
Living Homegrown Podcast – Episode 158 Being A Locavore With Local Thirty

Show Notes are at: www.LivingHomegrown.com/158

Andrea: ... That if you're curious and a little hungry for knowing a little bit more about where your food comes from beyond just the farmers market, I say get out there and explore your home, your home region, and find somebody to do it with, and really finding the joy in the ingredients that are growing in your backyard. Because, gosh, it's been so eye opening for us. And again, we haven't even started, but it feels really good to start to know more about what is growing in our backyard.

Theresa: This is the Living Homegrown podcast, episode 158.

Announcer: Welcome to the Living Homegrown Podcast, where it's all about how to live farm fresh without the farm. To help guide the way to a more flavorful and sustainable lifestyle, is your host, national PBS TV producer and canning expert, Theresa Loe.

Theresa: Hey there, everybody. Welcome to the podcast. I'm your host, Theresa Loe, and this podcast is where we talk about living farm fresh without a farm. Now that includes organic small space food gardening and artisan food crafts like canning, fermenting, and even baking homemade bread. It's all about the different ways that we can live closer to our food, and take small delicious steps towards living a more sustainable lifestyle. If you would like to learn more about any of these topics or my farm fresh courses, my business coaching, or my Living Homegrown membership, then just visit my website livinghomegrown.com.

Today's episode is all about eating local and getting to know your local farmer. I think this is a really interesting topic to cover. Especially, because we are going to be talking to a foodie farmer. I brought back Andrea Bemis to talk on this episode all about eating local. She has a special movement or a framework that she wants all of us to try. She's challenging us to try eating local for Thirty days within a 200-mile radius. Now, I'll give you all the details in a second. But first, let me remind you who Andrea Bemis is.

Now, Andrea Bemis is a foodie farmer. That's what I call her. A foodie farmer. She is a farmer who totally understands the nuances of locally sourced and seasonal food, and she lives and works with her husband in Parkdale, Oregon. She has a cookbook and a farm and she lives the farm to table lifestyle like there is no tomorrow. Now, let me tell you first about Andrea, and then I'm going to

talk to you about the Local Thirty project that she has going on in the month of September, that I think you're going to want to participate in.

So, Andrea Bemis is a farmer turned foodie, who truly manifest the farm to table lifestyle. She lives on Tumbleweed Farm, a six-acre property in Parkdale, Oregon. The farm grows food for its CSA, which is Community Supported Agriculture, for local restaurants, breweries and farmers markets. Andrea shares her delicious recipe creations and her adventures on her website, dishingupthedirt.com. She blogs about her and her husband's lives as farmers, sharing meal ideas and a light-hearted look at the not so glamorous life of living off the land.

The success of Andrea's blog led to her first cookbook, *Dishing Up the Dirt*, which was published last year and was really the focus of the last time Andrea was on this show, which is Episode 144. The name of that episode is Seasonal Eating With a Foodie Farmer, and I will link to it in the show notes. Now with her book, *Dishing Up the Dirt*, just like life on the farm, the book is divided by the seasons with each season kicking off with an essay about life at the farm, and the day to day challenges and the rewards. And of course, the food that the couple cooks, eats, and shares around the table with family and friends.

Now, I brought Andrea back because she told me about this project that she has, where she wants to encourage people to, for Thirty days eat within a 200-mile radius of their home. It's something that she and her staff on the farm are doing. And she's opened up this whole conversation around three pillars of local food. The wellness of food, if it's good for you, or not. The sustainability of that food, and the community around local food. And really what she's hoping to do with this Local Thirty challenge, I don't even want to call it a challenge, it's more like a conversation. What she's hoping to do is have everyone kind of open their eyes to the world of possibilities that are really just outside your back door.

She wants people to be a little more intentional with their food choices, and just honor every ingredient that we put on our plate. So, I think you're going to really enjoy this conversation. Whether you participate in the Local Thirty or not, I think this conversation will really make you think about every little thing that you're pulling out of your cupboard to put onto your plate. And it totally should resonate with all of you my listeners, because we are all about eating locally and seasonally. And as much as I think I really have that dialed in, and I try to be very intentional with a lot of the ingredients that I put on my plate, when I started talking to Andrea, I realized there were so many things in my cupboard that I had no idea where they came from. And a lot of spices I use that I know are not local at all.

So, by doing this, she's just trying to make a stop and really enjoy every bite that we put into our mouths. Now, Andrea is all about food and flavor, and she loves

food from other countries. She loves exotic food as well as food that might have been grown right in her own backyard. But by doing this challenge and looking at every single thing that you use to produce the food that you put on your table, she wants us to look as close as we can within a 200-mile radius of our home.

