

FINAL EP 6 Ari Botsford Cohen

missy@womeninfood.net

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0:00:06.6 S1: Welcome to another episode of women in food. I'm your hostess, Missy singer to 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 your favorite recipes and give you some fun food explorations along the way. I'm inspired by these women, women farmers, shaft bakers, cooks, writers and food makers, who all bring their passion for beauty, nourishment, community, pleasure connection and deep care to others through their food. These are women who advocate and take action towards increased food security for themselves, for their families and their neighborhoods. Before I introduce today's guest and our topic, I have one 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. So today, I'm really excited to introduce to you are Boxford Cohen, R is a private chef and consultant from New York City, specializing in supporting her clients with special dietary needs.

0:01:20.9 S1: She's been a part of the New York City food scene for 10 years, and she also grew up in a food family, which we're gonna get talking about during this episode, and on a pastored meat farm in the Ozarks, along with cooking food and how... I first got to know are, is that she's also passionate about urban gardening and farming, and I don't even know how I stumbled on or originally, but I love following a chef who also grows food 'cause you don't find them too often, so with that are welcome to women in food, I'm so happy to have you here with us. I'm looking forward to wherever we may go in this conversation... Here we are.

0:01:57.5 S2: Yeah, yeah, I'm excited to be here. Thanks for having me.

0:02:00.5 S1: Yeah, and having said all that about who you are, I just wanna dive in and ask you, I think we all have our phases around what excites us with food, so what are you excited about food right now, what are you cooking this week in your kitchen...

0:02:16.6 S2: I'm coming with a lot of tropical stuff, because right now it's winter in New York, and as you know, it is dead, so I realize in a lot of the tropical stuff and I'm really excited by papaya, which may sound a little simple to you, but it's... Surprisingly cheap, and I think it's overshadow My mango, but it's got its own ART for sure.

0:02:44.7 S1: Yeah, I love that you say that about tropical, it's like a way to bring a little bit of sunshine into the winter... Right, is it... And it's so nutritious too, and just the colors of the tropical fruits and foods are a little tougher in New York, I'm further away, further west in western New York from you, but Ceridian realize until I lived here that Citrus is a thing in winter, 'cause well, grows in the tropics, but a number of farms, a few farms here in my area actually have sister farms in Florida and bring citrus up and cool, it's so much fun to get those bytes of citrus and sunshine in the middle of the cold, cold, cold winter. And I do a lot of, I can a bunch of Titus in the winter, and then I have it really... Summerland, in your basic canning book, which is putting food by, which has been around since I began and time, they've got... I think that's where I got it. They've got a citrus canning and it kind of tell you different ratios for like a simple syrup or sugar or Bayer, depending on how sweet you want it, so I do a very light sugar 'cause I don't...

0:04:03.5 S1: I don't wanna over sugary and the fruit speaks for itself, and so I'll segment... I have to say that doing it last year was a learning curve in the... No skills for me and how to... But it was so cool, I watched a bunch of videos on how to segment citrus really well and not get all the rind and everything, and there was a new way to cut citrus for me and peel it, and so I just segment it and then whatever juice drips out, I mix into the simple syrup and I dissolved some sugar and water and let it cool down and then pack it together, my shit's awesome. That sounds so good. Yeah, and I'd love to get a mixture pink, gray, found different kinds of oranges and some blood oranges to have all the different colors that

0:04:50.5 S2: Awe eat with our eyes, so... Totally.

0:04:54.5 S1: So tell us about papaya. I have to admit, even though I spent time living in Hawaii, I don't really... And there was a proprietary... Right outside my window, sill eterna, or how to use it, or anything. Tells about capacity.

0:05:13.5 S2: It's really common and the traffic, for sure. It's a big oblong fruit, it's a little bit sweeter than mango with a similar texture, it's kind of like an avocado in that sense that you blank and it's right, so you gotta use it fast, you see it used in a lot of specific Island or cuisines, because it's so popular, the renate Gundersen normal, if we think of papanasam suite, but I find that it's actually fabulous in savory iterations at

0:05:48.3 S1: Ease. I wanna pause you. Me, Tender yser. Whoa, my brain just exploded some tender yser, 'cause when I think about tendering me, I think about taking a mallet and pounding it, so... What's papaya and met tender Ising about?

0:06:06.1 S2: Well, the pieces, you might have seen them actually at your health food store, they help with digestion, and I got the brilliant idea, Oh wait, this could probably tense me too. I tried it out on some wings and they were succulent and juicy just to die for, so I started using other meats as well, like I tried it on a stake, it was also fabulous, like a top round, which is a little too... So it's one of my favorite cuts, but it's not a fly in yanam, a very... Very tender and juicy. The thing is, with using stress and tropical fruits to tender is, is that you can't let it go too long or it will turn your meat into mush...

0:06:54.0 S1: I actually, it's funny you say that because I made like a mini Poke Ball yesterday. For listeners who don't know what that is, it's like cut-up Rosh, usually tossed in some kind of soap mix, but I don't eat soy, so I made a different dressing for it, and I made the mistake, I totally wasn't thinking about it and I threw a bunch of lime juice in there, and by the time I was ready to play it and serve it, the salmon that started cooking, you could say, and almost... We ate it just in time, 'cause I think I find it at any longer it would have just turned to much, but yeah, I was like, Oh, I'm making a poke ball. She.

