

FINAL EP 11 Sarah Klein

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**0:00:00.1 S1:** Hey there, women in food, listeners and friends, I have missed you so much and I am so happy to be back on the air waves and the podcast waves with you. If you follow along at all, you know that I'm a farmer and it has been a super full season of dinners and events, he rides and farming all the vegetables and taking care of all the animals. So you haven't heard from me in a while, but here I am and I'm back with all kinds of interesting episodes and recipes and incredible women for you. This first episode, I'm interviewing Sara Kline, who is a FOOD LOVER and artist, and she combines food and art together. What's really exciting is that she has created some special are just for us that will be available on a variety of fun products for your kitchen at home, just in time for holiday season. So stay tuned on our women in food podcasts and emails and website for how to get those products. I'll also put the link in the show notes. In addition, I am looking for guests for this next season, so if you know of anyone that you think would be a wonderful guest for a woman in food episode, please let me know, there's a form on the Women in food dot net website, and that's the best way to share your ideas and guest suggestions, I can't wait to find out who you know that we would all love to hear from, so enjoy today's episode, and it's so good to be back and reconnect with you.

**0:01:51.2 S1:** Welcome to another episode of women in food. I'm your hostess, Missy singer-du Mars. This podcast is all about the intersection of three things food, business, and the feminine. Each episode, I invite you to sit down with me and my interview guest as we dive into this intersection, to spark your food curiosity, share a favorite recipe and give you some fun food explorations along the way. I'm inspired by these women, women farmers, shafts bakers, cooks, writers, food makers and creators who all bring their passion for beauty, nourishment, community, pleasure, connection and deep care to others through food. These are women who advocate and take action towards increased food awareness for themselves, their families and their neighborhoods. Before I introduce today's guests, I have one request, if you could go over to iTunes or whatever app you're using to listen and give us a reading and review, it's a simple act. That helps us a ton. Thank you so very much. Today, I am so excited to introduce to you Sara Kline. Sarah is an artist, curator and animator whose works have been seen internationally in galleries, museums, media outlets and film festivals, her work has received numerous awards and recognitions from a wide range of organizations.

**0:03:14.9 S1:** Now, you might be wondering, Missy, why do you have an artist on a show about women in food? Well, let me tell you, I know Sarah for her ongoing project as a co-owner and the illustrator for the local foods wheel for over a decade, the seasonal food reference chart has been grazing kitchen counters and refrigerators all over the US. Besides that, one of Sarah's favorite artistic themes is the process of making naturally love and bread, and she collaborated with the musical group or in server to create a series of children's music videos about seasonal foods, which I must say are so much fun to watch. I love them, I've watched them a number of times now. I just love how Sarah brings together her art and her passion for food, she's also got a delicious cake recipe to share with us today. So Sarah, welcome to women in food. I am so honored and overjoyed to have you join us today... Oh.

**0:04:14.3 S2:** I see, this is great. I'm so glad you invited me and I'm really excited to talk to you.

**0:04:20.6 S1:** So I wanna start at the beginning, because obviously I described and introduced to you as an artist, but from the little bit you've shared with me, I know that food has been a theme

through all over your life. And so why don't you tell us a little bit about the beginnings of your passion and love for food and for cooking...

**0:04:39.4 S2:** Oh, goodness. It's like when you go back, right? You think of family, I think of my family. And so, of course, it starts there, and my mom was a chef, a person like a ship for us, but she would draw some parties, she loved glory food, and my dad was more of the ad hoc, see what's in the Frederator and put things together. And he was really... But he's really excited about food, I grew up in San Francisco, and I think that that the food here influenced me a lot, and my mom was taking me to restaurants at the time that I thought were kind of adult... I was going to eat Japanese food when there was just a small handful of Japanese restaurants in San Francisco. I remember sitting at the sushi counter and pointing to to Mongo and things that I liked, and I think that seeing across cultures and being invited into that through my mom really early, at a really early age, had a tremendous influence on the way that I see ingredients and... An experiment and play with it.

**0:06:02.7 S1:** I love your description of trying she as a child because I lived in San Francisco for a long time, and I lived near Japan town, and I love to go down to Japan town and especially the Ueshiba. And I was just as you were describing it, I was thinking about how much fun that could be for a kid to see all this, so she passed by on the little boats and picking things out... Right, that was the image of a... That may not have been your reality, but that was images

**0:06:30.0 S2:** So funny because today it just seems so Biche is in every airport Mall and grocery store and gas station, he like, it's like... But it wasn't like that back then. It was something that people didn't enlist to your Japanese... You weren't really paying a lot of tension and going, eating Japanese food, and honestly, people are missing out and they discovered it eventually, but yeah, it was... It just was delightful, and I feel really, really fortunate to be able to have had an introduction to food from at a very young age like that. Yeah.

**0:07:15.6 S1:** And I love that it's a story and a memory that's really... I mean, you said both your parents, but particularly your mom, exposing you to all the different cultural foods because I just think there is something to matrilineal passing of food information or experience. Right, yeah.

**0:07:38.7 S2:** Yeah, I could go on. She was a really wonderful influence in my life, she was... She loved to cook, and I still... You know how this happens? In my head, I can still taste some of the things that she had made for me, and I'm saying she's no longer alive, so when I speak about or it's in the past, and I definitely have this kind of heart string when I speak about her, but you know, I just... They're just these things that sort of ring in my head like a taste memories, let's say, and a lot of times they're around baked goods, I think if... Or somebody who did a lot of things, but what I think what I remember the most was the cheese bread that she used to make, that was role cheeses or rolled into the bread and maybe some dill and either things like that, and she made a banana rum and here, I'm like a kid thinking about a remake, but it was for a party, and I swear it was like four or five stacks of tall... It was like two feet tall to me, I was just a very...

**0:08:56.2 S2:** It obviously made an impression

**0:08:58.0 S1:** As any... 'cause I'm realizing as I was listening to talk that I think every person, not

so far that I've asked about early memories of food are always a mother or a grandmother or a woman in the family, so it's interesting that that's... The feminine line is where those traditions are associated with... Or remembered or pass down. Yeah.