Now, if after listening to this, you want to participate as well, I will have in the show notes links to everything about Andrea. About her farm, about her book. And also, links to information on the Local Thirty and how you can participate. But the easiest way to participate is to follow Andrea on her Instagram. She has a very large following on Instagram and I will have links to that in the show notes as well. And to get to the show notes, you go to livinghomegrown.com/158, and I will link to everything about Andrea and about the Local Thirty. It's all about using the hashtag Local Thirty, with the word thirty spelled out.

If you just go to that in Instagram alone, you're going to see how everyone is having a little bit different experience because they all have their own 200-mile radius. So, someone on the East Coast is going to have a very different than someone on the West Coast or in the Midwest or wherever they are, even if they're out of the country. I think this is going to be a really interesting experiment. I'm really anxious to participate myself, and I'd love for you guys to participate as well.

In today's episode, I have Andrea explain the whole framework of Local Thirty, how it works, and some tips for how we can make it work for us. And this is not about being perfect at all. She says even if you just want to participate with one meal a day, you can do that as well. But I think it's going to be very interesting to follow her and her staff, because they are going all in. We also talk about hints and tips for how you can have a more local lifestyle all year long, and how you can plan your meals better so that you're wasting less and you're more intentional with your purchases. I think you're really going to enjoy this one.

Now before we dive into the interview, I just want to let you know that today's podcast episode is brought to you by my Living Homegrown Institute, which is my monthly membership site where you get access to an entire library of monthly master classes to help you live farm fresh without the farm. In my membership, we cover everything from how to grow epic heirloom tomatoes, to raising chickens, and even making homemade cheese, yogurt, and fermented vegetables. Now I believe that living an organic farm fresh lifestyle is really a journey and learning. And the Living Homegrown Institute can help you with that education.

If you would like to learn more about the Living Homegrown Institute, or you're curious where you fall on the farm fresh lifestyle scale of learning, I have a free

resource for you. It's my farm fresh success path that my students use inside my learning institute. It will help you decide where you are on your own journey, the characteristics of that stage, and some action steps and information to take you to the next level of learning. To get to the success path PDF, just go to [livinghomegrown.com /path](http://livinghomegrown.com/path), that's P-A-T-H, and you can download it there for free. Okay, so let's dive into this conversation with Andrea Bemis of Tumbleweed Farm, so we can talk about eating locally and participating in the Local Thirty project.

Hey, Andrea, thanks so much for coming back on the show.

Andrea: Theresa, thank you so much for having me.

Theresa: Yeah, I'm excited about this. When you first started telling me, I thought this will open up this whole big conversation around local food. I think so many times, even if we think like, "Oh, yeah, I want to shop the farmers markets. And I want to eat more local and have better flavor," and all the things that I talked about on the show, until you really start really looking at everything that we put into our plate that we put on the table, you don't realize how many things are not local. And even as I started looking at some of your posts and your articles about this, as much as I talked about this, I started thinking about, "Oh, man, what about my spices?" There's so much to it. So, I'm really excited about this conversation.

Before we start though, I just want to have everyone kind of, in case they didn't hear when you were on the episode before, I'd love for you to first tell everybody what it is you do, about your farm, and everything that you do right now.

Andrea: Yeah. My husband and I, we are organic vegetable farmers and we live on our farm in Parkdale, Oregon. We're about an hour and a half out east of Portland. And yeah, we've been farming now for gosh, nine years. And we started farming actually on the East Coast, out in your neck of the woods. But we've been farming on our own for six years. And yes, so that is what we do for a living. We've been trying to support our local food system for as long as we've been farming. But gosh, being organic vegetable farmers, I've long considered myself a local bore. But I kind of realized sort of this past year that gosh, when I look in my cupboard, there are so many ingredients that I have no idea where they're coming from. And it just kind of has really got me thinking.

Theresa: Yeah. Your article got me thinking, too, because I also consider myself a locavore, and you definitely have me trumped on that. Because you not only are farming, but you know so many farmers and you're actually working with so many people that are producing foods. You know a lot and have a lot more connections than I do. And yet, you wrote in this article about ... I think you

pulled out some coconut milk or coconut water out of the cupboard and went, "Wait a minute, where did this come from really?" And I thought, "Oh, my gosh, I have so many ingredients like that, too." Yes, we can get our vegetables and even our meat sustainably and locally. But there's a lot of other parts and missing pieces to the puzzle. So, tell us basically what is the Local Thirty?

Andrea: The Local Thirty is me and my husband, and we have two folks that work on our field crew with us. We have decided that for the month of September, we want to eat food and ingredients that is produced and grown within a 200-mile radius of where we live. So, everything down to our salt and pepper, olive oil, obviously meat and veggies will all be produced within 200-miles of where we live. We're kind of doing that with ... I've popped a little circle on a map and I'm doing as the crow flies kind of is my 200-mile radius.