0:07:36.5 S2: I rewind a nice New York strip with some Pine Apple once I felt terrible. So

0:07:43.3 S1: Here's a shepherd question for you, why tender is met in the first place, 'cause I never really have...

0:07:51.9 S2: You don't necessarily have to eat. Was using it on the more... To some Catholic I mentioned, I do have... I have a baby at home and she can't... It's not very safe to give her a very... To some piece of me giving her something which she can suck on and get a little bit off of, that's ideal, those of you who don't have babies at home, tender me just feels good in the pallet, it... It goes down smoother in parts of labor or two, that's a little bit different from a normal salt and pepper.

0:08:27.9 S1: So when you say to me, you're talking about a tougher cut of me... Like It's codes. What cuts would benefit most from tendering? Somehow struck

0:08:39.5 S2: On a redneck would do really well. A Shank would do really well. Any of the brazing cuts can also... Bogota would do well with it.

0:08:50.2 S1: Like a bison, I would amend

0:08:52.7 S2: That would be fabulous, and you can also use the culture, it doesn't necessarily meet it, but it is lovely on chicken breasts and chicken wings, 'cause those are grown... Getting overlooked really.

0:09:04.1 S1: Of course, you're totally speaking to my Buffalo audience where I live here talking about wings so many times... Oh yeah.

0:09:13.2 S2: We love wings by... It was probably twice a week or fire thing.

0:09:19.1 S1: Nice. Yeah, me too. How do you like to cook up?

0:09:23.3 S2: Grilling is our favorite when the world is not covered, so we recently got an air prior though, and I must say, I know it's just a connection that's circulating, but it really is kind of a nice... It makes a really lovely crisp way...

0:09:41.5 S1: Yeah, I've been drawing them really well and then doing a dry rub on wings and putting him on a rack over a cookie sheet in the oven, and they do they Cristina barbecue dry rub or you know, just make up something like a little bit of brown sugar and all the spaces.

0:10:01.9 S2: You can't go wrong with wings you really have... You could dry robe, you can marinate them, you can raise... And they're always good. They're actually

0:10:09.7 S1: A really affordable cut too, like the package I do is much cheaper and way more fun to eat, it's

0:10:15.8 S2: Technically hopeful, it's technically not one of the most desirable cuts... You're not gonna see it in the Michelin for a restaurant. I don't think you're gonna see it more like a on your own plate at home, and I'm okay with that.

0:10:30.1 S1: That's totally funny, 'cause I was just a friend of mine, one of my clients when my coaching clients and I were talking about restaurants in York City for a front of his, and I was recommending licorice, which... No, specializes in Heritage chicken. And I was just picturing as you were talking, it's not a usual restaurant thing, but I wanna be cool to have a really high-end heritage wings place, a

0:10:58.4 S2: Totality that... That would be so cool. Like a wing flight.

0:11:02.2 S1: Yeah, right. Oh yeah, like... Well, that would be pretty common around here in Buffalo, for sure, we... 'cause you can get wings of every shape and size and flavor and kind that you want... It's a whole buffalo thing here. Yeah, yeah. So you were talking about papaya and doing savory things, you have a recipe you're gonna share with us...

0:11:23.5 S2: I do, I do like that's adaptable for people who are so free, it's even adaptable that you're being in their vegetarian and you don't eat it, I have ideas for you with too. So basically, for every pound of wings or every pound of tofu cut into probably one tick, two inch long strips

0:11:46.9 S1: To a four wings, could it be leather, another of poultry or another one... Absolutely

0:11:53.0 S2: Could. For every pound of white meat, I would say

0:11:57.0 S1: White men, okay, so better with a white meat. And it sounds like, and I know you a little bit to know, for our listeners that this recipe, we're gonna talk in ratios, we... If you start to become friends with professional chefs, you will find out quickly that recipes often come in those kinds of ways. I actually remember the like traditional Indian High, and I was given a list of spaces in the order, and I was just shown my palm of my hand and the first ingredient, it's like the biggest circle that takes your whole palm, and then the next... In greening down is a slightly smaller circle in your pump and you just mix it like that, so I love those kinds of recipes, and I just want our listeners to know this is gonna be a little Lucy Gacy recipe, but in a way that makes it more creative and more adaptable and adjustable and fun for you.

0:12:48.5 S2: For sure. It also comes from like I worked quite a few times in professional environments for developing recipes and you start small and you scale up, so yes, I'm doing this rivalry pond, a point meat, but maybe you have five pounds, so here's how to scale it up.

0:13:04.6 S1: Right, perfect. Okay, so for every one pound of white meat... What else do we need?

0:13:08.3 S2: Okay, so you need one couple of supply up, you're right, and just throw it... And it was just scripting and blend it, you need a quarter cup of sotelo table spoon, a fresh grated ginger, the juice and zest of one lime, two table spoons of honey, and then if you're not one of those weird people who think Selena's like... So I highly recommend a tablespoon of chapter as a garish.