**0:09:24.8 S2:** Yeah, he really invited me into the kitchen and she wanted me to cook and to not be afraid of things. I think his kids, I'm also, I got to spend a long time in education, and when I've been teaching kids, some of them don't know, they've been told no so many times, that knife is sharp, don't touch it, and they can start growing up just never... Cutting something with a sharp knife, like a carried or anything like that, and I'm saying That's a kid that might get to be like 10 or 12 by then, I think it's time to start learning how to work with those tools and safely and carefully and... At an earlier age than that, my mom was inviting me to make my own scramble, Megan, just be alongside... Or if I wish and I did, I really wanted to be in the kitchen with her, and I observed a lot.

**0:10:27.4 S1:** That's awesome. So as you went through life and headed in a direction towards art, what was the process for you around bringing food into art? That's a good one. I was on for the good question.

**0:10:53.7 S2:** Right, they all seem so intertwined in ways... I think one way I can describe it is... I didn't know at the time, but spending time in San Francisco and passing by... There's a fountain in San Francisco. It's really the project of Ruthie, who was a California-based artist. And if I can describe this for people who don't know, this mountain is it's built into a set of stairs and it looks really organic, it like it's made out of play, do there's a structure, but everything that's built up on there and a relief form was made out of Bakers claspers, Clay is flower and salt and water, and all the forms, they look like they're from the scenes of San Francisco, so they kind of follow the topographical map of San Francisco and all the buildings at Park and the ocean. And lots of people and lots of Victorians, and this is all built up around on the outside of this fountain, and I distinctly remember this fountain being something I was really interested in, and I think... I didn't even know at the time. To me, it looked like something I was doing in my own classes, like art class, playing with bakers, Clay or clay itself, and it spoke to me because it looked like it was made by human emailed, like it was made by children, a lot of times...

**0:12:54.3 S2:** It turned out it was made by not only the artist, Ruth is hour, but her family, her children, invited neighbors and children, and so it was made by a whole array of young people and older people, and later... It was quite an elaborate process. But it was cast in bronze. To be this fountain in San Francisco...

**0:13:21.9 S1:** Where is it in San Francisco?

**0:13:24.0 S2:** It was originally built next to the Hyatt Regency, it was part of their plot of land properties... Yeah, the property, right. And there was sort of a set of brand stairs and it was built into those stairs, so downtown San Francisco, not too far away from cable cars and whatnot, and yeah, I just... I remember being really attracted to that and then it didn't really click until later when I was thinking about bringing bread into the art world, and we could talk about that, that it clicked that that really was made out of flour water initially, and that it had kind of stuck there in the back of my mind as this place where something could seem so humble, made by hand and then kind of

be so grant out in the world as this permanent sculptural object. Right, yeah.

**0:14:34.3 S1:** Yeah, I guess I come from an art background, myself of a BFA in theater, and theater is so interesting... Oh my gosh, I'm getting excited in 10 different ways, my brain wants to explode, but one of the things I love about theater is that it's truly a collaborative arts, the directors, the actors, the designers, the writers, everybody is part of the final creation, which is super fun to me, and I was just thinking about you describing how the artist had all these community members and people participate in creating that culture, that fountain, and I know you're gonna talk about some of your other art and the Brad project, and I know that has a certain collaboration, so this is like a theme going through, but also as you were talking about it, there's the permanent and the impermanence of accretion, and you can even think about something we create that's food, that is a work of art that then gets eaten and disappears like all yeah, like the same mandalas or that sense of impermanence as part of the creation, and theater always was like that to me, that's actually why I got out of there after a while and moved into architecture was because theater...

**0:15:59.5 S1:** It's like you do this show, you're putting all this effort, and then when it's over and it closes, it gets torn down and it just doesn't exist anymore, it was like, Oh, that was a lot of effort for something that doesn't last. Right, and it was before I appreciated the wisdom in permanent... The lesson of It, and I moved into architecture 'cause I love the idea of creating art that people walked in and lived in and moved within and did things around, which is a different lesson and wisdom, but I'm hearing this theme through your art and passion for food and what you've shared with us so far around permanent and... Permanent collaborative creations. What else do you wanna say about that?

**0:16:48.0 S2:** Well, I think that that is something that's been an underlying interest in them... Maybe I wrestle with it a little bit too, like you were saying you did, one of my early loves was working in ceramics, and I was the hand-building mostly, and I think at some point I started to feel like it was too permanent for me, I was making something, I would fire the work and then I'm basically turning mud into a rock that's gonna entail or not... I just wanted to start to move away from that at some point, if I had explored what I needed to explore with it, and I was uneasy about being human and creating something that would really outlast me in this very physical form, and I don't know what that quite says about me, but it was a way... I was ready to transition. What started to follow from that was actually just working more with Impermanence, I think would had come pretty soon after that, was working with bread and... Right, as you were saying, making something that later is consumed, so it's really about the process of it, and I would take this tells shaking her into bread into the art world.

**0:18:33.7 S2:** I would think of it as a performance to act, taking bread into the bread-making process into an office lobby, the kind of bread I was making was naturally leavened bread, so it has an eight-hour process itself, so it's not quite like the quick arising powdered yeast granular use, this is a mother or a starter, this is called that was put into the bread and it takes a long time, it takes eight really to complete a full cycle from mixing to baking, and if you think about that, that mimics in a way, the eight hour workday. I know nowadays we work much

**0:19:25.5 S1:** On boots or typically in our work day people do have it, so...

**0:19:31.0 S2:** Yeah, so bringing that into an office lab, be in contrast to people coming to work in

the morning, I was set up in the office lobby with my flower and water and starter and little ovens and everything, and starting my process of mixing together this part and not only that inviting people to come help me, so if they're passing by the kind of curious or I would say, you know, they're gonna go up to the office for a few hours. I'd say, Would you like to help? And some people would roll up their sleeves and start needing the dog or mixing the dog or shaping it wherever we were along with the process, or even coming down and seeing like, Hey, I'm ready to do some more with you. And then I'm like, Well, it's resting on Korea much at different rates. Really slow. It's doing its work now, you know, and then around seven and a half hours, I started baking the bread, and what I just loved about that was that actually the smell of that wasting through the office lobby making its way up the elevators into this high-rise office building was bringing that sense of home into the office space, and that to me was...

**0:20:57.1 S2:** That was also quite improvement as well, but it is that kind of crossing between work life and home life, so that was the bread project, which I did in numerous places and in some other ways over a period of time.