But, the goal isn't so much this ... I don't want this to be this crazy challenge that is unattainable for people where people all of a sudden look away saying, "That's impossible." I just want it to be, at least for me, a way to kind of discover what grows around me, like, what is my hometown cuisine? I don't know what that is. And I want to find it. I think that this challenge is going to really simplify my cooking and my eating and my shopping. I just think that it's going to be a really fun experiment to get out and be curious about my landscape and the other growers and producers. It's already been fun and we haven't even started the challenge yet.

Theresa: Yeah. I could tell it was fun from some of your posts that you were meeting different people and you were opening up these conversations, and you're so right. Each one of us are going to have a little bit different experience by going through this. And you're not super strict on things. We'll go into the details about how we can have some cheats and things like that. So, we'll go into all of that. But I love this. Because I think more than anything, it's going to make us more aware. And also, make us open up some new connections for maybe sourcing things closer that we just had never considered before. I really like love that. So, it was really the idea, did it really stem from you just opening up the covered one day and thought, "Where did this stuff come from?"

Andrea: A little bit. Recently, it just seems like there's so many different diets out there and people maybe you suggesting that we all we all eat more avocados, or we all eat coconut everything. I did start thinking, "Gosh, if we all start prescribing to these diets, they're just not enough. All this stuff is being shipped from all over the place, and what would it look like to maybe really rely on what's growing, growing closer to home?" My folks grew up in Montana, and my mom and dad didn't need an avocado until they were in their 40s. I think that at a time when people are so confused on what kind of diet maybe they should be prescribing to, I just think, gosh, like, what if he threw all that out? and just that, "What do I have available that's growing closer to my home? Okay, we don't have coconut milk, well shoot. Maybe we can find a local dairy that maybe

we're getting cow's milk instead. Or, or somebody producing a local hazelnut milk."

It's been fun to find the alternatives to things that are staples in my house like cashews. I love cashews. Well, those grow halfway across the world from me. So now I'm like, "All right, well, we've got walnuts and hazelnuts. How can I kind of swap those out? Or how can I incorporate those more instead of relying on these other ingredients that have been such staples in my diet?" Without me really realizing who was growing those coconuts back to the can of coconut milk? Who picked that coconut? How was that farmer treated? And how did it end up ... it went through a production facility, how are those folks treated? Who is packaging this and driving it to my grocery store? I just keep thinking about how do we keep stuff? If it's not very traceable, it starts to not feel as good.

Theresa: Exactly. Yeah, exactly. And I love the idea of being more creative with our food. I've described you, especially when you were on the podcast before, I described you as a foodie farmer. Because you understand flavor, and you really get food, and you have incredible recipes on your website. I know you say many times, this is not that you don't want to explore unusual cuisines or cuisines from other foreign countries. You love that. You love being experimental. But just for this month, you want to try to see what you can do with what is close by. I thought that sounded like really fun, and a really fun challenge.

But I think you've also said in some of your posts that you're not really sure what to call it, or maybe you've changed what you've call it. I was thinking, "Oh, this is a challenge, like the Local Thirty challenge." But that might make people feel like you said that it's militant that you can't go outside of your 200-miles. What are you calling it? Are you call it a framework, or what?

Andrea: Yeah. Kind of like a framework for learning. I keep thinking of, the farm grow here, we're going to, I hate the word militant, but we are going to do it. We're going to do what we set out to do. But I do want to encourage folks to try it themselves. And whether that means it's one meal a day, or it's one meal a week. My dad, he's 71 years old. He said he's going to do the challenge, but he doesn't want to give up his morning cup of coffee, or his Bud Light at night. At 71 years old, I'm like, "Dad, that is wonderful. I'm so glad." He's getting excited to start going to the farmers market and he's going in on a beef share with folks and just starting to really think a lot more about, "Okay, wait, there's something to this." I think that that makes me the most excited for folks to ... We all do this, open our refrigerator and look at all these condiments, and half a year old can have like, barbecue sauce.

And it's like, "Wait, what? How did all this end up in here?" I think people are a little nervous that it's going to be expensive. But I kind of think that if we're all

doing it, we're going to be a lot more mindful about our purchases, and not mindlessly drowning our salad in salad dressing, but really kind of honoring each ingredient because it's a little more sacred, and it's not indispensable. So, I think cooking will be more simplified. But also, I think we're going to be really mindful about our purchases and how much we're consuming. And gosh, not letting things go to waste. That will be challenging. But the challenge that I really think is important, and at least for us right now, it just feels like something we feel like we want to, and kind of need to try.

