do about actual cardiovascular disease? It might have seemed there was nothing to be done until Marilyn Griffin of Hawaii Pacific Properties, then a member of the Education Committee of the Realtors Association of Maui,



came up with the idea of Realtors® with Heart. The idea was simple: have members of RAM sign up for an emergency medical training class, and they did. That was in 2007.

“You want someone nearby who knows CPR when you’re the unlucky one, and something happens, and Realtors® are everywhere,” Griffin said, reciting a surprising, but completely realistic list of places where a person might have a medical emergency and find a Realtor® at hand, ending with, “we’re out in Maliko Gulch showing a house.” The chances of a trained bystander being there when needed go up as each new person learns lifesaving skills. We hear stories all the time about this working out “luckily,” but it’s not just luck,



Here’s Marilyn Griffin, cardiovascular/stroke nurse and Hawaii Pacific Properties Realtor, at her real estate job, showing Traditions at Maui Lani model homes.

someone has to plan ahead — just in case.

Getting RAM members interested in cardiovascular health and emergency medical actions wasn’t just some crazy fantasy for Griffin. Besides being in real estate she was a trauma nurse for more than 30 years, and in more recent times, has switched to cardiovascular and stroke nursing. Yes, like most everyone on Maui, she has two jobs. “I tried for a hot minute to not be a nurse, and just do

real estate,” she said, “but no.” She sees her two careers as very similar. In both, there are strict standards and practices, demanding ethics, lots of attention to detail and paperwork, and as a nurse, she is an advocate for her patient, just as she is an advocate for her client in real estate. The other thing she noted as similar was the alternating level of activity. “You never know when the ambulance will come in with those five people who were thrown from the

back of a truck at the same time you are trying to help someone who...” No need for the gory details, but you see the resemblance. You wait for hours in a hospital or real estate location, doing paperwork or not, then suddenly, you can barely keep pace, and after a while, you’re waiting again.

The training and certifying of Realtors® (or anyone) in emergency medical activities, is not a once in a lifetime thing. The certification has to

be updated every two years, so Griffin arranged a class again in 2009. Although, as of this writing, the RAM Education Committee has not set a date for training in 2011, Griffin fully expects that the program will continue.

Griffin, who came to Maui from Sacramento 20 years ago, started her nursing career at the University of Davis Trauma Center, having volunteered and worked for college credits in the field since she was 16. When she arrived on the Valley Isle, her first thought was to start knocking on doors till she found another suitable nursing position. “One of the first doors I knocked on was an ambulance door,” Griffin said, “and I met Chris Gilbert.” Gilbert is well known to a lot of Maui people. He’s been the supervisor of the ambulances in West Maui for over 20 years, and has often been called a hero. Meeting him was a new beginning for Griffin.

So, whether it is just lucky for Maui, or we’re benefitting from Griffin planning ahead, the fact remains that for two decades she has found ways to make our island home a better and safer place to live.

Take a look at www.americanheart.org to find out what you can do for yourself, your family and your community.

Wailuku Heights home design takes advantage of view

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which include lychee, avocado and citrus.

The completely landscaped and irrigated grounds measure 11,305 square feet.

The home has 3,260 square feet of interior living space with 3 bedrooms on the ground floor along with a fully-enclosed and finished 3-car garage.

The master suite and fifth bedroom (which is currently being used as an office) are located on the upper level.

The home is well-suited to entertaining with a spacious living room and kitchen on the upper level that open to a covered deck with wet bar. Rain gutters and downspouts are hidden from view.

One innovative custom design, conceived by the home owner, is upper and lower louvered windows to improve air circulation and facilitate an unobstructed view through the plate glass windows.

The master suite has a marble tile bathroom with large

soak tub and a walk-in closet with organizer system. There is also additional storage in the finished attic space above the closet.

“The whole house is wired for sound and security,” said Mickey.

The most recent improvements to the home include new hardwood floors, paint and hardware for the doors and sinks. In addition to storage areas under the stairs leading to the upper level, there is a custom storage area in the ceiling of the garage, plus a separate storage room with shelves.

“The temperature is just about perfect,” said Mickey of the location. “No heat or air conditioning is needed.”

The residence is also convenient to town and nearby golf courses. It is being listed for \$1,080,000.

Josh is a co-listing agent for the property with Realtor (Sales) Ilsa Mitchell Jencks. Both agents are with The Wailea Group. For more information, call Josh at 283-2222 or Ilsa at 250-5959.



A family room with wet bar and billiards table showcases the home's impressive views as soon as one enters the home.