**0:21:15.8 S1:** Did you ever get... And I'm so curious, did you ever get any feedback on how having that experience within the building affected people's day differently...

**0:21:26.8 S2:** People were very happy. Absolutely, just... Yeah, I don't think anybody sat down and said, Oh, this is how this affected me... Maybe if I had done that, it's like several times a year or something. It might have been a nice

**0:21:45.3 S1:** It healing like to get out of the box of your desk and roll your sales and touch to something living like that, or smell to scent and whatever, memories, thoughts. Sensations that come up, I know for me, yeah, it might make me happier, it might lift my spirits, might make me feel lighter, it might maybe feel more grounded, and then I go into a meeting and there's a different energy there because of that... Right, so that's what I was I imagining as you're describing like, Wow, I wonder how that affected a meeting that might have gone otherwise without the scent of bread walking through the lobby or something like that in that... Great, yeah, you want the scent of bread wasting every day. So

**0:22:31.3 S2:** To me, that sense, when I smell bread, it is as if nothing else like bread, baking it as if nothing else can go wrong, nothing will go on, let's... That smell is just so comforting to me, it just... It brings me a lot of ease and calm and center me, if that had any kind of impact on those folks working in the office lobby, I was also in the same area where the guard, the people who sort of great... Anyone who might need to know where to... What Florida go to. So those folks actually were with me the whole day, and they just were really happy folks, I don't know if they were always happy, but it was a really lovely day, and at the end, the people in the office building knew that around 5 o'clock, the bride was gonna be ready if they couldn't smell it already, and also other people who were sort of going around to different art events knew that this was happening, so it was kind of a meeting or of artist books and office people coming together and eating bread.

**0:23:50.5 S1:** Right, yeah, I think griping has so many lessons I know for me as I got into being bread with natural ferment Sada or... Yeah, natural ferment used, and I also almost exclusively bake with in corn flour, which is a whole different animal week to begin with, and for our listeners, that's

an ancient green wheat that works really differently. I think the biggest thing I learned was patience and gentleness, I tend to be more of a quick cook with the hot pan and that kind of thing, and Brad is Slow down, be gentle with this dog, it's a living... Treat it like I would treat one of my chickens or my cat or my dog with a tenderness and a gentleness, 'cause it's a living thing, and it's not about being hard and fast with it, and then you have to wait and like my big bread. It's like I spend a whole day in the kitchen, I bring my computer down to the kitchen, and I sit at the table, and there's a lot of times for each old and each turning and each thing, and it's just like there's a pace that's a very slowing down pace, I find it so healing, so I love that you described that, so it's not just the final product, which is delicious, but the journey of creating it...

**0:25:18.7 S1:** Yeah, in

**0:25:21.1 S2:** Also another relationship with it, here I like hearing how you're describing the way you make bread, where San Francisco has a reputation for its sour December. Does the yeast I'm using here is our local East, so I love that too. It's a low or local starter or local use, lactobacillus and trustees, and I just... That's also this wonderful thing that I like things that are local, foods that are locally grown or Here's our local culture, the natural leaning, so...

**0:26:05.1 S1:** Yeah, and actually, in fact, in a previous episode, I think it was Episode 2 or 3 with Tonya or Austrian farmer, she shared about... We talked about natural formatting vegetables, which is same for men, it's a use, and we were talking about terroir of vegetables and that the same exact vegetable grown in her garden, Austria will taste totally different than the same cart ground here in my garden, because of the land the air, the soil Center, and the same with the yeast, they bring a layer of terror to the food.

**0:26:49.6 S2:** Yeah, I think that it's almost the way that they function because I've traveled with my Houston, it just has... And do some different things in Omaha than it does in San Francisco, and that has a lot to do with the climate. When I was in Omaha, I was... At summer time it's dryer or hotter... I was also in an air-conditioned environment in San Francisco, we have natural air conditioning in the summer, we always have log, but that the damp here, that in the Kind moderate temperatures and moderate weather, essentially true. Makes it to perform in a certain way.

**0:27:40.7 S1:** And the true, I get to cheat a little bit because my oven has a proofing setting, which is just an event. That's so amazing. Yeah, I used to have... My house is cold almost all the time, so if... Rises would take forever. Ever, ever. And really discovering the proof setting on the oven, that sounds... So it's still slow, but not a lot, eating one is still slow, but it's not like overnight, one rise or is... It never quite happens.

**0:28:13.0 S2:** Right, well, that's... That you want it to happen. So you're just doing it

**0:28:16.8 S1:** Again?

**0:28:17.0 S2:** I think it's like... Yeah, I think of starter as having, like you were saying, the kind of car you put into taking care of your starter, it would be the same that you would take care of one of your pets, it's the same thing, it's like having a million little pets. They're started with your an otani

little jar.

**0:28:36.4 S1:** A many people... Does your starter have a name? I know many people name their starter...

**0:28:40.3 S2:** No, I haven't named the starter, I don't know, it doesn't appeal to me to name

**0:28:46.1 S1:** Just... There is an off-shoot, so there's a micro-bakery in Tennessee, who am friends with half the couple, the wife of the couple that runs it, the amazing micro-bakery, and they do... They'll ship their starters. So my own self-created starter has never started on to own that well here, which is amazing, 'cause I live in this old farmhouse, I would think there's lots of us floating around, but it's never been that strong, so I've used her starter as a boost and their starters named Homer. So mine is now home or junior, but that's perfect.

**0:29:21.8 S2:** No, that's great. You know, the lineage. And I think there's nothing wrong. I think with picking up a starter from somebody else, it is a tentatively.

**0:29:35.1 S1:** So special to me. And I post pictures and I always tag here at home, or Junior is doing well. Growing up, getting bigger. Doing its job well. Right. Humberto had a good day at work today. Oh my gosh. So much fun. How did the interest in bread particularly start for you?

**0:30:00.8 S2:** Again, maybe that goes back to that early memory with my mom and being a baker, and when it comes to the naturally leave bread, it's a bit of a story, but it does integrate with art in its way. I was an intern at the headland Center for the Arts, which is an artist residency program just across the bridge from me in the Marin Headlands.

**0:30:27.9 S1:** As for those listening who don't know, the period across the aeration of my favorite things to do was to write an electric bike and to go over the bulaga Bridge and then down into Sausalito and trees around and then take the ferry back and end up right at the van sardonic.

