

Edited AUPH Natasha

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0:00:00.3 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 into the feminine. Each episode, I invite you to sit down with me in 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 am so inspired by these women farmers, chef, speakers, cooks, writers and food makers, 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 guest, 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 much.

0:00:56.5 S2: So today, I'm so excited to introduce to you, Natasha tatton. I was first introduced to Natasha through a mutual friend, and we had so much fun chatting food and personal stories, I just knew she'd be a fantastic guest for women in food.

0:01:11.4 S1: Natasha is the co-founder and bakery manager of bread organic Sarada in Whistler, BC Canada. Not only is it a Salado bakery, but bread is so much more to the community they're in. I can't wait to talk about it with Natasha. We're gonna share all about it, having grown up in the foster care system in the UK, and Natasha became an English teacher, first traveling all over the world teaching. Along the way, she ventured into various food and beverage roles, always seeking vegan eateries that focused on compassionate food choices. She met her partner, Ed in 2003, and they ended up in Whistler starting their 100% plant-based bakery. And as they say, the rest is kind of history, Natasha has a delicious recipe for us, and you guessed it, it'll be a big good... I can't wait to talk to her and share her stories with you.

0:01:59.2 S2: So Natasha, welcome to women in food.

0:02:01.4 S1: I am so honored and overjoyed to have you join us and we have so much fun talking together, I know it's gonna be a great conversation.

0:02:09.5 S2: Thanks so much. We see is really good to be here and chatting with you, and I'm really looking forward to this. Yeah, I always like to start with a little bit of some of your earliest memories of food and your interest in it, or care for it... Yeah, sure. Some of my earliest memories of food... There's some good ones. There's some bad ones, I'll start with the bad. So my mother actually was not a very good cook, unfortunately, and I grew up thinking that I didn't like a lot of different foods, and so it wasn't tias older and learn how to prepare them properly and saw them nicely, but I was able to actually enjoy things like red peppers, for example, she used to make these awful surprises and I don't know, I just think she didn't put any seasoning in them or something, and I never liked those, so... Bless her, but yeah, my mother wasn't in a great cook, so I have of not so fun memories of some of the dinners that she would try to cook and that we ended up actually growing up on a lot of kind of TV dinner, kind of easy to cook stuff in the end, which tended to be heavier on sodium, I suppose, so it was a bit more palatable to my childish palate, but I do have some fond memories of going off into the woods with my friends and picking black bees, and we've always loved...

0:03:29.4 S2: I don't know why, it's kind of unpleasant, but getting record by the thorns, then just kind of like, you didn't care, you just kinda wanted the black resources that you just would die of deeper into the thorny bush to get them and then you'd to come home with like red hands, red mouths and ask your mom if she could make a crumble or something, and so I love... I love that, and it was such an accessible thing to do, and I noticed some blackberry bushes near Vancouver and a place called Deep Cove in the summer, and there were so many black Brees untouched, and yet they were loads of kids in the park, and it was quite surprising to me that none of the kids were over by the black Priebus es, but also delightful because I went to the car and got my containers more... Don't notice those. It's sad that you don't notice those, but it's kind of okay 'cause I'll enjoy them. Totally, totally. Yeah, ratio, it's kind of a trope, but I know a lot of people don't think of UK is having to be cooking or food, so it's funny, your new stories of early childhood of having bad meals in that way like...

0:04:42.7 S2: Yes, absolutely. The traditional stereotype, you know, the food wasn't great. It was pretty bland, but there is another side to UK cuisine, and I mean, I haven't lived there for nearly 10 years, but if you actually do a poll and ask the UK people what their favorite dishes, it may be surprising, but it's actually carry that one always writes high and obviously with the British rage, there was an introduction of spices and a lot of English people love hot spicy stuff, my husband's English and he loves putting English mastered with everything, all of source is either hot source or English mastered. And it has to be English, 'cause the Dijon is just way too creamy and Mello for him. So that is a bit of a myth. And also, at least the parts of England that I grew up in, which was London, and then later in my early adulthood in Bristol, the very multicultural cities, and so there's an abundance of cuisine from all over the world, from Somalia to Poland to Spain, China, you can get everything in the UK these days. And so people eat a different cuisine every night, which may or may not be a good thing, but I would say that if you're thinking about going to the UK, don't worry, they've got great food there now, and actually one of my favorite cookbooks is from the UK believe it or not, it's a hard book called the PI room from the PI room at the whole burn dining room in London.

0:06:14.0 S2: But it goes, it's my absolute go for pies and cross even just crushed. And he goes through all the science, I think the British are great pie makers. I turn on the British... Absolutely, any kind of... Does all the kinds... Adachi Kindle, what you guys would call a hand Pirates, a great history of pie, it's not just fish and chips. True, there's a great...

0:06:42.6 S1: I think every fund, every culture has a great history of food, you just have to find it, and like you were saying about your mother being a vegetable grower myself, I meet a lot of people who are like, Oh, I don't like that kind of verbal, I don't like this tenement, and I'm always trying to encourage them to try it from me because I know how to cook it well, and I grow it really flavorful, and I've seen photos, a try your vegetable and the always like try... You might not like it because you had a poorly prepared or poorly grown one, or a canned version or a frozen version, like try a real fresh on cooked well by a professional chef and then tell me you don't like it, and

0:07:23.0 S2: That's totally okay. If you don't like it after that, but make sure you have the prime example for us before you write something off.

0:07:32.2 S1: Yeah, I definitely think sourcing it from the best organic farm like yourself is the first

step, but also I think a lot of restaurants will actually just tend to deep fry a lot of things, even the good ones, and so as an introduction to a vegetable... Deep frying or roasting can be a good entry point, although I don't obviously recommend eating all your vegetables Frida roasted, but if something like brass or sprouts, for example, a lot of people as their kids, especially in England, when you say Roscoe.

0:08:06.5 S2: You think of Boy Oran who wants to eat boiled cabbage. It's not appealing, is it? But then if you go to a Japanese restaurant, they might deep fry them with some kind of sweet, so Shelly sourced and then it's like, Oh my God, is a whole new experience

0:08:21.5 S1: To have a particular vegetable that you had a total shift like that about...

0:08:25.8 S2: That your austroasiatic and then red peppers as well, as I said, my mother just didn't know how to really make him taste good. I don't know, I think it was kind of like she would just try them for the sole source on them, and that is not a great combination, you... More flavoring than that, and there have just been so many vegetables I wasn't even aware of as a kid, like Telaria

0:08:50.0 S1: Loveland for our listeners, it's also a celery root, if you do it, I... Cellists delicious. That's when I discovered later as a farmer and was like, Oh, this is good, I would say the one that surprised me the most was trash, is I went... There's an amazing restaurant in Manhattan called print, that's all farm-to table, and I love that they actually have an employee whose job is to travel to the farms and farmers markets and source and foster the relationships with the farmers specifically, and they brought us roasted radishes whole radishes and I... I only thought of radishes as raw on a salad or a Tocco before that, and they were so sweet and delicious, and now I love growing radish is 'cause they're so easy to grow, and there's so many varieties from all different parts of the world and different colors and different, when you taste them side by side, like summer sweeter and summer earthy, and some are spacey and some are mild.