Low-cost things homeowners can do to spruce up

By CAMILLA McLAUGHLIN

For The Associated Press

When times are tough, women who can’t afford a new dress often purchase a new accessory or lipstick to recharge their wardrobes. Known as the “lipstick effect,” the tendency applies to homeowners too.

Barry Culkin, CEO of Questech Corp., a tile manufacturer in Rutland, Vt., noticed sales of his \$5 cast stone and marble switch plate covers rose whenever the economy faltered. Last year, sales of their covers at major retailers were up 15 to 20 percent.

As homeowners rein in spending, more opt for small indulgences and postpone major renovations. Whether the goal is a new look for a worn

kitchen or simply an injection of color in a room, here’s a list of some of the best ways to give a space a quick uplift. Many cost much less than a designer lipstick and a few don’t require any financial outlay.

“I am seeing quite a bit of Yankee ingenuity in my customers. They are getting pretty smart about using and repurposing items to add some zip to their living spaces,” says Shirley Walsh, owner of Kalembar Dune, a vintage home decor shop in Boston.

Simply moving furniture and accessories around and borrowing from other areas of the home can give a room a whole new look. If you want to splurge, consider hiring a designer who specializes in re-

design.

The instant gratification of having it all accomplished in a day is hard to resist but “it’s also low stress because it uses familiar furnishings,” observes Pam Faulkner, owner of Faulkner House Redesign in Oak Hill, Va. The cost to have Faulkner make over a room ranges from \$400 and \$700 depending on the space.

A little elbow grease also can go a long way. Sparkling windows bring in light and make the entire house shine. Often, all carpets and rugs need is a thorough cleaning and they will feel almost new. The same holds true for wood floors and trim.

Nothing is a better quick-change artist than paint. But

you don’t have to go all out. Rather than entire room, paint an accent wall, trim or piece of furniture. “Never underestimate the power of paint and pillows, always the best lipstick for your home in any shade,” advises Marcia Richards, a Phoenix, Ariz., interior designer.

Give a living room or bedroom a facelift by shifting the color scheme. Pillows add instant color, but to complete the look, mix in color keyed accessories, such as a throw and new lamp or lampshade. If your budget allows, go a step further and add a rug and/or slipcovers. Small luxuries can have a big

impact on our moods and our homes. Flowers and new plants inject new life and color to any space. Try replacing regular lightbulbs with full spectrum bulbs which are more like sunlight. Sometimes all it takes to spark up an entire room is a unique accessory or piece of individual art.

Where do credit scores come from?

Credit scores. We hear a lot about these numbers. For each person, the score is a number between 200 and 850 on most common scales. If your credit score is under 620, it may not be possible to get a conventional mortgage, and the lower the score, the higher the interest rate on all your new or refinanced debt is likely to be.

Many in Hawaii are at a disadvantage according to the most recent figures about how we use credit cards and what balances we carry. Our balances are among the top three in the U.S., and that does not bode well for borrowing. If your score is low (and it will be if your balances are high as a percentage of available credit), you may want to look into things you can do to improve it before applying for a mortgage. In fact, talk to a lender about factors that may help improve your score, or offset the effects of the score. Here are the five factors

that determine a credit score. **Your payment history:** How consistently you pay on time is generally thought to be a 35-percent factor in determining your credit score. **Total current debt:** The amount you owe at the moment the score is calculated, and how much approved credit remains unused combine to form a 30-percent factor. It is usually considered ideal that no line of credit is used beyond 25 percent of the credit limit. **The length of your credit history:** In general, the longer your accounts have

been open, the better. This can be a 15-percent factor.

How much new credit you have: New credit accounts of any sort are scored as more risky regardless of how promptly you are paying the amounts due. A 10-percent factor.

The final 10 percent of the score is determined by the variety of your credit accounts. It is generally considered better to have more than one type of credit. A mix of credit cards, installment loans, mortgages, etc. is good.

The Web is full of commentaries and explanations of credit scores. The three most interesting and reliable resources are myfico.com, ftc.gov and howstuffworks.com. At howstuffworks.com, select the Money Stuff tab to find a starting point. Also, if you search the Internet with “Maui credit score” you’ll find Realtors® and lenders offering local advice on the subject.

open house guide

central maui

Saturday Noon-3PM
40 Kapalaia Place
Kehalani – Ohia,
Wailuku
Century 21
All Islands
205-9259

west maui

Saturday Noon-4PM
Channel House #C101
1010 Front St.
MRV Real Estate
264-0570

upcountry haiku/paia

Saturday 2-5PM
161 Waikina Lp., Haiku
Century 21 All Islands
269-4778

For more information on these listings, check the paid ad in the classifieds.



Helpful Home Buying Tips from Realtors® Association of Maui