**0:30:48.7 S2:** He asked on the other side of that hill. When you get across the goal Gate Bridge, there sort of a hill to the left, and that's that where the headland Center for the Arts is, and they have a kitchen space that... And we'll go into the complete history of headland, but the kitchen space was designed by the artist in Hamilton, who really does a lot of installation artwork and creates environments with a whole setting and people in that environment doing ritual things, reading or crossing something out of a book or... There's a lot to talk about within, but she created this space, that's the kitchen with this thought about how people could... Would the artists would come together to cook and clean up, and sharing the meal, and that was... That was just as important in being a red at a residency as making ground work was coming together in the kitchen, and she invited the brick of a builder, Alan Scott, to create a harsh on... There are actually two hearts in flanking the ends of the kitchen, but one of them is a brand baking hearth. He built this terrific in... Around the time I came over to the headlands to being interned, there was a baker that had been there for a little while, stayed for many years, named Mrs.

**0:32:30.5 S2:** Who was taking natural 11 Bread in that van, and it was... Of course, you know me in



the small grad, I walk in one day is, Okay.

**0:32:41.1 S1:** I'm not leaving in this room, I just like, what's going... Can I do my painting? In the kitchen. And

**0:32:49.1 S2:** I just do it. So at some point, I approached him and I said, Can I come just work with you one evening and watch or whatever. He was very much into his own ritual and not necessarily inviting a lot of people to do it, but he said, Of course. And he said, But you know, you have to come at 30 AM. 'cause that's when things... This is when the starts... You know, right. And I did, and I made my way across the bridge, I lived in San Francisco when I got myself over there, and I think he was so impressed that I made it at 30 AM, he was willing to put me to work a little bit, and it was quite a challenge to work with this bread do for the first time, you mold everything by hand and you make these wonderful rounds, so you know things don't go to pens and it was a quite wet do, I was... I was definitely not doing a great job on a

**0:33:40.5 S1:** Beautiful... But as kind of how the in corn flowers, it's a super wet do I bet he was probably using some kind of more ancient old airline flowers are often very wet and really slow to absorb liquid, so you end up working with a very wet dough

**0:33:57.3 S2:** That's right. And then it just... And the wonderful... Like you have all that wonderful moisture content in there that really... Yeah, that really sparked my interest to take that to more people, and then the project began after that with the basics of Laurence recipe and his starter and as well. And also the ovens, I couldn't bring these Evans of Alan Scots around, but I did have the fortune of baking in more than one of them, and they were really quite... They are really quite wonderful. Evans. Nice, nice.

**0:34:35.3 S1:** So from what you've told me, the art center of the headland Art Center is also the inception or the first little nugget of starting the local foods wheel.

**0:34:47.2 S2:** That's right. Yeah.

**0:34:48.9 S1:** That was more about that. Trellis start with, what the heck is the local foods will... Yeah, better take. 'cause it's super cool. Why don't you share what the foods wheel is?

**0:34:58.5 S2:** Yeah, it's a paper dial with illustrations on it, and all the months of the year, it's circular, and it has two pieces, it has the base piece, and then the top piece that has a little almost a triangular window cut out of it. And when you swing it around it, that opening, you open it to different times of the year you're in... When you're in summer time, you just open it to the June, July, August window, and everything that you see within that space along with everything that's on top of the wheel is what's in season within a specific radius of where the wheel is designed for. So in San Francisco Bay Area, it's 150 miles, but we do make it from other places in there, sometimes larger radius than that.

**0:35:56.2 S1:** Yeah, what I love about... I've seen charts and things like that, but what I love about that foods Hill is that you have different regions, and before we started the recording, we were

talking a little about how I was talking to someone who's in South Carolina and they already full on in berry season and up here in New York, we're not quite there yet, 'cause we still have almost frost at night, and by you, you're probably pass berries into the next fruity, so it's nice to not just have... 'cause I know I've lived and I've lived in Las Vegas and I've lived in the Bay Area, lived in how I lived on the East Coast. And what's in season is really different, so those kinds of references are great, but you also need to pay attention to your region, so I love that it's both the wheel the year in food and regional.

**0:36:50.2 S2:** Yeah, and it's also a circle, so it's really showing that things are secular, I think before I was invited to work on the project, what I was familiar with were bar charts that showed... In the back of an edible magazine, it's like, Here's everything that's in season right now, and it's like a bar, April to June, and it's a color in a colored bar and then it's not in season anywhere else, and... That's a very linear way of looking at it. You're not necessarily coming back around when you're looking at things that way, and actually, of course, we know that the years have come back, artisans, Ben backgrounds.

**0:37:37.6 S1:** I think there's some interesting things to becoming a farmer, I've learned a lot more about those cycles myself, and knowing the entire growing cycle, like garlic, which I grow a lot of garlic, I plan garlic in November and then it just under the ground it's planted, so in the program I used to garden plan is linear, like you're describing, so it has to jump it over to the next year because it's already in the bed, and then it comes up and then late May into June is when we get the scapes and then July usually first or second weekend in July, I harvest it, but then it has to cure for a number of weeks first, and then by August it's finally usable, which gives us two months off before we plant it again, you lower three months off and then we played it again, and just the whole cycle goes on and on like that. On a note, when you were talking about how you had to get away from ceramics, I was thinking about the cycles, 'cause about the longer cycles, and I guess you could think of ceramics is linear 'cause you make it and then it exists until breaks or get past I guess...

**0:38:52.4 S1:** And I was thinking about that because it was a big learning for me to switch my business thinking to the farm where it's like I try my plan once and I have to wait a whole year to try again, where today in business, you look at fast production and fast iterations and some, especially tech companies, which I follow closely, sometimes they do like two-week cycles, and I'm like, I'm the total office at one cycle of year, and to shift my mind 'cause I came from a faster business cycle, it's been a gift to slow down and attention to the natural cycles outdoors around me, and how can I build a business and how can I style and shape my life in those longer cycles and resonant with them.