0:09:47.5 S2: Some are ready spicy. Yeah, those are for your husband... Yes, He loves radishes is to say your husband needs to visit Buffalo because it's like the place for hot sauce, people here are obsessed. I grow so many chillers for my shafts, her because they all love to make hot sauces and spacey things, is that why they have the chilly source competition where they try and eat... I saw it on a bottle, a Atlasian Buffalo Buffalo Wings hot as

0:10:17.8 S1: It's a thing, it's a thing. I, I, I have to have the show tell me about the different varieties I grow and what they taste like, so not like... I'm not gonna bite into a Gilli pepper, but then other chefs and other customers ask me What's this one has that one? I'm like, I don't know, ask her.

0:10:32.1 S2: Yeah, I'm not actually into super spicy myself, that's definitely more my head, but I'm one of these people that when I make a Cory, I'll often go overboard with the spices. And then my husband will be like, You made that space. And I would make it, and then I would sit there and I will eat it because I made it. Right, right. It's like, Oh no, it's fine. I'm just crying overlie, but it's fine. Yeah, I'll just mother, it was like coconut yoga or... I found a trick for tiring carry, I learned this from a mom in New Zealand when I lived there, she would make a tiring carry and then for her

kids, she would add a little bit of banana at the end, a little bit of open, and it's a really good trick because the sweetness of the banana cancels out the heat, but when I went to Thailand and visited a friend there, his girlfriend was Thai, and I did this 'cause her in Thailand, their SPICE level for green tights off the charts for someone like me. And I had eaten this Thai, looked to me like I was totally disrespecting their culture, I'm so sorry to that go, but yeah, it was only where I could eat the level of spice that she could...

0:11:37.4 S2: I think she was even a... Didn't dry chillies to it as well, from what I remember. And there was me, I'd been in to it. She just thought I was absolutely crazy. I've just gotta do what you gotta do. So I love that we started out with a great tip or something's two space, he adds some banana, sometimes I had other sweets honorable or brown trigger something, but

0:11:54.3 S1: Sweet is a good way to counter heat... And I actually, it's interesting, back when I lived in Las Vegas, there was a restaurant I spent a lot of time at. Now, I was newly divorced, and so I would take myself out and sit and read a book, and the server, we would check, so I would be there often, and we would chat a lot, and he actually was a chef and had an injury and he couldn't hold pots and pans anymore and cook. So he was a server. But one day he was explaining to me about the Scoville scale chilli peppers and how sugar, if you eat something too hot to put some trigger on your tongue or eat a little spin, full sugar 'cause the sugar will release the oils from being on your tongue. And that was a great trick, so you're totally spot on scientifically too, with the bananas, 'cause it does counter and the sugars will actually help lift the chilli of milk and milk is... The other thing I know works really well. So sometimes I actually.

0:12:51.8 S2: I'll drink like people, milk, I'll make some maple serum into milk and sip that if I eat something really hot and

0:12:57.1 S1: It's tasty and delicious, and you get to one of the heat at the same time.

0:13:02.9 S2: Yeah, yeah, lots of good tips, 'cause once you go to spicy party, take it back from a dish, so if you have to know... So

0:13:11.9 S1: Tell me, how did you get... I know you started pretty early in life actually working in food businesses and food industry, and you have kind of a unique start, if I recall.

0:13:22.7 S2: Yes, my first job in food was actually working in a private hospital, and so there were lots of wealthy people, mainly elderly and then sometimes like plastic surgery people, a few sort of dead lift celebrities, that kind of thing, and my job was to go around this little ward with a trolley, a cart, and ask people if they would like night drinks and serve them their dinner and that kind of thing, and make sure their guests had enough to... And snacks, and it was a really interesting job because occasionally I did come across, unfortunately, the odd person who had passed away, and that would be me at the door, 17-year-old going, Theresa, did you want any to coffee to your coffee? Hot drinks, thinking all this Pinterest, just be so looking at sleep in TAT chair, but very stiff, and that was quite a crazy job for a 17-year-old kind of seeing that and dealing with that, and also watching people are, fortunately, in the last stages of diseases like outside mons and just every week going to work, so I just did it once a week and seeing the regression, so I was quite insight for

actually, and I actually think that experience has led to my interest in health and making sure that you get enough nutrients and eating brain foods, what is classified as brain foods, and kind of...

0:14:49.7 S2: I've seen how degenerative those diseases can be, and absolutely don't want that for anybody to do, it's awful for anyone to have to go through that, so I really prove any diets, food, nutrition choices that people make for preventing those sort of things, 'cause I do think, unfortunately, their epidemic, and some of us almost resign ourselves to the fact that we're probably gonna have an ending to our lives like that, but I truly believe it doesn't have to be that way. You can reverse it.

0:15:20.7 S1: Yeah, it's interesting, I don't even remember if when we spoke earlier, we touched on this, but my diet choices are extremely related to early onset dementia and Alzheimer's and degradation of the brain, which I don't wanna use this episode to get into a whole thing about how I but has to do with like free-floating amino acids in the diet, particularly glutamate, which makes brain cells continue firing and sending signals so much so that they can actually run out of energy and die, and just all the stuff around MSG and MSG-related foods and ways that things can turn into MSG in our bodies, that even when we think there is a theist and the same thing, I've seen family members and people to create in those ways, and it's just horrible, and the statistics talk about it happening earlier and earlier in the public in age, and I think it's because the amount of processed food and chemicals and things are screwing around our brains and killing brain tolls and stuff like that.

0:16:29.0 S2: And there's other things as well, like so many... My dentist has told me If you leave your teeth to rot and you don't get your... Actually, things in your teeth can actually lead to decay in the brain, so things like that, looking after your teeth, and that can also keep in the brain mentally stimulated. Unfortunately, we've got this epidemic of social media as well, so people are getting... They're spending too much time on the on her phones, we know we were guilty of it, some point and then re-doing things like puzzles, crosswords, and I do crossover. We can puzzle. I try and read real books.

0:17:05.4 S1: My mother was a librarian, and so I had a great love of books for that reason to... And the smell and the feel of the pages. And all of it. Anyway.

0:17:18.1 S2: This was like a strange path, we win, and I wanna bring it back to how... It was a quick version of how you ended up in Whistler, wanting a bakery. I know there's a lot of steps there, but give us the basic journey. Okay, so as you mentioned in the wonderful intro you did... I was an English teacher and I taught English for 15 years, and I had quite a good job in England working at a private language school, and I ended up getting a lot of opportunities to learn about marketing, I was involved in re-branding and marketing the school and also going around to conferences representing the school, and all sorts of interesting things, had the title of academic course coordinator, and then unfortunately some things happened in the industry, eternal things that kind of resulted in my job position not being required anymore, and I was kind of very put out, when you put all your energy and hard work into achieving career success and then kind of being given a setback that's beyond job control, I was very deflated and burn out, and I decided with my partner that I just wanted it to go and spend a year in another country, travel and just relax, and I remember telling my manager, I just wanna go to Canada snowboard and just press a button on a

chair lift for a job, and she looked at me, I was absolutely insane.