0:13:39.2 S1: Cool. Now, let me ask, 'cause you were talking about puppies ripening, how do we pick a good papaya at the grocery store?

0:13:45.7 S2: I recommend getting one that's a little yellow with a little green... One, that's two green, it's gonna take probably a week to write in, but it just got a little yellow on it, and a little green that means you're just only enough... Wait a couple of days to yellow, it's completely yellow. It's gonna be bad by tomorrow.

0:14:04.0 S1: Okay, so if you're gonna make it that night, you can get a really yellow one, but... Exactly. Cool, and is there a way to rip in it or to store it until it ripens.

0:14:13.2 S2: Don't laugh, but I will put it by my husband's Play Station, the from it, we'll help price on it, and you could do that with anything that needs to be right. And bananas, avocados, panels.

0:14:26.6 S1: I'm gonna invest in a Play Station just so I can rape in my fruits and vegetables...

0:14:32.1 S2: If you don't have... If you don't have that you can use, or cable walks, or your TV even, or your computer.

0:14:38.3 S1: Just something a lot. Arm. Got it. Alright, cool, so what do we do?

0:14:43.8 S2: So basically put everything in a blender with it up together, except

0:14:48.7 S1: To me or to

0:14:49.8 S2: The please don't please Dublin's pros. And then put your wings or whatever Mayor choosing in Boland poured over and make sure you toss to incorporate, and then for a maximum of two hours, no more are you gonna end up with white meat Bush. And no one likes that. And that's pretty much it. From there, I would do 10 minutes on every side and of it at 400 degrees, or if you have an air fryer, you can also do the same thing, but bring it down to eight minutes on each

0:15:29.2 S1: Social... So what do you like to share that with? Or just start with it, I should say.

0:15:36.7 S2: I love just make sure I'm serving prensa things to contrast it, because it is a little suite, a savory. I've been doing a lot of chop apical salad, so I do like trumped college, and they'll be like Collier choruses, sprouts, things like that. We'll do well then, and then we'll do a Keele situation for... Interesting with a little bit of olive oil. Maybe some roasted asparagus as well, or... We'll do Aquino. I would like to make the sides very savory.

0:16:16.6 S1: Got it. I was totally thinking. A big pile. Steam broccoli. Sounds really good with that, yeah. Asterisk up. All that juicy-ness.

0:16:23.4 S2: Oh, for sure. That sounds good too.

0:16:25.8 S1: Cool, awesome. I'm ready to cook dinner. So I would say, because I cook a free... For those of your listeners who might be wondering if there's a way to do it without Sosa, I have found that using smoke salt is a really good replacement in most cases, he or coconut, I don't do any

amino acids, so I don't go that ration at Amino or another amino acid is a way... I like smok Sisal and a little sesame oil combo. We usually get that same flavor, that's what I do on suitcase as well, if you wanted to... That would work as well. Yeah, cool. So, thank you for the recipe, I'm like, I gotta go to a kitchen right now...

0:17:12.8 S2: Oh yeah, one little tip too, you can reserve about two table spoons at the papoose and you could throw them in there if you like a little spice, the piece, it taste a little bit like horse radish unable... They're at a blow. Yeah, they're a little bit like black pepper.

0:17:31.8 S1: So they to be ground up or toasted or anything first or just to promote

0:17:37.2 S2: Into that blender, when you make the mix of four overs into

0:17:40.5 S1: The blender... Okay, cool. I throw it in the blend or some of the papier seeds... Yes, and that will have a little pepper kicked, probably some kind of good nutrients, although have no idea what those would be at...

0:17:52.7 S2: I'm just gonna go with that. Let's go with it.

0:17:55.0 S1: A Usually thing or a strong flavor or seeds have a lot of nutrients 'cause I have all the nutrients to grow and burst forth new life... Right, exactly.

0:18:03.4 S2: Or I like that too. Like cilantro and parsley are super nutrient dense. But you're not gonna have a salad. May completely a part. The lives...

0:18:11.5 S1: Well, I don't know, maybe to also

0:18:14.3 S2: Of the true

0:18:17.1 S1: Big time, so I would eat straight up personally, sandstone, Adrienne. Tasha, did I wanna ask you? I have this problem sometimes I'm so excited that I lose track of what question I was on my mind, but... So one of the things that you said is that you like to work with, or you specialize in working with clients that have particular dietary needs, how did that interest come about, or what is it about that that you really love?

0:18:49.2 S2: So I actually developed a lot of adult onset allergies when I was like 19, 20, and I started having to cook for myself because I could no longer go out and get... Take out, you know the New York way, order dinner every night. And I was also in college, I could know what I was doing, and I decided I was Cronulla school and I went to culinary school with a shelf in allergy and a treat allergy. This time I've also had some in tolerances too, so I wasn't able to eat a lot of Daredevil soon. It was a challenge, for sure. But I got really good at learning alternatives because what I do is that I would bring alternative flours, alternative thunders, all kinds of different alternative things in the class, and I'd work with my instructor on how to create the dishes that we were learning, like classic French was being classical Toland cuisine, but how to do it without butter or how to do it without sauce, with all these different things, and this is before special diets

with such a hot topic, and you could get contains and... And a grocery store, this is when I have to make takeoff on and Asami Pinker and called it in the pan.