**0:39:47.5 S2:** Right. Yeah, you're also making me think about how we built this business, so I'm part of a team with two other women, and this all didn't just happen, it took some time, and Jessica Prentiss, it was her idea to create the local foods wheel and to create... She just imagined there should be this circular chart, that was where it started, and she thought about bringing myself in because she knew my illustrations, I had met Jessica back to back up a little bit at the headlands Center for the Arts. She was the chef there for the artist, and when I... At the end of my intern day up in the office, I would go down and I help Jessica and then I'd stay for dinner. I'm always making my way back to the kitchen, so she was familiar with my drawings, we became friends, and later on, she invited me into the project, and then the third person in the project is Maggie Gosselin, Maggie

is the designer, and without her it would not look the way it looks, everything about the colors that function, the way that it actually... It's tricky moving all these little icons around, all these little food icons around to make sure that something like strawberries, which here...

**0:41:17.9 S2:** I start like the end of April, that you're gonna see them. Still in the wind, open window of the wheel all the way through September, whatever the

**0:41:29.2 S1:** Atacama, my brain wants to explode, figure that out in my...

**0:41:35.5 S2:** Yeah, she's quite incredible. And she also really makes my look amazing because she really... She's the one who adds all in color, so I think when we started the project, it was really just... So Yeah, let's get together and do this. This sounds fun. And so many things were gonna be different, it was gonna be a black and white... We all wish... Now, looking at it being in full color is like, why are we gonna do that? And it started with about a year of... We started with where we all lived, which was the San Francisco Bay Area, and gathering information about things when they start, when they end the seasons for things, making choices and trying to figure out what to put on the wheel, would it be all friend vegetables, would there be fish and meet, would there be dried goods, milk and things. So there's all those things. And creating a really comprehensive list, which is actually on the back of all the wheels is the list, if you just wanna look up ipecac, when are the incision... Look at it that way. And then just laying it out. And then for me, making lots and lots and lots of drawings, and over time, I remember Maggie Jessica would say, Can you make this drawing a little bit more like you got it at a farmers market, 'cause sometimes I would draw something like a salary route or something like that, and it would just be kind of out any extras, it would just look really dense and chunky, like it was prepped for long storage in the market versus the way things look when they're the farmers market, sometimes there's this little extra tendrils on the end of the career, just the Greens on the top of the carrots, it's a little less likely to see that in some market grocery stores.

**0:43:43.9 S2:** So there's been a lot of alteration or over time, just making different drawings to try to reflect things that have a little more of a natural feel and sort of the human took this out of the ground and prepped it per se.

**0:43:58.8 S1:** Right, well, that's the thing about the foods wheel too, is that with modern grocery stores, we can kind of get anything any time, whether it's in season or out, whether it's even grown regionally or out, so it's a really important piece of knowledge that's gotten lost. So I imagine you all had a passion for food, the three of you, but I imagine talking to farmers as opposed to looking at what's in the store or going to farmers markets is what helped you know what's in season when...

**0:44:35.0 S2:** Yeah, also it was really helpful, both made and Jessica, they met when they were working for Casa, which is one of the organizations that... Or the organization that puts together the Ferry Plaza Farmer's Market, which is one of our big markets, it's a huge sight on the back...

**0:44:53.4 S1:** Oh my God, that was my favorite to go down to that market...

**0:44:56.4 S2:** Yeah, so they were both in education, so they had a very good idea of what was in

season and they DEWA farmers to talk to what there were questions, so that was really helpful for getting it going and getting the list going. And I learned a lot. I think I learned by doing... So I learned about local foods by helping to create the local foods, we all know I did not have that appreciation in the same way for a decade ago, and it's funny, I don't even think... Now, I like to can things or freeze berries, I love berries and things like that, and I have to say that it's not that they can think or can or frozen or anything like that, that makes the difference. It's almost like I... Now, I crave the food actually when it's in season... Right. And I appreciate other foods when they're in season, so by the time strawberries come back around, I'm like, Oh yeah, I'm ready. Right.

**0:45:59.9 S1:** Totally, totally. I also, I think being tuned into local and seasonal food shifts how you cook or how long cooks, in other words, most people in... I'd say modern American culture, look through recipes and pick out a recipe and then go seek out the ingredients, but if you're living and eating and cooking, tuned into the seasons and to local foods, you're gonna look at what's available... I'm ready to harvest right now and then come up with a recipe for it. So it's a complete reversal. And I noticed, I was just talking to someone the other day. I noticed that I took more that way than I used to, I used to flip through QuickBooks and magazines and be like, Oh, this respect and then go seek out the ingredients at whatever stores I had to go to. Now it's the other way around, like, What do I have in the fridge? What can I pull out of the garden this week? What can I make with that, which is a whole another way of thinking, and I've been so pleased to meet shafts and see more of that thinking in restaurants... And out there publicly as well.

**0:47:05.3 S2:** Alright, and foods can be really versatile hotel, so you can just swap things to use hard squash instead of potatoes in a super... Things like that. So with more practice too, I think you don't necessarily notice what's not there anymore, you really notice what is available to you and that you can work with that as well.

**0:47:32.6 S1:** Right. Is there a particular food or vegetable that you discovered or learned about through doing the foods wheel that was like... I don't know, an interesting discovery or that's become a favorite or... Wow, I never heard that before. Were surprising or

**0:47:50.2 S2:** Green garlic was one of those things that's funny. You were talking about garlic, I... I had passed by that at the farmers market market, just thinking, Oh, that's a leak, and I didn't quite appreciate it for that kind of wonderful cross there, kind of something, a little punchy like garlic, but mild enough that you can use it like a leak.

**0:48:19.0 S1:** Yeah, and let's explain to our listeners what green garlic is, 'cause maybe not everyone... I didn't know what I was still. I was a farmer. Do you wanna say...

**0:48:26.7 S2:** No, you tell us

**0:48:27.6 S1:** 'cause my not be the best. It's basically garlic that you harvest young, so don't wait for the bulb to become a big bulb, and so it's got a mild or it might look more like a week or like a Scala or something like that, are something like that, tuning on the variety of garlic and so it has a little bit more of a milder fresher, almost Grassi or Arlene small. Now, I like the scapes, which is a little after that...

**0:48:57.4 S2:** Yeah, we know that's not something that's out here, so I know it's like a really big deal, or maybe it is out here, but I just...