0:18:48.6 S2: But that's where I was out, I was just like, I don't wanna push myself anymore, I just wanna just chill out, and so... Yeah, they all thought I was crazy. And so we came to Canada with the plan to do six months in a schemes thought... We chose Whistler based on a recommendation from a friend. I didn't know anything else about it other than that you could snowboard here, and then we were gonna do six months in Montreal because my husband was a fine dining chef. And Montreal was probably one of the best food scenes in Canada, and so that was our plan. What happened was, we came to Whistler. I ended up getting a job at the ski school, but not instructing or anything. When I first applied for a job, I was told, Oh, Kisco support staff didn't really know what it was, but I was very kind of going with the flow and just wanted to not worry about anything, and then when I rocked up on my first day for training I was told I was gonna be the first cook at the isles de score, so that was the first time I'd ever actually experienced cooking meat, and suddenly I was in charge of a kitchen that cater for 800 people every day.

0:19:57.4 S2: Wow. And yeah, so actually that relaxing lay-back season is not so I... No, it wasn't. And so I did that for the season because you kind of calm and it's got a great social scene working for a ski resort, and you know, I've got free snowboard lessons, which I needed at the time, and there were some perks, so I did it for the season, and then after that, but by the end of the season, I was... I'd ended up kind of teaching people privately on the side, and then I ended up getting a teaching job in the summer, and between those two things, we went to work as the offers, which I know you take with us and fronting, it's working on organic farms and you kind of work for your accommodation or food, and so it's a great way for the small holdings, the small farmers to get some labor... I'm sure you could talk more about that, but... Yeah, and just to say it's more than just getting labor, 'cause that's...

0:21:00.6 S1: Most people who are living are really looking to learn about farms, growing food, just wanting to have more relationship to where their food comes from, like I put a lot of energy into teaching along the way with my wife is finding out what specifically they wanna learn almost everybody wants to learn how to make our... Do so if you wanted operate Baker, I'm sure you can have them. And all kinds of things. And it's kind of volunteer, it's like an internship. I think of it more as an internship 'cause they're here, they're here to learn, and then they get Roman board in exchange for working on the farm and learning on the farm.

0:21:35.8 S2: How many is... Do you have... May see at a time.

0:21:38.9 S1: The most I've had at one time is three, that's how many guest rooms I have, so I can't take more than that, but yeah, I usually have consistently one or two, once the season starts, I just wind up... Pretty sure I lined up my first person from March and more will add on... Excellent as the season goes, and nobody wants to be where I am in the winter, so I don't have first in the winter, but it's kind of... Okay, I like having a long time in the winter... Yeah, you probably don't have as much to do, I imagine in the winter

0:22:10.2 S2: To a morning or... I wish someone else would feed the animals on... It's okay for them.

0:22:15.3 S1: Once I'm out there, I'm okay, it's the gearing up and the getting out of bed at all. Once I'm out there, I'm so happy to be out there. And for me, we first day in my house with me, so it's nice to have a break for it with the other people and just to spread out in my own house and reclaim the energy and what not, so I like the quiet time of winter for myself and then I love the busy community feel of people being here in the summer, so I get both. Yeah, I think it's such a great experience for people who... Because everybody relies on farmers to grow food, produce food for them, and to know like the behind the scenes of all the very first step of the food chain, I think it's really important 'cause we're all sort of voting with our dollars. When we go to the supermarket, and if you have their understanding of the hard work and grit that goes into producing good quality vegetables and so on, and I think that you're gonna vote better when you spend your money on fruit trees. And also learning about how to grow food.

0:23:24.3 S1: 'cause food security is a pressing concern for people all over the world with different things that are going on at the moment and likely to happen in the future, we all need to be supporting our farmers then growing our own... Yeah, yeah, I was just having a conversation with someone about the awareness that there is a strong possibility this world is gonna move back to a more analog lifestyle, and to know how to live an analog lifestyle and my farm... I have new machinery. Actually, I was pressing the snow blower the other day, I was having trouble making it work and I'm like, This is why I don't use machines 'cause when they don't work, I'm stuck and I don't know what to do, like a shovel is easier if it breaks, it's 'cause it actually breaks and you just get a new shuttle or put a new handle on it and keep going, there's only... There's not complicated parts and motors and things to worry about, it's simple, but...

0:24:19.0 S2: Yeah, just like simple, but it's hard, missionaries a...

0:24:24.8 S1: Sure, but it's doable, and that's where community is so important though, because you come together and you work together when I think about filling, carrying tons and tons of soil to fill up beds and things like that, the spring and we bucket brigade and we sing songs and chat and learn about each other. That doesn't happen when you're sitting on a tractor by yourself, not noting the ground, you know what I mean? Trying it with some horrible intention, you're not spraying if you're organic or whatever, when there's a machine between you and the land or when the machine makes it that you don't need to have other people there, I feel there's some important things lost... Yeah, section. Yeah, there it is for sure. There's his name, Dan something, there's a writer that's written exactly about how the tilling of the soil contributed to the loss of nutrients, so I think your soul must be excellent. Is it Dan Baba? I feel like...

0:25:20.9 S2: I mean, a lot of... Most of the rain.

0:25:23.6 S1: That's really the focus of regenerative agriculture, and actually, when I've only been farming almost this will be my six seasons, so six years, and I didn't garden or anything before I moved here, and early on, someone who had had farms before, who's in a business community with me, chatted and gave me advice and checked in, and the first thing he said is just keep in mind you're growing soil, not food, you know, pay attention to at that. You're growing soil. And I think about that a lot. I still have a lot to learn to do that well, but growing, like you said, growing soil, and I think a lot of the machine farming is not always paying attention to our monoculture farms are not paying attention to growing soldier, paying attention to growing food yield. No, not at... They

just concerned about profit, some food yield, which turns into profit... Yeah, anyway.

0:26:16.5 S2: We could digress in so many ways, and I'm gonna keep us on track today, 'cause otherwise this will be like a four-hour podcast episode, which... Okay, I have time. So anyway, to law loved with that we want to do... We love snowboarding, and I really found an amazing community of people that just welcome me in and... Yeah, I didn't wanna leave. So we never made it to Montreal to live. We did go on a vacation there back in November, actually the end of last year, and it was kind of a funny thing, it was like eight years later to eat.

0:26:51.7 S1: And it was amazing to go to a city like that and just have such a wealth of restaurants to choose from, and I was really surprised at how good they work 'cause they're not that good in Vancouver, so I totally recommend Montreal for any food I want to go on holiday and eat well, I always really Montreal to the best frozen yogurt ever out of my...