0:20:13.4 S2: And I, in my niche is

0:20:15.2 S1: Argentine for that. Snowball from there, basically, it sounds like you had some really cool teachers that were willing to flow with that...

0:20:24.2 S2: Well, after reverse two semesters, I had a very cranky old man for my first two semesters who was schooled in France, and he thought it was an volition that I wanted to use so free margin. I don't blame him. At the same time, I think he admired a little bit that I was willing to go outside the box, and I didn't do bad though, some masters must have been okay.

0:20:54.8 S1: You rotated on your cooking, so... There you go.

0:20:57.1 S2: Yes. But I ended up with a celiac peace reinstated for my one pastry, you know, and she was super amenable to outbid, in fact, she still has a glue line that's at the hobbies in the city.

0:21:10.6 S1: Nice, nice. That's fun. So I know a lot of people, and probably some of my listeners who have special dietary needs or allergies, feel like that has caused them to lose all enjoyment of food or cooking, or that they can't eat anything fun, so I'm curious how you approach that feeling...

0:21:37.3 S2: I think empathy is so powerful with every client I've ever worked with, I see how it helps me connect with them and it makes them trust me more, and all of my clients always tell me like, I can't believe that I'm eating rack of lamb, and these amazing sides, I have been relegated to gluten-free noodles and marcher so long, it's so nice to be able to cook, to not to click, but to eat all of these things that I never was able to... I try to avoid alternatives as much as possible, because usually thinking all the vegetables for the most part, that's the one great common denominator is that most simple can all vegetables... Some people can't eat night Shane, some people maybe you have to avoid sweet potatoes or potatoes or things like that to that you love... Which

0:22:31.0 S1: Vegetable? I can't eat it.

0:22:32.8 S2: I do a August tell me, is it... To me is...

0:22:39.1 S1: No, I think God is a Pascual. Oh, that's so sad. I'm very sensitive to all the summer sashes and Zeke is... Oh.

0:22:50.5 S2: What was so interesting is that that's considered to be like a hypo allergenic one.

0:22:55.5 S1: Now, it's less an allergy and more... My digestion doesn't like a lot of it, I've had little bites and I'm okay, but if it's... I learn the hard wire by having a... Here's a funny story for you. I had it once and was really sick and I didn't register that that's what it was from a family barbecue, but then I had it a second time, and this is when I worked in a different industry and we took some contractors for lunch to an Italian restaurant but it was during the Jewish holiday of Passover, and

I'm like, What am I gonna get an Italian restaurant when it came to readers, and so they had this big salad with all kinds of grilled veggies and I hate that. And that night I was so sick, and that was the second time within a year, and the only common denominator could think of was the girl Sikes and squash Es, which I had never really eaten before, those two times... Right, so I was like, You know, I'm just not gonna touch it anymore, and I grow it in my farm, I didn't for a number of years, but this year I grew it again and it was lovely to grow.

0:23:49.6 S1: And I did take a couple of tests, and if I have a bite or two, I'm fine, but eating a full meal of it or something like that, I won't be... I won't have a kidney reader thing, we

0:24:00.4 S2: All got my things... Yeah, I know I... Panties me, really uncomfortable. It be like a lot of gas. When I was pregnant, I avoided it like the plague. For that rotate, it's funny 'cause my husband... My husband is from Israel, so there's a lot of masaya. Exactly. So I have to get my ID... My gut, so to speak.

0:24:25.0 S1: Do you experiment with different varieties and...

0:24:27.5 S2: I do, I do. It's best for me if I can do skin it and let it really dry out before I use it, I like the more I took the harder and look at the better, but if it's like policewoman on the couch... Forget it.

0:24:45.3 S1: I found I've cooked, I've had a lot of friends with special dietary needs, and especially when I lived in San Francisco, going to a potluck was always a challenge, like, What the heck do I make with every sitar-E? But I actually found that kind of perceived restriction actually fostered more creativity. Do you have that kind of experience too?

0:25:04.7 S2: Absolutely, absolutely. It's fun, I've warned it really work with vegetables. The most common idiom by clients is that they can include in... So I've wondered to do a lot of really fun stuff to thicken soups to making faces and stuff like that, it definitely does foster some creativity for sure. I've done some interesting stuff with... Winter squash are really great for secretly in sauces, you can hide a lot vegetables on the SACS, especially the searching as if I went through squash.

0:25:42.9 S1: Yeah, you have to listen. Episode previous to this that we did with my friend Tanya, who's a farmer in the Austrian alps, we talked about winter crashes a lot, and how to make a sarod with them or Leconte squashed, but it depends on the variety, it has to be one of the crisper your Arima varieties.

0:26:09.1 S2: Yes, those are always fun to grow... You never know what's gonna happen.

