

FINAL EP 1 Story of WiF

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0:00:06.6 S1: Hey there, and welcome to the women in food podcast. I'm your hostess. Missy singer-do Mars.

0:00:13.3 S2: I have two missions with women in food to elevate and share with you the many incredibly diverse voices of women in our food culture, as well as to bring you conversations that may inspire you, empower you in your kitchen or shopping at the market. All while entertaining you with some fun storytelling.

0:00:34.4 S1: Haven't you ever wondered how a chef learned to be a chef, or what made her decide to go into farming? We're gonna tell you those stories.

0:00:45.0 S2: Women in food is a series of discussions, meeting at the intersection of food, of business and the feminine. You might be wondering why all three of these things together... Well, I'm a solo woman farmer, an entrepreneur, a business coach, and an avid cook, and as such, I've always cut my eye out for other women like myself, especially women in food and in business. I just love to meet chefs and food writers and cooks and bakers and other food makers, and hear their personal stories, and then the most fun part is to geek out with them in the kitchen or in the garden, or around a really great meal. As we look at history, women are traditionally the keepers of the heart, and the keepers of the heart is a lot more than just food, it's also all the arts and skills related to food, pottery, basket weaving, and in addition to that, harkat... In my opinion, and experience is also about tending relationships and tending community because intending pleasure, because part of food is pleasure and the harshest where everyone gathers, look at any household, Everyone hangs out in the kitchen, it's so natural to gather around the warmth, gather around a source of nourishment and a source of pleasure and be together, and so yes, women are the natural tenders of heart, I believe that there is something super unique that we women bring to both how we do business and how we nourish ourselves and our communities.

0:02:31.5 S2: I noticed that there was a severe lack of that perspective in media, this podcast started as an idea with a woman chef, friend of mine for a series of farm-to-table dinners here on my farm to start to change that story around. Due to the pandemic in 2020, that series turn into live Zoom classes that were super fun and people from all over the United States joined us. These classes were cook along and garden along classes, mixed with personal story telling and as much useful information about food and cooking techniques and where food comes from as we could pack into one episode. After 15 Live episodes featuring women in food in my western New York region, I knew it was time to take the story to the podcast airways and to expand to a global voice and bring that to the table beyond my very sweet little regional community here. The range of guests on women in food podcasts are not just chefs and not just farmers, but food makers, food bakers, food writers, food advocates, and so what I found in our past episodes is our conversation goes deep and it gets into... Not just, This is pasta, and go buy a box of pasta, but make your own pasta.

0:04:01.1 S2: And how would you do that? And how easy it can be to me, I think one of the biggest things when I share kitchen craft and food craft with somebody is dispelling the myth that it's hard and complicated, I often ask my guests to share with us how to... And talk us through a process to reveal how easy it can be, in

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0:04:25.4 S1: Fact, one of our first episodes, two years ago or a year and a half ago, she taught everyone to make homemade or cut a cheese, and it's easy. I couldn't believe how easy it is. I do it all the time now, and in fact, I still get messages almost a year later from people that they're still making reunites from that episode, so we wanna provide... I wanna provide more of that to you, and what happens, because I have a passion for food as well, I'm gonna ask questions and I'm gonna add insights and experience as well to the conversation, so it won't just be... It's not like watching a cooking show where the stuff is just gonna tell you it's interview style, so as she's describing a technique or process, I may ask for the questions, can we do it this way, what if we try it this way? What if I don't have this ingredient, have you ever heard of this ingredient, have you ever heard of this tool, things like that to add in my own experience and what I know or to pull more information out for my guests...

0:05:24.1 S2: Of course, on a podcast, you can't cook along with us in the same way, but what I can promise you is that these interviews brain together interesting storytelling with recipes, culinary and food, how choose techniques for your garden, all while bringing you a woman's story of food. We invite you to enjoy your kitchen, to enjoy your garden and enjoy your table, just a little bit more.

0:05:53.0 S1: A last request, if you could go over to iTunes or whatever app you're using to listen and give us a rating and review, it's a simple act that really helps us a ton. Thank you so much for joining me on this delicious adventure, join me next time around the table and get ready to eate.

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