0:27:12.4 S2: Oh really? Yeah, I was at a...

0:27:15.1 S1: ROI was a teenager on a team trip and it was like real yogurt frozen in blocks, and then they would chop up and mix and strawberries or chocolate or whatever flavor you want, and so it had the tang of real... The Tang and the cream in real yogurt, 'cause it really had the enzymes and probiotics and everything.

0:27:35.9 S2: Really real flare fruit. Yeah, the whole thing. Anyway, so we did skip over a big piece of your partners in this adventure in Whistler, who's a big part of the bakery, we can't... Totality.

0:27:54.6 S1: You work together and how that happened. So

0:27:56.8 S2: We met when I was at university in a Medi varsity old Canterbury in the UK, and that's where it was working as a part-time chef in a... We were kind of working in an art market cocktail bar that did a nice bar food, so I would later tender and he was a chef, he was a culinary school as well, I was in my University Bachelor Degree Program, and we met at that bar after that, we decided that he needed to work in a mission in Star-Kip, Jim for year and I needed to get some teaching experience, and then we would go traveling, so we went to Australia, he went to New Zealand, he spent two and a half years abroad, and then came back to the UK as the recession back in 2007, 2008 was styling to get going, and that kind of held us down in the UK, we've always been quite free-spirited and loved traveling and that kind of thing, but at that point, it was kind of like Okay, we need to get ahead in life, so we ended up both getting jobs, he was a head chef, a boutique hotel where he rescued battery chickens as well, and that kind of thing, and he...

0:29:12.2 S2: Back then, he was a shift that was really proud to source like the best meets that he could, and he would picture all the animals and use every part of them and that kind of thing, and I was a vegetarian and we ate vegetarian food at home because even though that's where he did at work and that's what he would eat out sometimes, he totally had a love of vegetables and that kind of thing, so we were eating vegetarian, and I also had a part-time job in... What was the UK's best vegetarian restaurant? As labeled by the Lonely Planet. And so I was working there, he was

working in a boutique hotel, and at that point he was starting to really get a name for himself, I remember he was on BBC Radio talking about breakfast and stuff, and chefs are asking him if he would like to come be head chef of their restaurants. And then we kind of decided, we got to a point where we wanted to... As I said, I kind of burn out in my career and we wanted to go traveling again, and so we came to Canada, and so he decided when he got to the restaurant, he worked in Whistler, that it was ridiculous that the restaurant are buying in bread from another bakery when they made everything else in-house, and so he said, Let me make Salado.

0:30:27.8 S2: So he started this culture when we were working on Vancouver Island, and we would go from farm to farm with this big bag of flour and starter and seeds and things like that, and say, excuse me, is there a French in the trailer that we live again, and they live...

0:30:46.4 S1: We have a salad status, we would travel around with the starter and then he would make bread for the farmers, and then you took that back to Whistler and started making bread at the restaurant and is at the starter... You're still using to this day.

0:30:59.2 S2: It's not because what actually happened was Ed said to the restaurant, let's start making Salado, he introduced the Salado-Bred Program, and then when he left, they said that because the start had been fed with flower that had purchased, it belonged to them. So we started... Yeah, which is fair. So we started a new start... Well, a couple of different states. One is 100% RI, and the other one is weather was a post recently on the bigger Instagram about taking the starter home for the weekends... Yeah, it comes home to sleep overs and stationed at... It's like wherever you travel, the starter has to go with you, 'cause that's rachid Ren, that's it.

0:31:41.2 S1: It has a little house that we bring it home with, if the bars closed for a few days, we... We'll bring it back and keep it fed and happy, and it has to be kept kind of a constant temperature, and so it's a challenge because a ski resort like Whistler, it has a massive change in temperature throughout the year, so we're in Celsius. I know Fahrenheit is a bit different, but I think not long ago, we were at minus 30 Fahrenheit, which was about minus 20 Celsius, was a freezing really?

0:32:14.8 S2: Really called? Yes, yeah.

0:32:17.0 S1: And then it gets up to like... It can get up to like 90 farming, 100 Fahrenheit in the peak of Samar. And that's when it's a bit like California and we can have wild fires and all that kind of thing, so those kind of temperature changes mean you really have to find ways to keep the out of happy and control it in the summer. The bread can prove so fast, it's really racing against the clock, and then in the winter, he can often come home, eat dinner, and then have to go back to the bakery to... To put the Salado back in the fridge to ferment, it's just taken so... So long. Yeah, yeah, yeah, I discovered my oven has approved and a proof and a warm thing, and that has been heaven 'cause it's like no matter what it is, in my very draft farmhouse kitchen, that could be wild and temperature also, if I put it in the oven on the proof of the warm setting, it is exactly perfect, right. And then the timing is the same every time, it's been the most amazing thing, so listeners, if you get into bread and see if your oven has a proof setting or a warm setting...

0:33:21.9 S1: 'cause these are amazing. I didn't realize for a long time that my even did that and I

was like, Oh, I wonder what this does, it says proof.

0:33:28.5 S2: I.. Let me... Yeah, it's button. Cool. You can just keep... Some people have said If you just the light on in the open, that should be a A...

0:33:38.7 S1: But we actually use our rover and to bake bread and things like that at home, so we like to use the... It's called broad and Taylor is the company, and they make these kind of slow proof... Their slow cooker things, but it's just kind of like a box with the heat made at the bottom of it basically, and then you just set it to a temperature so it can just be put up to 72 Fahrenheit right now. Right, right, right. It's funny or something you just said, it came in my head and it went out... I bet those boxes would be really good for starting seedlings too, 'cause I pretty much make a space with the right lights, and he and I hit that

0:34:11.7 S2: And set the car... Exactly, yeah, that's exactly... You testing grow Brad. It's all these... You go, there's a lot of things you can do in the... Does your starter have a name?

0:34:24.0 S1: So

0:34:24.9 S2: The weak Bay started his Mother Teresa, but we call a MT AIS a bit more street credible and... 'cause He's the giver of life. Right, and she is after us, she looks after our business, she is fundamentally the business, everything rides on the mother trader.

0:34:43.3 S1: And then San RI is kind of an anagram of the ski in town, he's a really good free writer, and his name is Stan Ray R-E-Y and we just thought that we would honor Him and his legendary skiing by naming the Start the Right. Saturated was actually a baker in Switzerland, so it's kind of a separate there as well. Yeah, yeah, yeah, yeah, yeah. My starter is Homer junior, because I started off of a friend, micro Baker's starter, whose name was Homer, and I'm like, Well, I've got a junior over here.

0:35:21.5 S2: Yeah, nice. Yeah.