0:26:13.7 S1: Yeah, so we've got a sense of your culinary experience, but now that we're talking about different varieties, and you said it was fun to grow, how did you end up landing in urban farming and gardening as well?

0:26:29.2 S2: Oh, well, I moved from Greenpoint in Brooklyn to the TI-vanilla. It's for probably number three in terms of New York City's greatest number of the community gardens per capita,

there was one down the street, I thought, Well, I wanna try this. So I did, I joined, I was there for five years until I moved in with my now husband, and I got really, really into try and all these different things I can learn like maybe don't start carrots at home, maybe just throw them directly into the ground, lots of trial and error, and then eventually I caught the eye of the chef of the Soho gram and he invited me to do this garden and... And I did that for two years on the roof top, a cohort that was super mound, a lot of the stuff, a lot of stuff, nanites and the tasting diners. And now I have my own in my back, argue, and the government be building a rainwater collector, which I'm very excited about, because I stupidly thought that two months postpartum I would thread... It was through my kitchen window, it pastor every day. I don't know why I thought that.

0:27:54.8 S2: So do I really wanna collect or they had it... The first community garden I was at, and I really think that the micro-nutrients and the algae really helped my plans, they were all very healthy, and so it feels is pretty cool to water with rain water like...

0:28:14.9 S1: Well, yeah, luckily here where I am on my farm, I don't have to... I mean, there's certain parts of the sea, not have to hand water, but there's often enough frame that nature does. I often say I don't grow food, Mother Nature does, I just keep an onerous. Yeah, I try and let as much rain as possible, although I love to hand... My favorite activity on the farm is to hand water to nurturing, right. Yeah, it is so nurturing. It's such a attend... It's a way... For me, it's like how I assess what's happening in the garden to talk to the plan, to see what they're up to. It's peaceful. I have a lot of workers that like to put headphones on in the gardens and stuff, but I just like to listen to the birds and the passing of the best... Everything. So he is a Meditation... It's a meditation. Totally, totally. So I think it's fun about you, and what I noticed when I first started following you is that... And I can hear it in your voice now too, is that like your enthusiasm for corner and your enthusiasm for gearing are equal and...

0:29:28.2 S1: Both a lot, yes. And I have a time, most farmers have some love of food and how it's prepared, and most chefs have some love of the farmers they work with, but I've never really met many folks who are as passionate and skilled in both like you are, so... Where does that come from for you? Would you say...

0:29:54.4 S2: I really think it comes from growing up on a farm and seeing it right, for my eyes were a family garden, it was more of my dad's thing, that's very dad thing to escape from your wife and your daughter and go out and do yard work.

0:30:11.5 S1: That's really funny you say that because I've talked to the hunters that have dear stands in the woods, Pham ALS, and he's like, Yeah, I don't really catch much that often, but it's an escape from the wife and family, I like

0:30:24.3 S2: To touch a stereotypical trope, but he has a... What... But it is really a true... Yeah, it's funny because I forget, thought I was gonna go into film. I thought I was gonna be a screen writer, and then I went to culinary school, and then they went... Got into gardening. And it's always been there. Like my dad is a farmer and he these things with rotational raising and stuff like that, and then my great-grandfather was a cook, the grade, and he has a cooking show in the 50s, was always right in front of my face, and then it just clicked for me, and ever since then, I just get this voracious appetite to learn as much as I can and to be the two... You really can't beat like a fresh beat for

radish red of the garden. I won't even eat a lot of it's rush, 'cause to me, it took the refrigerator it came from, it's just... It can't be fresh is made me such a snob to become a gardener, but it's true, and almost all, if you can eat the entire thing, like we were talking about Pareto earlier, there's no reason to throw in the way...

0:31:42.1 S1: Right, right. There's so many says, you can make a pastoralist entertaining some green juice before we started recording, and Ari had asked me What's in it, and I said, Yeah, I just quickly a... Not a momentary thing, grab the tops off a bunch of carrots in my fridge and tossed him in and they're really good. Yeah, Manchus, I've made a pesto. I've sent my CSA members a recipe for car top pesto or easiest, theremin a freezer bag in the freezer, and when you've got all kinds of car tops and ends of onions and other things, make a soup, Roshi always have eight or 10 containers is super... Often the freezer, ready for whatever I... Cartman, you tell us what is a cemetery.

0:32:34.6 S2: So we try as I believe it's the South American listening pepper green fill in role. She usually put up Redman made carrot stakes before in the past, a big cog in carrots, a slice and life-wise, and we toss them in that delicious... Alleges it. So nutritious.

0:32:58.2 S1: I think every culture has some kind of green-salesy thing, like there's chimera describing... That was making me think of the French piece too. Yeah, pesto, Italian passers. So many cultural foods have ways... I think when you really dig into a lot of culture, cultural foods and culinary traditions, that those things come from not wanting to waste any part of anything... Right.