**0:49:07.3 S1:** I discovered it at the Santa Cruz, California farmers market actually is like, what are these curly weird things

**0:49:13.9 S2:** That makes more sense, 'cause it doesn't... It like to grow in more of a forested area... No.

**0:49:19.2 S1:** Scapes are part of the Gala, we're gonna have a little lesson in girl for our listeners. Yeah, I love garlic. It's funny, I love garlic and I almost never cook with it really, but I love growing it, so there's two kinds of art, there's hard neck and neck. So the hard knack for our listeners is when you crack open a garlic ball, if it's got a really firm STEM in the center, like a stick in the center, that was a hard Neckar, your soft neck don't have that or they have a softer neck in the center. So here I am, I grow all the hard next... So when you grow hard neck, that stick that was in the center of the club, that was the STEM to make a flower, and traditionally farmers, you cut that off or you pull them... They're kind of fun. I love harvesting them 'cause if you pull it just right, it makes this sucking and then pop sound out of a cartoon like up when you pull it out just right. But you pull them because you don't want the plant, if you want a good garlic bulb, you want to plan to put all the energy into the bulb, not the flower, and so originally farmers just saw that as waste and part of the growing process, and then somewhere along the line, someone realized these are really tasty to eat and they're wonderful, I grill them whole or chop them up and put them in eggs or whatever, and they get curly STEM, so you'll see them, they're kind of rounded and curly sometimes, which I have curly hair some partial or curly food in general, but the...

**0:50:50.5 S1:** So the scapes you get before the bulb is ready, so usually when I see the scape pop up and it starts to do a full curve, that's when I... At least one full Carl, that's when I pull them. And then you let the rest of the garlic with the rest of the leaves grow for another month or so, and that will put more energy into growing a nice size bulb, so that's why the scape is... And it also has a lighter garlic flavor...

**0:51:15.0 S2:** Yeah, you know, it's funny, but I pulled out my local hotel while you were talking here and I see... I see, we do have gorlice on. Who drew that there Eartha happens. I still have a lot to learn.

**0:51:38.5 S1:** Don't we all... I mean, that's the thing about life, if we can keep learning...

**0:51:42.8 S2:** Yeah.

**0:51:43.1 S1:** That's great. So in a moment, we're gonna learn your recipe, but before we do that, I wanna take a quick break and talk about the sponsorship of women in food. Our local yell Buffalo has been a wonderful supporter of women in food programming almost since the beginning video series in 2020. Did you know that you can actually search for women-owned businesses on Yelp specifically, so support your local women-owned businesses by patronizing them and writing a

review, download the Gulp app and use the filter for women-owned businesses to seek them out. Our best sponsors are the growing community of people who are passionate about food and supporting the diversity of women's voices in our food cultures, those sponsors are predominantly people like yourself, rather than companies that wanna sell you things, if you're not a sponsor of women in food. I invite you to become one by joining the women in food community, access this community of food lovers like yourself to share in additional resources beyond this podcast, feed your curiosity and feed your love of food, while also supporting the global community of women in food businesses. We share recipe swaps, latest news and articles about food and celebrate one another in our goals and priorities.

**0:53:02.1 S1:** This is a little glimpse of what the women in food community is about. So whether you're looking for a recipe or a woman-made food product or a new restaurant while you're traveling or even in your hometown or help with your garden, this community is the place for that resource, and addition to many community members, many of our guests are part of the Women in food community online. So if you're interested in sponsoring this podcast and becoming a Women in food community member, go check it out at women in food dot NET community, and that link will also be in the show notes as well as some of the links of the foods we all... And some of the places and things that Sarah's mentioned so far, so Sarah, we are gonna do some cooking with you for the season, right? Yeah, exactly. Why don't you tell us what we're making... Well.

**0:54:00.0 S2:** I've talked a lot about baking, so it seemed appropriate to bring in a recipe... That's a baking recipe. So what I'd like to offer is a olive oil cake, and this cake can be made with... With a lot of seasonal fruits, I'm going to recommend peaches are the go-to one for this, but I've also made it with strawberries and it tastes fantastic, so the base is an olive oil and I could use a local olive oil here, and then with that a flower a little sugar. I like to seize in the cake a little un-traditionally, or maybe you could say It is Transitway back instead of using vanilla, which you can, if you want, change delicious, but using rose water and also some lemon... A little bit of lemon zest. I have been... I am a lemon tree, so I've been drying lemon and grinding that up, so if you happen to be fortunate enough to have a lemony or a friend who has a lemony and you wanted to try to dry some lemon, it's kind of a wonderful thing to do you just dusting. And then try that. Or do you dry? Well, I try the slice of the lemons and then I dry them, I have a little dehydrate, if even I've been with a nice pilot light, you can do it in the...

**0:55:39.6 S1:** You know, you know what I do at dehydrated site slices. What? I make Christmas ornaments. They're so hard there. Like a team Garland. I had a garland on my fireplace that I left far beyond the holidays, 'cause I don't even sell be Christmas, but I decorated seasonally, I got blood oranges and pink grey fruit and yellow lemons and green lines and all different colors, and I decide to them and they look like stained glass. You cut thin slices and then I strung them into a garland that was on my fireplace until it's started going bad and I was like, Okay, so I'm gonna get rid of this, but into the compost, but... Yeah, yeah, there's other uses for dehydrated citrus. I like the idea of lemon powder.

**0:56:26.1 S2:** Yeah, just... It was something I wanna just play around with, so it's nice to now have a little jar of it and if I need more, I can always bring more, but... Yeah, so I've been playing around putting it in baked goods, and I think with the lemon... So this whole slice, a lemon, you've got this, you have to piss in there, so you have, you know the oil aromatic, a little bit of the punch-ness of

lemon and a little bit of the bitterness of pith, and you mix that with this, of course, flower. Essence of rose, and it makes a really wonderful sentence flavor that goes so well with fruit and also go so well with all old love vanilla but Pinellas coming from quite a long ways away. So for me, if I want to have something a little more local, I could search out moment, just use lemon and search out where to buy a rose water or rose hydrosol. I'm really one of those things on my list is to make my own hydrosol, what's been holding me back is I don't have an ice maker, so I need to like Spock about nice.