0:35:24.2 S1: One of the things I know that's super unique about how you go about the bakery there in Whistler is our super... And we've touched, barely touched on this, but a super strong commitment to supporting local community and local economy, where did that desire to focus on that come from... I guess ultimately, it came from the education ed received in fine dining kitchens in the UK, that you build relationships with your farmers, you grow your own, and then you get fresh... Fresh is best. So that is ultimately the ethos that he kind of taught me when I met him when I was 20 and started to really try different foods, he introduced me to eat and all these... We've done wonderful vegetables, and then I guess traveling the world as well, we got to go to places like Australia that has very different foods available, they have mango trees and things like that, and so I've got to try other types of food and appreciated that if you buy a mango in Canada or in the UK. It's probably not gonna taste very good, whereas if you treat eat a mango in Australia when it's falling off a tree or in Columbia or somewhere, then it's just second to none, and so you have that first-hand experience of Freshers best fallen from the tree as best you can...

0:36:52.6 S1: And so we have that passion for food that tastes good, and also when you think about the environmental footprint of food traveling across the globe, but a lot of the time it's not necessary, like Why would you buy a potato from Mexico right now, if you can get it from the farmer in the next town kind of thing, so we really wanna support our local economy, and anywhere we go for a holiday, we will always try and support local there as well, keep the money local. It means that there's better jobs and prosperity, and the money kind of stays going around to the location that you live, so it's kinda honoring our customers that we sell... Our farmers buy our bread and ICAR a cake and they sell us their carrots and things, so it's kind of a nice... Kind of give and take, I guess. And then if there is any disaster in the future, like this year we've had... Or in the past year, I should say, we've had flooding, we've had wildfires, and of course, covid and these three teenage Marine pandemic for two years in there.

0:38:01.2 S2: Yeah, exactly.

0:38:02.1 S1: So all these things that have and still disrupting food to supply. So there are some ingredients like recently it's been a... Trying to source pants worn UPS has been quite difficult. A lot of supplies just haven't got them, and it's not always down to the farmers not having a cropped or whatever, sometimes it is something as simple as the people that pack it have got covid, so they can't pack it, you know, all things are left in a warehouse as the delivery drivers can't get through the border, 'cause now they need a vaccine parts, they're not vaccinated it, there's so many little issues that can just hold up a whole supply chain, so the local, more local, you can keep your food supply, the more securities. Yeah, well, and economically, you touched on them spending your money locally, first of all, local food, more... The money goes to the farmer, there's statistics and studies that she middleman, less metal man, that just a higher percentage of that goes to the farmer and that farmer is gonna turn around and spend it at the local tractor guy or the local soil guy. And so spending your money locally actually serve so many more businesses in the community than the one that you actually paid, more so than when you say, Hey, Walmart, and then...

0:39:22.5 S1: And then it's people all over the world, and none of them are in your town, you know... Right, yeah, and there's a way besides sourcing food, you have a really strong commitment to local community and local economy in the entire business model, right?

0:39:40.0 S2: Yeah, all of our suppliers are based in BC, the Providence where we are, of course, being reliant, I just mentioned like pecans, we can't grow them here, so we do have to import them from the states of South America or somewhere, and so there are a few ingredients that have to come from further away, but anything we can source locally.

0:40:03.4 S1: We kind of have almost like a supplier vetting criteria, so we wanna look for businesses like IU, BC-based... Are you local? If not BC, Canada, if not Canada, than the US, 'cause that's closest. We don't really import anything from Asia or anywhere like that, if we can help it, as I said, when there are supply issues, you might have to go to a different supplier, and so something from somewhere else, 'cause it can really upset like your whole menu design and you can't necessarily make all the products that you normally make and you kind of have to keep things going, and we've talked about... We talked about this a little bit too, in that you're also mindful of what choices you're making in the first place on what you make to not necessarily require too much stuff from far away. Yeah, so we look at the ingredients that are available, so we'll ask the farmers

what if you've got growing this year, or when will the carrots be ready or whatever it is, the... Like blueberries, will I still be able to get them in the winter time? We have an amazing blueberry farm north of us, and He has aldehydes is blueberries, and then he fills these massive freezers full of them so we can get blueberries all year round, and so just little questions like that I was coming up, and then we'll think of a menu item that we can make that will showcase those ingredients, and we do like these little many pieces in the summer, and we're always changing up the toppings depending on what's available.

0:41:38.5 S1: The only issue with that, and it is a challenge, is that people will eat something and they'll say like in the winter when we can't get fresh produce, we'll do like an olive pecan, people love this all of the catch a thing, and then they ask for all summer, and it's kind of almost like an educational piece, it's like, Yeah, we'll make the olive one again in the winter when we don't have the fresh produce from the local farms, Wyandot, this skinny one or the squash on or whatever it is, that's readily available, but it's quite an education piece because people just wanna come and get the same thing all the time, a lot of of people do, and so you kind of have to say, it's almost like saying like, we shouldn't be eating the same foods day in, day out, we can week out like You need to change up your diet, you need to be getting lots of different foods in your system throughout the year, and your body will actually be better for eating with the seasons, so there's definitely an education piece there on that, and things like the carrot cake at the moment, the carrots have just come to an end from our local farmer, we've got the last ones about two weeks ago and they were quite floppy and difficult to work with, so now we've just had to import some fair trade organic second grade bananas.

0:42:58.0 S1: We'll be switching to banana bread, and then in the spring time, they might... Well, when the zoo kinds are ready and big enough, we will switch to a zoo, Kenya, and that will be on the menu for the tumor

0:43:09.4 S2: Until the carrots are big enough to greater. Right, right. Well.

0:43:13.2 S1: It's just a big switch. I think people don't realize 'cause we live in this modern culture, and this is something I've learned over the years on the farm as well, is we live in modern culture where we think about the recipe we wanna make, and then we go to the grocery store that has made it very convenient for us to find anything any time of year, and really seasonal and local. Cooking is the other way around. You start with, what's available, what's growing right now? What's fresh right now? And then what can I make with it? So it's the opposite. As opposed to, What can I make and then where do I get the ingredients? It's more what's in season now or what's accessible now, and then what can I make with it.

0:43:52.1 S2: Which is a different kind of creative... To me, it's a creative process

0:43:55.6 S1: For sure, and almost like thinking ahead as well, because when the tomatoes are ripe, you need to get caning them, so you need to have time set in your schedule to do that 'cause it takes a few hours to sterilize all your jobs and get the tomorrow's prep and everything. And then also there's an element of maybe sharing as well, so you might swap things with your neighbors, I think that's what people used to do, they would swap preserves and ferment some things, and getting back into that sort of shared food economy is what we really need to be doing as well. Oh yeah, I mean, I

love... There's so much so that I give someone something and then they turn around and give me something else in exchange, it's like score.

0:44:39.7 S2: I got a love a bread this week, or whatever it is, I got some sausages this week, or I got some fruit that I only have vegetables or whatever it is. Is super fun, and there's a way you've taken this perspective and the attitude and actually woven it into how you incorporate as a business...