0:33:28.8 S2: Exactly. It's more about... It's heritage techniques, so to speak, was not what not... We think about... We think of the way that I meet is present. Just the grocery store, right? You don't raise, you might say, Well, you'll see a couple of hole chickens, but really it's breast that way, we don't really learn how to cook the chicken as a whole were when have to cook the different parts, but when it comes to like a Hardie, we're using the liver, we're using the neck or using the fact we're using all of the parts, and I are really a big believer in applying that not only to meet, but also to vegetables. They're all good.

0:34:10.2 S1: Oh yeah. One of my favorites are the rates tops, for sure. Yeah, they're so great, like a starry or just cut up in a sale...

0:34:19.2 S2: Yes, definitely, I totally agree. I love a good ribbon cut on those 'cause rough on your tongue, but... Yeah, so spicy.

0:34:30.0 S1: So let's take a pause in a moment, I wanna get a little more into your background story, and you alluded to it, but I wanna dig a little further and also get into a couple of other conversations, but before we do that, I wanna take a quick break and talk about sponsorship of women in food, our sponsors are a growing community of people who are passionate about food and supporting the diversity of women's voices in our food culture, so we don't have external sponsors that sell you products or services like a lot of podcasts. What we have is this community, and I invite you to access this wonderful community of food lovers like yourself and additional resources available to support you in your curiosity and love of food, while also supporting the global community of women in food businesses. So this is kind of a sense of what being a member

of the Women in food community is about, so whether you're looking for a recipe or a woman made food product, a shaft, a new restaurant, or help with your farmer garden, this community is a place for that resource. So if you're interested in being part of the Women in food community and supporting this podcast, you can go check that out on women in food dot net for community, and I look forward to sharing food, passion, food love, and women in food with you in that community.

0:35:56.2 S1: So, Alright, hit you. Like I mentioned, all these quick things, like I'm so curious about the grandfather who had a cooking show and a cookbook writer, and what that was like growing up with that, I'm like, Man, I will... One of those grandfathers that sounds cool, especially

0:36:14.2 S2: A great grandfather in a youths cookbooks were around my grandparents house, and I have really found memories of looking through them, we actually have one of them at home, he worked with... Or as Borden dairy to write a quick book in 1948 and it's disgusting. Honestly, other barbecue sauce, I really like mother, but I don't know about that. There's a lot of things in there that were questionable, like net jealous and stuff, that's so cool. And they actually made my great grandfather Harry bots for that, they made him into a cartoon cow to interact with LC the cow. That was such a funny... Ridiculous story. I love it. Yeah.

0:37:04.6 S1: Just foster, those foster... Those kind of cookbooks grows me out a little too, but they're fun to collect, like I have a one-on-one to Dublin one like that, and I have to get it 'cause it's just... It's such a one.

0:37:22.1 S2: Absolutely, I love vintage cookbook. I actually have a small collection at home and my grandmother or my cash... So my grandfather did not work in food, but it was his biggest hobby, if William Sonoma had a punch card back in the 80s and 90s, he probably had a fall every month, he was a total funder that passed Dot to my parents, but like grandmother has a crazy collection. She has the original ilia child could fuck the original Joy of Cooking. I mean, those books, Moses got that old book sell in every single... I don't like you to put books since 1995, is

0:38:00.6 S1: There a particular cookbook that you remember flipping through as a kid...

0:38:04.7 S2: Oh, definitely mediators. Join of chocolate, I think was what it was called. Yeah, dedicated to chocolate and... Oh my gosh, it was amazing. You

0:38:19.6 S1: Know the... We loved... It was my sister both like it was the Good Housekeeping, illustrated cookbook. This is bad, the whole front of it was a photograph of every single recipe, and so as a kid who may not know ingredients, you could look at it and be like, Oh, that looks good, and then go find it would tell you what page the recipe was on, so that's awesome. Yeah, I always liked that one. And although sometimes I've one seat in ingredients and be like, Oh, never... That sounds grows. It looked good, it was always a battle of like maybe something looks good, even if I don't think it'll be good.

0:38:55.8 S2: Yeah, but... Oh yeah, absolutely. I have a couple of in-trip books at home, one of them as a 19, a dinner party book for the 197 days.

0:39:06.0 S1: Oh, I love those as I have how to set the place in different menus. It's

0:39:10.5 S2: Mostly just like center piece foods. And they're absolutely disgusting. There's one that's like, it's like severe banana split, I can't remember the actual names, like bananas, holidays or something like that, and it was like a split banana with like him and holiday sauce on its top with cottage cheese and a chariot

0:39:35.6 S1: I always like in the... But I still love in the back of cookbooks, especially older ones, where they have like... Well, the Good Housekeeping one also had different ways to fold napkins, how to set the table for the attorney dinner party or a formal dinner party, and then suggested menus for all the different holidays and outings for her, a picnic menu, Mother's day menu, Christmas menu. Those are... I would love those sections too, so much more. They're good. So who in your family then, where does the raising a meat come into play with your family and then...