**0:57:54.9 S1:** I'm almost... Some of the class on it, on making hydrosol without any fancy equipment, and from someone in the Bay area, she's teaching it with white stage how to make a white Sage spray. Water spray hydrosol. I will, yes, but I'm getting into that. But now you have me thinking about edible ones like rosewater, and I was just thinking as you were talking about the rows that we could probably play with this recipe and be seasonal in our flowers, like right now, I've been cooking with lilac because they're blooming here, and I mean, like lilac, I'm gonna lie like sugar and then used it in a short bread and just dusted the cookies, and I was thinking about what else can I do with lilac or make a lie like water. That was fantastic. Different times you're in a violet before the lilac, the violets in my lawn that multiple friends were harvesting off my lawn, and if after that will come the roses... So different edible, just make sure for my listeners, if you're playing with edible flowers and making waters and hydrosol with them, that they are edible flowers and you do that research.

**0:59:06.0 S1:** Right, right. But we could be seasonal with the flower as well as the fruit, which could be fun to take me a cake like this for each season...

**0:59:15.4 S2:** Oh my goodness. Is that a tension?

**0:59:17.5 S1:** Created a new project for you.

**0:59:19.6 S2:** Right. You just did. Yeah, and I think... And the other thing about this case is it's... With that, Alevi, it's really moist. It holds very well on the kitchen counter, it's not gonna last very long just because you're gonna eat it, it's gone, because it's so good, but if you needed to make it in advance, if you wanted to make several of them and then freeze them... I freeze is tremendously.

**0:59:48.0 S1:** Well, I love that you said that. One of my favorite podcast listen to is Sonata, and this week on Sunday, I was driving around, so happy to be on. So I was listening to it live on the radio, and a woman called and they were talking about spring summer cooking, and a woman called in with a question about... She's got a little one and pregnant with twins, and she's due in August, and so what can she be making now that she can freeze for easy meals in August, but all the things she can think of our kind of fall winter foods and heavier foods, and so she was asking about lighter things, and one suggestion from the guest was cornbread, but this would be a great fresh spring summary cake to make... Ahead and freeze also.

**1:00:42.0 S2:** Yeah, it would be really great. I've really been using my freezer a lot more in this way, I don't just put something in there and forget about it, it's kind of just like every other part of the pantry or the Frederator, I really survey what's going, what's in there, and rotate and use things if

something, especially if some things come back around in season, I do frost it, and we use that if I've made pesto, but now we're getting back into base coming in. Right now, if there's any pesto in the fridge that I had frozen in late August, it's out... We do use it, but in the meantime, it's just thinking of it as like a space that can be ever rotating instead of freezing and forgetting, I sort of feel like my grandparents would put all this food in there for a rainy day and then not take it back out, you really wanna make sure that you're using it and that's the joy of it. Also, just like, you know, you were talking to me about this woman, it's like when you're just too busy, you can go into the freezer and like, What do I have in here? Oh great, I'm gonna make an easy meal tonight because I throw something months ago.

**1:02:00.7 S1:** Yeah, yeah. I have a big chest freezer besides my refrigerator freezer, but so much stuff goes in, I freeze all the extra produce that I have that I don't sell for starters, like I just finished the last of my Ps, which is perfect, 'cause the PIs are trying to get big and the actual pieces will peer shortly in a few more weeks, so a perfect timing. I freeze extra care and I freeze all the kalin, the chart when we get to the end of the season and my customers are tired of calendar, but I still have a ton of it, I'll spend a whole day just dropping it, branching it and freezing it. And then all winter, I have my own home-grown greens for superior soups or whatever, which is wonderful. Right.

**1:02:44.2 S2:** It's so great.

**1:02:45.5 S1:** The hard part is remembering to use it sometimes, or I have a lot of jar of salsa and to green... I had a lot of green tomatoes last year by the end of the season, so he made a ton of salivary and green enclosure and green tomato catch app, and anything else I can think of. And I'm one person, there's only so many jars of salsa and a lot of loss I can use in one winter, so they kind of build up, but they're still there.

**1:03:12.9 S2:** Yeah, that's understandable too, and I think... Yeah, I know, I'm discovering some things. I'm like, Oh, I made that Hayes a long time

**1:03:20.2 S1:** Ago. You on, I guess, my family has now come to expect can codes for the holidays from me.

**1:03:27.1 S2:** Oh, that sounds good to me.

**1:03:28.2 S1:** Years, I'll send you some is HANA, you can expect camp gets from Crown Hill Farm. So let's talk about this recipe, I also love that... It's pretty simple.

**1:03:42.8 S2:** Yeah, I'm a simple... When it comes to baking, I like to keep that really simple, I'm not a big sister and things like that, even night, so yeah, it's pretty much you just get your dry ingredients and put them all together, and then the wet ingredients and makes everything together and add the fruit in and then put it in a baking pan... It's close to it.

**1:04:08.2 S1:** Yeah, yeah, and so I picked an all open the full recipe with all the details will be in the show notes with a link so that you can access it, but basically, it's flower and all your driving greens. What else is our baking soda salt, white flour, whole wheat flour, that's all your dry



ingredients, you're gonna mix all that together as salt, and then... Do you put the sugar in? With the dry ingredients.

**1:04:36.9 S2:** No, I tend to put that in with the engine.

**1:04:39.5 S1:** I notice that with cakes, often the sugar either is creme with butter, and then what ingredients or in some form is the wet ingredients, so then separately, you mix all the main gradient, which is the olive oil, eggs, butter, milk and sugar, and the rose water or vanilla, and then you combine them and then add the fruit that much, right. Adjusted.

**1:05:04.5 S2:** Just to make it a little extra special, you make a little lemon zest or lemon powder and sugar topping that you just drink a lot top and it gives a nice... It gives a nice little glaze to the top when it melts and cooks, and also it's like I just love... When you eat that top part, you get a little extra for sweet, a little look for crying to a little something in and it just... It makes that right. Just wake up a little bit. When you buy that, I like that. I

**1:05:39.9 S1:** Go, This seems like the perfect lighter summer deserve, I can just see sitting with a T on the porch in the evening and a slice of this, enjoying the last bits of light as the evening cools and it's not too heavy. On a hot summer day, it's like a lighter... It seems like a lighter cake.

**1:06:03.7 S2:** It is, I think also you could think about it a little bit like a cross between a cake and a cobbler, a take or couplers, that fruit is really... It's Chucky and in there, and so you get these wonderful bites of fruit as you're going along.