0:44:58.3 S1: Right, yeah, so where at the moment, we're waiting for our registration to come back from the BC registry to... We have actually changed from being just a regular corporation to becoming a benefit corporation, and we've also submitted to become a B Corp certified business. For anybody that doesn't know, B-Corp is a certification and it's a global group of companies that are using business as a force for good, so the idea is that you have a positive environmental and or social impact and ultimately the world is better for your business being there than without it. And it's still quite new, like it's not on everybody's radar, but you might notice on some products that you buy on foods, toilet trees, like all sorts of different things, this circle with a capital B, and that means it's benefit, and that is a very difficult certification to get... There are nine different aspects of the business they look at from governance, from things like having a staff handbook with policies like anti-racism, anti-bullying, what your sick pay, your maternity pay, your paternity pay, grievance pay, all of these types of things. Looking after your staff, what benefits you offer them, then you've got how you connect with your community, if you're educating them, if you're inspiring them, if you have kind of good quality assurance guarantees, things like that, also giving back through charity donations or volunteering work, even the structure of your company, like if your employees are shareholders or have bonus for doing good work and all sorts of things like that, they really go through everything in your company and where you source your products from, if you're sourcing them ethically and how you vet your suppliers, if you're supporting female-owned businesses, if you are supporting by POC on businesses, that kind of thing, this is all part of par getting points to get to 80 points.

0:47:08.6 S1: And there is no specific maximum amount of points, but I think it's at least 200 would be the top, but just getting to 80 points is quite a feat, they say that the average business without doing anything is probably sitting on about 50 points, and that's just good people that are just doing business is normal, not intentionally harming anyone or anything, but just going about their days work, and so we've worked really hard to get to 80 points and we're actually... Our case is open right now with the B-Corp labs and we're being investigated, so I've been doing a lot of documentation and verifying things for that, so I hope that we get that because we're a very small business in comparison to some of the entities that are become ones you've heard of would be Patagonia or Burton, but they are smaller, they have classified us as a micro-enterprise, and we hope to inspire other small businesses to look into this because the cost of it is relative to the size of your business, your employees and your revenue.

0:48:14.2 S2: So

0:48:14.3 S1: There's no reason why a small business like us can't be B Corp, and I think this is the future for businesses to be looking at their impact, not just their profits. Yeah, I've been following B Corp since I feel like early, early, early days for a lot of years, I've been keeping in the IV Corps

and was excited about it, and I love knowing that you're in that process, I'm hearing more about it. And someday, if I look into that for the farm, I may call you and be like, How did you go about doing this?

0:48:40.9 S2: I bought it a out, I tell anyone about it. I'm always like, look at B Corps, and I've been so excited just, I'm seeing that be simple on more and more products, which is super, thee is massive at the moment because there are so many businesses that have submitted for application, which is awesome, but I was in a meeting with some B-Corp businesses who most of whom were in the process of becoming certified and the other day, and most of them have been in the queue for one to two years on what they have actually done is they have outsourced any micro-enterprise is 'cause it's a much simpler process... Yeah, then if you've got, say, over 100 employees, if you've got less than 50 or whatever... I mean, we've got less than 10 in our bakery, so it's a much more simpler process to get through all our documents, so they've actually outsourced it to some other group who are getting through... Did micro enterprise is much faster. So I submitted in November, and then suddenly it was like, Yeah, case is open. Submit, they submit that, and I was like, Oh my God, I thought it was gonna take at least five months, and then people on the call the other day, well, Natasha must know, but someone and be cop 'cause we've been waiting like 18 months.

0:49:56.8 S2: That just shows you how people are starting to get like starting to realize if we're not doing better for the planet, the people, the animals, etcetera, then we haven't really got a future in business, 'cause people are starting to Smart and up the next generation of kids, they're starting to realize that the planet is in trouble

0:50:16.5 S1: And people are being exploited as well, and we... You're not gonna stand for anymore... Yeah, so during the corp is a lot of work. And you kind of answered this, but I'm curious what makes it worthwhile or important to you to do that for the bakery, to go through that process, you could still have a business that's on the foundation of impact and giving back without going through the court process. But I'm just curious what...

0:50:43.1 S2: And that was us, that was... It was, we were supporting our local funds, we didn't start doing these things because we wanted to be be cop, that was always from the beginning. And we thought about people will compare Alberto other bakeries in the area, and we know that they are not using local ingredients, they are not using organic ingredients, they do not take care of their stuff in the same way that we do. And we felt that in order to attract customers and staff as well, in that kind of share our values, they need... People need certifications to trust you, and we see this time and time again with organic certifications as well. There's the one school of thought that says, Ah, it's just broke. The farmers have to spend loads of money and then they just get a stamp on that thing, but at the end of the day, the consumer that is in the supermarket or making a choice, they don't know what to go on, and if they see a symbol that they trust, then they're gonna come to you over someone else, it's kind of like a market differentiator, and it's been really key actually in US setting ourselves apart from other businesses that from the outside or they sell bread, they sell baked goods, they sell coffee.

0:52:01.0 S2: So in that way, yeah, we are very similar, but dig a little deeper, Oh, this one is ethical, this one isn't... Which one do you wanna spend your money with the... It's a business, there is a business incentive there that we are using business as a force for good, the more money that we

make, the better, the more donations we're gonna make, the better we can look after our staff, the more organic ingredients we can buy... She's like a win-win for everybody, really.

0:52:31.0 S1: Yeah, it's so interesting about labels, and we could still go down this path really far, which I don't wanna do, 'cause we're getting low on time here, and I wanna get to your Delicious recipe. It's interesting 'cause I've gone into conversations about organic labeling sometimes when I buy groceries for the household and various people ask, Can you get this organic? And it's like I look at the organic labeled, say almond milk, and I look at a local almond milk that's not organic labeled, but only has almond and water as the ingredients, and all the other Cretan, then the organic one has gums and additives and sugar, and it's like like you said, no matter what the labels are, dig deeper, ask questions, no, where if who comes from know how it's made now, what ingredients are in there and why... Or whatever it is, the labels are a good starting point, I feel, and like you said, dig deeper, ask the questions, find out, so that you're in, you can be as choice-full as possible, and where you spend your money and where you spend your time, and what you feed yourself and your family.

0:53:38.7 S2: And that's why I like B Corp because it's not the perfect certification, like there are some flaws in it, but it's not just about... We buy everything organic. So therefore, we're good. It does ask you what percentage of re-ingredients are locally sourced, They actually classify local as within 50 kilometers radius, that has been an issue for us because it's gonna... Tourette can't source the week that we need to make bread, all the flower that has to come from a mill that is 227 kilometers away, that for us is local, is still in BC, is at a three-hour drive also, but it is local to us that's the most local organic meal that we can source from, so there's local, and that's one of the floors of B Corp. It's all well in good. If you're in an agricultural area, but if you're not, then you're kind of penalized for not buying local, but it's not available local, so then it looks at other things as well, like I said, supporting minority groups for business. And there are some things like we're not 100% organic because we sell jam that is made by a lady in Vancouver, and she sources all the fruit from her backyard and from neighbouring people's fruit trees, and so...