0:40:10.4 S2: So that's actually my dad... Some guys get motorcycles. My dad decided to have a farm to buy coon... Awesome thing. Yeah, same thing. And she always liked it. He won multiple awards for his rotational grazing, I believe they still teach in... At the University of Missouri, some of the ones I developed. One thing with my parents when I was that we love to read, love to research, we especially love to research. And my dad, I just remember him, he still has books that are from 1900 about how some stuff like that, and he really researched the hell out of it and started doing all grass-fed meat at the time, it was really how it was tied to a... At the time, nobody really was

0:40:59.8 S1: A... We... People might have been doing it. But they didn't know it was a thing.

0:41:02.6 S2: Yeah, he was on top of the western price of all things, and there wasn't really a demand for it, it's like the early, early mid-2000s, but man, that it made me a snow about me for a short... I still can't bring myself to eat commodity meat sometimes, because we raised chickens, ducked, lamb, we didn't do pigs for a number of reasons, mostly because my dad said they're super Indy, but also my mom and I are Jewish, so kind of clash of interest there, but for the most part, all of those... Really, maybe not that for the fresh vegetables and my parents being food snob, but back to my dad, I grew up with 150 head of cow in my backyard, about 50 head of lambs and sheep, and one thing you have to understand about my dad is that he's a former military dude. He's very straight laced. He's a Superman, I Heart... I was his Budweiser edge, but he is such a much for animals. So I grew up with, for example, we had multiple poles of cats and lambs in the house, maybe their mom... Model babies. Yeah, yeah. Just chilling in my house.

0:42:27.8 S2: I see. Must've

0:42:29.2 S1: Been a gene social media in the past year, I... Two new babies that were just gonna forests, my first sheep birth, I suddenly on the sperm moment learned how to milk the sheep 'cause I hope wasn't coming down and poor baby was hungry and not gonna... I'm like, okay, I help you out here. And yeah, and I had a bottle baby last year from my neighbor, so I was fun, superhit

0:42:57.3 S2: Was my eighth birthday, I got two cabs, and I was about 22. I remember I need to pay my rent, but I was like, I'm gonna sell your call 'cause we're moving, so whatever you got for

them, you can take them and pay a rotation there.

0:43:16.6 S1: So I'm curious, I bet our listeners might wonder, I know people who may not live on farms or near around farms, don't really... They wonder about, this is like, how do you love animals so much and then go ahead and eat them. Yes.

0:43:33.4 S2: So I was talking to bearing on age that this is the purpose, they're here to feed us, right, so we have to honor them, we have to treat them right, we have to raise them humanely, and then we have to solder them humanely, and we need to eat the whole cow. We don't disrespect the cow by sticking them and these disgusting factory farms, that's one thing because I can totally agree about is that the way that we raise commodity Meat is awful.

0:44:03.8 S1: I can't even bring my section, my anymore or eggs for that matter is

0:44:08.1 S2: Same. Here, same here, we're a big fan of humanely raised me because you can truly taste the difference from a cow that was raised with the intent of honoring it and eating it and nourishing our bodies versus someone who just stuck about your animals and a pupil of antibiotics really doesn't care about them, and just sells it for a profit, and that's it, there's no heart, you want part in your food, you want soul in your food, and there is no soul, and commodity means there's no son commodity, any food, vetter. Quietly, I completely agree with you. If you're right.

0:44:48.4 S1: So do you remember your first experience coming up against that, or was it just part of daily life always from

0:44:56.0 S2: Nereus, it was just so instilled to me through conversations with my dad about what we were doing was just this time honored tradition and how important it was and how we were nurturing our bodies, how important that was, I never really... I don't know, I never made the connect, so to speak. It was... Yeah, I never saw that. I never have it.

0:45:23.4 S1: Being a research person, and you mentioned you and your mom or Jewish, did you ever look in... I've raised some animals for the first time, I felt like... That's definitely not my life's work here on the farm. But I felt like if I was going to continue to eat me, I wanted to raise it and take its life myself at least once to understand that... So I raised me chickens for a year, and when it came time, just louder than... I did a lot of research in Judaism and the kosher laws, and if there's prayers or blessings I can say, and I was really like, I sort of knew, but I really didn't go until I researched it that at least Jewish tradition is very focused on human agriculture and human life of practices, your animals observe the Sabbath as well as you do and things like that, and the one that struck me the most that I still apply every day here on my farm is that you don't take eggs from in front of a chicken, you don't take eggs under a chicken, and so I still make sure the chickens are off the Nest, if they're sitting on exit, I won't take the exam 'cause it's like...

0:46:34.3 S1: It just donate like, Wow, mother seeing its potential child just get taken from them. That's so true. I

0:46:41.5 S2: Absolutely, I'm a little couple grand, and when it comes to this stuff, I think that that

is compatible with the law as a pressure. I think it's absolutely right. There's a lot of those things are kind of rooted in not only like a religious being closer to God says, but also because it's the morally right thing to do, in my opinion, these are... I know some religions do believe that animals have souls and it may be debatable, but they're still living sentient beings, they have feelings, if you remember how to dog, you know that animals have feelings to animals, feelings, what to say, chicken Stillwater don't. So I've always really liked that. Yeah.

0:47:24.2 S1: And so much personality. I know my chickens all have particular personalities, and already the baby lambs aren't even a week old, and I'm seeing their personalities come out strongly. Absolutely, it's really sweet. It is super. Tree is super. So I know from following you on social media when the things I love is that... You are a huge advocate of self-care.