**1:06:22.4 S1:** Yeah, so I'm curious, is there a story to this cake and this recipe...

**1:06:28.9 S2:** You know, I think I was introduced to allocate through a waterfall restaurant, that was... We didn't talk at all about the work I do as a print maker, but there's a studio where I do my print thing, and there's a little cafe nearby, and it's called standard fare, and they have an olive oil cake and it would change seasonally, and I want that recipe. And so I had been looking around for recipes and started to adapt it to my own liking, I think I actually... When it comes to making, I actually play a lot and I'm not measuring, and often recipes don't... I make something, I think it's the best thing, but I hadn't written it down or anything like that, and so I... I never could recreate it, and when I worked on this recipe, I think I made it last summer and I thought, Oh, this is so good, I need to write this in now. So I did, and there was a little post-it note. Ready to the

**1:07:44.0 S1:** Print it up and it's gonna be on the internet. So you can't lose it again... No. Can't

**1:07:49.6 S2:** Lose it, that's it.

**1:07:50.6 S1:** Never. Any little tips or tricks about making this a little... I don't know, things that you probably don't even think twice about, but someone who may not be as much of a beaker as you are... I might not know.

**1:08:07.0 S2:** I do. Let's see. Any tips or tricks?

**1:08:12.4 S1:** I know you said it's no sifting, I know a lot of people like to sift the drying Greens together, just so you get a more even mix.

**1:08:20.1 S2:** Yeah, one thing is, I would say Just don't over-mix the batter because it has a goodly amount, it's half and half of If you're gonna white, we're white cake flour, it's not literally the kind that's called kfor, but all purpose flour and half whole weed flour and I happen to have a whole wheat flour that's really good for bread baking, so I just use that one, it's gonna be... You can use all kinds of flour and place in a whole week flour and there's lots of grains or... But I would say because of the protein content in that whole week, if you were to really sit there and mixing miming, you're gonna start to develop the gluten, that's great when you're making bread, but when you're making cake, you want something that's gonna fall apart a little bit more so you don't want it to get to infused with gluten as it goes...

**1:09:21.6 S1:** Right, right. Yeah, the more mixing you do, the more you line up the gluten structures and that's what holds together and to make that nice kind of string... Yeah, the stretch, stretch of the need and things like that, right, on necessarily wanting to take you on... Nice crumbly crown Medicaid.

**1:09:39.2 S2:** That's right, so just makes it so that the wet ingredients, dry ingredients and fruit are just all combined.

**1:09:47.9 S1:** Perfect, perfect, perfect. This sounds delicious. I definitely, I think I have rosewater, definitely of lemons. I could probably pick, I don't think my little baby strawberries in my greenhouse, or enough strawberries, but we're getting close to strawberry season here, so I may have to start with strawberries and then as the season progresses, try with different fruits, but this may be a go-to summer cake recipe.

**1:10:13.8 S2:** You know what, I think you could even if you needed to, you could omit the fruit, so

**1:10:21.2 S1:** That might be fun.

**1:10:22.1 S2:** Taichi think This case will be just as good without fruit or with dried fruit. Maybe it's the middle of winter.

**1:10:32.5 S1:** I could, I was gonna ask you about frozen fruit 'cause I would worry that it might be too... Went.

**1:10:37.9 S2:** Oh, it's fine. If it's... Also another thing, if you can do this, I think with making people will love to be you're so exact about measurements, but every time I have not followed my gut about something, that's when it definitely doesn't... The first and foremost is looking, and so if you have friends and fruit and it's kind of weed out a lot of water, as is, you have your fruit not to frosted, now it's going in the cake, but there's like several table spoons of water, but you're... Let's kind of come out of that fruit and you think... I probably shouldn't put that in there. Don't, don't put it in there, Palestrina, and then the different... Yeah, yeah, that's the way you...

**1:11:28.6 S1:** That's a good... I think that's a good piece of wisdom for life, and it seems like a piece of wisdom that has led you in following your gut and listening to it, and I imagine there's probably times where you... Not in cooking where you didn't follow your gut and a jam go so well...

**1:11:51.5 S2:** Okay, well, it's like... That's life.

**1:11:53.9 S1:** Right?

**1:11:54.3 S2:** Yahya, a cancer. Yeah.

**1:11:59.5 S1:** There's a lot of times.

**1:12:00.2 S2:** Yeah, it doesn't go well, but... So might be pleasantly surprised. It right now and then.

**1:12:04.6 S1:** Right? Right. Well, I love this journey through our and food and how they work together and in your world, and maybe work together in any of our world to have a local foods wheel in our kitchen, and I'm curious, if you wanna leave our listeners with a thought to walk away with, or if you have one last thing you wanna share or tell us, what would it be... What is it?

**1:12:36.1 S2:** To bring it back to the food will... And this collaboration that I have with two incredible women, Maggie and Jessica, we're now in our 16th year of making this wheel together, and I think as business people, as a loose collaboration, it's a business, but we have other pursuits that we do as well. The interest to keep it going is, it's just... It's a very basic one, and I guess my words of wisdom are to just look at what you already have and how can you strengthen that, you know, how can you strengthen the relationships, like how... For me, working with nagging Jessica, we always check in with each other before we have a meeting, how can you just appreciate what you have and move that forward instead of trying to do something different or bigger or moving away or stopping you... We could have said, We're not gonna do this anymore. So I think it's that way of just going forward, looking around and kind of serving what you have, and that's your building block to go to the next step.

**1:13:55.7 S1:** Alright, thank you. I love that piece of wisdom of... I think it's really actually breaking our modern capitalist, productive, minded mindset, production-focused mindset to stop and not always want more... Bigger, better. And to be like, What do I have and How do I strengthen that? And I think that's a wonderful piece of wisdom, I really appreciate that you brought that to the forefront and that that's... I think it sounds like the glue that holds your collaboration together, the care for one another, and we don't have to always better or different, we can strengthen what we have, which I think is probably a foundation to any solid strong relationship is to like... What do we have here and how can we strengthen it? Right. Yeah, yeah. Sarah, thank you so much for all your sharing your stories, your perspective, your recipes, thank you, thank you, thank you for sharing all of it with us today. It's been such a pleasure. And to all our listeners, I hope you enjoyed this episode of women in food and got a bit of inspiration for your next meal or dessert in this case, as a last request, if you could go over to iTunes or whatever app you are using to listen and give us a

rating and review.

**1:15:27.3 S1:** It's a simple act that helps us tremendously. Once again, thank you for accompanying me on this delicious adventure, join me around the table for our next episode and get ready to meta

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