0:55:02.5 S2: Yeah, it's not certified organic, but you can be sure that none of these people are spraying their trees the stuff, they're just not getting through enough of it, so this lady can make it, you can get the excess fruit and things, and so that kind of thing. Yeah, for sure. You wanna support... Like you said, your low coloma milk. Yeah.

0:55:20.4 S1: I'm not a certified organic on my farm either, but I do way beyond... If you ask me what my farming practices are and what I add, how I feed plants or animals or any of that stuff, and at least here in the US, I can't use any form of the word organic in any way if I'm not certified, which is unfortunate like just what's happened with the labeling, at least in the US has been challenging, and it is somewhat unfortunate and has diluted the value of the label, I think is... And I think that's an education piece there for me, you have to spend your time and Farmers Market or wherever, explaining to people, you know, we're not certified, but we're actually beyond organic because I don't use this... I use this instead, lali, you can afford some sort of organic label, and you put that on that, it just saves your time having to... Exceptionally grown has been the monitor, it started as the hashtag I used early on, and now it's on all my labels and things, and I use it all the time, and I love that because for me, mindfulness is not just mindfulness on how humane treatment of animals and mindfulness of the soil and farming practices, but it's also a mindfulness of my

awareness and the attitude we all bring to the farm and how we treat each other, and how I sing prayers and save blessings to the plants when I'm planting up and things like that, that are Rioters like I love mindfully grown and mindfully raised.

0:56:49.8 S1: I say those two things a lot, 'cause it's a way it's... Where is that? No labeling company has taken yet, or organization has taken yet, and yet it still says there's awareness to the practice as I use.

0:57:01.6 S2: So... Oh my gosh, we could go on and on. In a moment, I wanna dig into the amazing recipe you have for us, but before we do that, I'm gonna take a quick break and share about how you, my listeners can become a supporter of women in food in a couple of fun ways. First of all, I'm so tired to share that

0:57:20.2 S1: You can sport your very own women in food swag these days, if you heard Episode 11, where I interviewed artist Sara Klein, she custom-created some adorable artwork that we've got on shirts and bags and mugs. You just have to check it out. It's the cutest images to go along with the old food quote from famous French food writer knows that says, Let things taste of what they are, and she's got this adorable art she made of all different kinds of things that I'll have a bite taken out so that they can taste is what they are, you can find these items as well as women in food stickers, which I just put on my new computer, and you can check it all out, an order online for worldwide shipping, so wherever you're listening from, you can order women in food products at women in food dot net shop. 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 want to sell you things, so if you're not a sponsor, women in food I invite you to become one.

0:58:25.0 S1: It's super simple, you just have to join the Women in food community, there's no cost, there's no anything to it, access this community of food lovers like yourself to share an additional resources beyond the podcast to feed your curiosity and love of food, while also supporting the global community of women in food businesses. We share recipes, swabs latest news and articles about food announcements and celebrate one another's goals and priorities each week, so that is just a little taste of what the women in food community is about, so whether you're looking for a recipe or women made food products and update on the latest podcast episodes, or a new restaurant, or help with your garden, this community as a place for that resource. So if you're interested in sponsoring this podcast and becoming a Women in food community member, go check that out at women in food net forward community last, if you know someone you think would be a fantastic guest for women in food episode. Please let me know, I wanna hear about it. You can fill out a quick form at women in food dot NET contact, and that will let me know, you've got a great suggestion.

0:59:32.0 S1: I can't wait to hear them. So Natasha, What are we cooking or baking, I should say with you today.

0:59:39.0 S2: But I was inspired by our first shipment of bananas that we had, or Banana that we had came this week, and so as I said, we don't always use bananas at the bakery because they're not grown in Canada, and they're not seasonal adult for us, but at this time of year, that's what we're

going with, so we get our fair trade organic bananas and we make Ben one bread. So this recipe is a no-fail recipe, that means that if you follow the instructions, it will be an amazing cake that you can share with everyone, and this has been tried and tested. I've given this recipe to friends and family, and everyone's had great results, and if there's an ingredient that you don't have, you could probably substitute it or leave it out, so the ingredients are three to four write for over ripe bananas, so ideally like the ones that are speckled Brown on their way to... This is great if you have bought bananas and you let them sit for a little while and I am using all of them, this is a good way to use them and not lose them. And by the way, you do not need to have a pen and pencil with you as an Attache, go see this because I will put the recipe on the website and in the show notes for you, so let's go through it.

1:00:58.1 S2: So great banana, half a cup of mesic or any other sweetener that you might use, a gave coconut nectar, etcetera. Three tablespoons of organic non-GMO canola oil, I can... I just, I can... It feels like a very Canadian... I think it's more of a Canadian oil to use that in the US, to the UK, they call it ripe seed. Yeah, different people use different oils

1:01:30.9 S1: Or... Well, to keep it vegan, you wouldn't use Potter, but I would use banter probably melted butter.

1:01:36.5 S2: But yeah, I think more canola grows in Canada possibly, and that's why it's more common there, but what is that to that or... Yeah, we use canola because in this particular recipe, because it doesn't have a strong flavour, so something like an all over, you might taste that, I don't know how that attrition, I did make it once with coconut works, that's what I had in the cover, so as I said, you can substitute most of these ingredients...

1:02:05.3 S1: Yeah, I use GPS, not raped, but grape for my non-flavored oil cooking also 'cause it's a high temp oil, so it works well for high temperatures.

1:02:15.8 S2: One and a half cups of spelt flour. You could substitute that for any other week kind of flower, like in corn, I know you like to bake a lot with informers, think Missy. I did one substitute without quiet. That was the worst idea ever. Don't use, but Colin places felt it will come out really stay and really strong tasting a Book Week, so spell flower is my recommendation of

1:02:42.6 S1: Col you're just on a stage that is such a Briton of food. But we all know, or at least I know exactly what that means. Maybe because I've watched a lot of the great British baking show. I know exactly what stage means, but that... Agree, I love that word. It's

1:02:56.4 S2: Such a fun part, one, and then one and a half teaspoons of baking soda, that's the soda, which is different to baking powder or baking soda, a quarter teaspoon of salt, and I'd say three-quarters cup of pecans, or sometimes I would do half pecans, half chocolate chips as well, if I'm getting extravagance and then a teaspoon of another extract, and so very simple, you can just oil a loaf pan, mash your bananas, the mix in all the wet ingredients, then sift in the dry ingredients that I sing some reps a strange...

1:03:36.8 S1: Some don't like that teary. That's important or not important, or...

1:03:41.3 S2: Yeah, we just find site can get out any clumps that you might have, so it just kind of mixes all together nicely, and then when you're mixing it, you can avoid over-mixing, which can ruin your cake if you mix it too much, so if you shifted and you've kind of made or the flower really fine, when you get your wood and spoon in there to mix it all around, it will just mix more easily.