0:47:48.4 S2: I am, I am. It's so important.

0:47:53.2 S1: Yeah, say more.

0:47:55.5 S2: Oh, well, I've always... Ever since I can remember, my mom would have to pry me out of the bathtub because I was doing face masks, the condition I had like eight years old and the conditioning my hair, like I truly... We may think of it initially as a stylish, but there is actually a selfless component to self-care, and that is making sure that you were at your top condition to interact with the world around me, like I love being a mother and a wife. But I don't get my fricking bath at night, I get it, I am a cranky monster. If I'm a pretty monohull, say, go take a bath. Right.

0:48:36.9 S1: Well, and for any of us, You follow you on Instagram, and for our listeners, I'll put are social media in the show notes to this episode so that you can enjoy following her as well in countless times she posts videos and pictures with face masks in the bath time, I love it. With face mask flavor of the week.

0:48:59.3 S2: Sometimes you need... 'cause sometimes you need something to clarify, sometimes you need something the more transitions.

0:49:06.4 S1: So it's interesting, I don't think a lot of people I know, I certainly don't necessarily really self-care to either growing food or working in a kitchen, those two professions are usually high intensity, high stress and no time. So how do you find the balance?

0:49:24.9 S2: I make time for it, quite honestly, because I know how important is self-care isn't necessarily just taking bags and putting on a face mask, it's also making time to... Will your body making time to call your family and talk to them and see how they're doing... It could be as simple as even making a meal, it's all about taking care of yourself. We really live in a society where it's so encouraged to poleward as hard as you can, and we haven't until very recently, spring how important it is to be in good condition to do those things, you can't... You can't fill other people's cups if yours is... Abate.

0:50:04.0 S1: That's so true. And the way you're talking about... We're gonna come full circle here. The way you were talking earlier about your clients and loving, really taking care of them with the

food you prepare for them and showing them that whatever dietary restrictions they have, they can really enjoy food seems like an act of caring and teaching self-caring, truly.

0:50:31.6 S2: And I really enjoy it too. Quite honestly, I had one client who, she has oral allergy syndrome and she can't necessarily eat the things that we think... We don't even think twice about eating, she has to check every single time, and one thing is that she hasn't had the awful in years, and she really missed it, and I was able to try out a couple of recipes, find one for her, teach her how to do it. And I remember how exciting that was for her, and it was exciting for me, I think for offer, granted, I never thought about how maybe another person can't do that and now shipowners was...

0:51:13.0 S1: Right, right. So there are ways, I believe this too. There are ways that how we make food, what we eat, what we make food, restrictions or not, it's like daily act of self-care that you felt, like you said, Self-care is not going away on a vacation. That's part of it too, is that it... It's lovely, right? Or going to a spot that's nice, but I think I've always felt that the biggest act of self-care are the little daily things we do, like you mentioned earlier, putting yourself in the absolute best condition to do what you're passionate about or give love to others, or whatever it is that you're interested in.

0:51:54.4 S2: Yeah, absolutely. 500%.

0:51:57.6 S1: Having said all that, we've had recipes, we've talked about API, we've talked about meat production, we've talked about tropical fruits and them, we've talked about me tendering. Oh my gosh. Now, we talked about that. If there's something you want all our listeners to take away from this conversation and walk away with, What would it

0:52:18.4 S2: Be... I want people to realize that you don't have to be loud on your way to take care of yourself, sometimes it's as simple as what's on your plate or what's in near backyard garden, you don't have to make it crazy. It can be as simple as just buying meat that was raised properly, that's an act of self-care, I... And yet, because you're treating yourself to more motorhome that was taken care of properly and you're curing yourself with something that feels good, it feels good to eat something that was raised it, and I'd love for people to take that kind of philosophy. Do good. Feel Good.

0:53:04.3 S1: Do good, feel good? I love that, and I was just thinking as I was listening to you that choosing, for example, meat or vegetables that are grown in those very conscientious conscious ways is also giving back to our planet and that self-care... So yeah, I gonna say environmental awareness is self-care also, 'cause Clovis, we don't have a plan to live on, we don't exist as a simple... Right, exactly. Well, at so much fun talking to

0:53:38.7 S2: You that you were hoping... Menelik.

0:53:40.7 S1: I have a new best friend. We've chatted on social media and follow each other for years, three or four years now, this was the first time we really... Or the second time, we've really had a real conversation and it's so much fun, I look forward to hanging out with you in person or

zooms and phones sometimes soon. I hope you and your husband, your daughter, come visit the farm some day...

0:54:00.8 S2: Oh my gosh, I want to... Yeah, welcome.

0:54:02.8 S1: Any time. Just, Yeah, thank you for all your funds stories and the recipe, and you shared with us today to my listeners, I hope you enjoyed this episode of women in food and got a bit of inspiration for your next meal and 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 just such a simple act that helps us so... So, so much. So thank you for joining me on this delicious adventure. Join me next time around the table and get predica.

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