1:04:03.5 S1: I also find... So if you put all the ingredients in the sitar at the same time, the dry ingredients and sift it, it helps more evenly distribute it, so you don't have a clump of salt or a clump of baking soda in one spot without having a surreal heavily... You can... It's a great way to incorporate the dry ingredients, one to the other, by the way, do we need to preheat the oven has about that, but

1:04:27.7 S2: You know how many times I forget that bit? When I'm cooking something, I may... At 350 degrees Fahrenheit would be the ideal 10 picture to come up to, which is about one... A Celsius, right? Yes, it is. That's right, yeah.

1:04:41.6 S1: I only know that because it's written on the recipe you emailed me in front of me, I'm not... Okay.

1:04:47.2 S2: Yeah. My often set in Fahrenheit, so that's kind of what I use at the moment. But when I lived in England, I went on gas market... Oh yeah, I've heard of gastroenteritis all over the world, so I like to say all the things. Okay, excellent, excellent. And then the last thing you would do once you've mixed the wet and dry is add the nuts or chocolate chips or a combination of the... So add those in at the end, obviously, because it's just easier if OMX everything, the mix together without them and then pour it in your life pan, and I would say bake for 42 minutes, and after 21 minutes you can deter a pan around so that it is evenly baked. And so, yeah, that banana bread is a great staple, easy recipe that I read... I've made that when I was a teacher, I would often make that from my students, if it was like the last day they were graduating, and I had so many Swiss farmer boys that said, Wow, I can't believe it doesn't have... Exits is vega and... Oh my goodness. And so I thought, Whatever it want you over then it will be great for everybody.

1:05:55.1 S1: Yeah, so like three days from now, if any of us are wondering why we're suddenly craving banana bread, this would be why I'll probably be thinking about it for three or four days until I get to a market and find some bananas.

1:06:06.2 S2: I might have some frozen ones can you use bananas at you previously previously froze in this restriction, so wonder this, I've never actually tried it myself, I tend to just use frozen bananas to make what we call Ice cream, where you just want them in the blender and then just let it go to a sort of soft serve consistency or smooth these... I've never actually made... Been an honored with pre-frozen.

1:06:30.6 S1: I may try just because I don't... We're about to have a storm here, so I'm not gonna get to the store for a few days to make bananas and to make banana bread, but I have all the other ingredients, and I do... I have bananas in the sitting in the freezer, and this will be a great way to use them in a seafront, maybe you could just stick them straight in the blender to sort of get that Eros them and let them strain any water out. What am I do? 'cause it might get... I don't know if it's

over... What... Does that make it stodgy? But

1:06:57.9 S2: Maybe you do, I Erectus the word of the day Odis, the word of the day. Oh my gosh, so

1:07:05.6 S1: I'm curious, something we didn't really touch on as a final piece of conversation is how do you see... I know what I think, but how do you see being a woman business owner as it relates to leading your business from a feminine perspective, as it relates to your focus on supporting local economy, 'cause I feel like there's a relationship there, but I'm curious what you're Toni

1:07:32.0 S2: Don't know if supporting the local economy has to do with being female, having a 50% female-owned business, as I said, that was something that my husband always did in fine dining kitchen. I think what I've noticed in my own business is that I am a little bit more on the human resources mindset, like What can we do for our staff, how communicator staff and ED can be like he's more focused on the food, and so I found that our two roles in the business, him as kinda like the head Baker, and then me as kind of front of house HR, financial PR officer in do a lot of the other pieces, because the Baking is so involved and the training of the other staff is so involved that I find that being a woman really helps kind of have a bit more empathy, the mama bear kind of way of taking care of people, and so I've definitely sort of helped if it had been left alone with running the business and having to manage that side of looking after people, it may not be what it is today. We may not have the same package of benefits and things, so it works then to me, that's very aligned with the archetypes of the masculine being the producer, the O being the caretaker, caregiver, like you said, Mama Bear, I think about being the mom of ear of the farm too.

1:09:03.4 S1: I also think tending local, so to me, my listeners who listen to my episodes where we talk about this all the time, I think about women's work as hearts craft, and tending the hearth is not just nourishment, physical nourishment of food, but tending the hearth is tending the family tending the community, tending relationships and inter-relationships, and so from that perspective, I see building a business that's paying attention to tending the local economy and tending the community, both within the bakery and around the bakery is really bringing that awareness of Hearst... That feminine perspective to the table. And to what you're doing, right? On you, right.

1:09:48.1 S2: Right, you said it.

1:09:50.2 S1: Or your website, it's gonna have the word has somewhere on it. So in these last couple of minutes, as we talked about so many topics, and I have lists of other things we thought we would talk about that we didn't talk about, but what would you like our listeners to walk away thinking about differently, an action they can take that's a little different. I don't know what would you like to leave everybody with, so you often hear this word fast about a lot, and you can kind of make your eyes roll, but I wanna leave the listeners with gratitude and just this little practice that I'll often do, and I'll make everybody to Thanksgiving dinner as well, especially, is just taking a moment before you eat your next meal or whatever it's going to be, and just considering all the people and animals and insects and every being that is contributed to that thing being in front of you now to eat, just take a moment and think about who deliver it to you, who packaged it, who prepared it, who grew it, what little insects in the soil had their little old play, the pollinators, the

bees.

1:10:58.6 S1: And when you actually consider all of the different processes that had to happen and the beings involved for that thing to get to your plate, where all the ingredients came from and the processing of those, even something as simple as like our bread, it's just three ingredients. But the salt is harvested in from Vancouver Island and then it's kind of reduced and then it's sent over, is transported from the Island to the mainland, and the flower has to be grown, then it has to be like mailed, it has to be transported again and then we have to ferment it and make it into bread, and then the people that sell it to you... I mean, there are so many people and beings involved even in just the simplest food, so I always like to take a moment to think about that and just appreciate that we're so lucky to have access to the delicious things that we every day. And I just think it just makes you a lot more appreciative and you feel privileged that you have this... It's not just food for the sake of eating, so I'd just like to take a little bit of time out and just acknowledge that all the people like you growing it, and everyone else that's working in grocery stores and driving trucks across the country and all of that, there's so many people that get forgotten and animals that get kind of overlooked, and we all play our part.

1:12:21.3 S1: So if we think about that, maybe we'll make better decisions, that's what I'd like to leave everyone with, Oh my gosh, you just cracked my heart open to me, I feel like that was a prayer of gratitude as you said it, it really was... It was like a blessing in prayer of gratitude to all my listeners, just ask in that I think that some of the wisest words I've heard as a last shot, thank you so much too. Thank you for sharing your stories and your recipe, and sharing your commitment to community and local economy and local delicious local food. If anyone is in Whistler, you decide to go skiing, you must check out the bakery and links for that will be in the show notes as well. To all my listeners, I hope you enjoyed this episode of women in food and got a bit of inspiration for your next meal, a last request, if you could go over to iTunes or whatever app you're using to listen and give us a rating and review. It's a simple act that helps us a ton. Once again, thank you for accompanying me on this delicious adventure, join me around the table for our next episode and get ready to eat

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