Theresa: Yeah. I love what you just said there about honoring each ingredient. I think we do that when we grow something ourselves. If we grow tomatoes in our own backyard, then we really honor that tomato. It's like precious to us. But so many of the other ingredients that we might have in our kitchen, we kind of mindlessly use. And so, this really definitely will make us more intentional with our food choices, so that we are honoring every bit and piece. And that's something that we can carry forward all year long. So, I just think that's a beautiful thing to work towards.

So, if someone wants to participate, before we dive into some of the details, if they want to participate, you're encouraging them to basically get out a map and figure it out. You did it as a circle. But I think you've said it doesn't have to be a perfect circle, whatever works for you. And if something's two miles outside your 200 radius, there's no police to go that's going to check you. Yeah.

Andrea: Right. Again, and it goes back to that traceability. If you find a flower melon, there's some great grain that's 250 miles from your home. And you can talk to those guys and maybe you drive out there, maybe they ship you a little bit, but just that connection of, okay, this is traceable. We know these folks' farming practices, it goes back to that kind of traceability. If we're going to stick within 200-miles, but some folks that are in eastern Montana, it's going to be a little bit more difficult. So, I think that the spirit of this is really just to get to know your local food system and your local farmers. I think making it so again, back to that. The spirit of it is just kind of learning and exploring home.

Theresa: Yeah. And we can definitely do, like you said, one meal a day, just so that we're more aware and being more intentional. I think that works really well. Now, something you said before is when you look at local food purchases, that you kind of have three pillars that you look at. You look at wellness, sustainability and community. I'd love for you to talk about that. Especially wellness, I think when people pick food, they're going, "Okay, I get it. So, is this good for my body?" Right?

Andrea: Yeah. This whole thing also stemmed from we all want to feel good, and we all want to be healthy. I think though, kind of going back to all these crazy diets that exist, it's all kind of ... it goes back to all just me. What's going to make me

healthy? But it's a bigger picture when it comes to our health. And so, for me, it's all looking at ingredient and think, "Well, is this going to be good for my body?" Okay, let's check that off. Is it going to be good for the environment? Well, let's see. Where did it come from? Was it shipped across the world? And maybe, what kind of product is it and is it packaged?" And starting to think about the kind of carbon footprint of getting a certain food to my house or my cupboard. So, I started to kind of look at it and an environmental way.

And then, community and social justice. If we know who our farmers are, we trust a company that is supporting smaller farmers. There's a lot of people that are worried about animal rights, but not a lot of people that are focusing on farmers rights. I think that there's a bigger conversation there, too. You can be vegetarian, which is wonderful. But not knowing where a lot of the ingredients are coming from and who's picking them, and how are they treated, and are they making living wages? That's a big deal, too. So, I think that this eating closer to home, it's going to be easier to track that.

Theresa: Absolutely. And like I said before, it makes us more aware and more conscious of what we're doing. So, as I started thinking about this, when you first told me about it a couple months ago and now we're coming right on it. So, this podcast episode will come out just before you start in September, so everyone can participate. But as I started thinking about it even a couple months ago, I started thinking about some of the ingredients that like, "Oh, man, could I live without coffee?" I don't know if I could live without coffee, or what about chocolate? There were just certain things that I knew I probably cannot get locally. So, how are you working around that? You had something like you can have a few cheats, that you can have some staples on hand?

Andrea: Yes. So, the more we were thinking about this, we were like, "Okay, we got to set ourselves up for success. We're allowing ourselves 10 ingredients that are not grown locally." And coffee is definitely one of ours. We're joking. We're like, "The vegetables are not going to plant themselves in September." And also, back to this, I want this to be a joyful experience. And there are certain ingredients that they bring so much joy. It's like, sure, could I live without this? Yeah, definitely. But it's such a simple joy in my life that, back to my dad's Bud Light. He's drank Bud Light every night for 50 plus years, and it's just what he does. And gosh, I don't want to take that away from him and have somebody not do the whole challenges because of something simple like that. So, yeah.

With the cheats, also just simple things that you kind of start thinking like, "Oh, gosh, salt and pepper?" For salt and pepper, and we're lucky we're able to get some local salt. But those things I think just to set people up for success, some of the basic things I think are added to your cheat list. Things that I think will make you set up for success.

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- Theresa: Yeah. I think you had a spice on yours, because you knew you would be making some fall recipes in September. What was the spice that you had on your list?
- Andrea: Yeah. I have cinnamon and cardamom, because we're doing the challenge in September, and it's apple and pear season. And one of my favorite desserts or even breakfast is baked apples or pear and a little bit of butter. But then I had that cinnamon and cardamom just ties it all together. And I was like, "All right, I think I need to have those as a cheat." But again, being mindful. I'd never thought, I was like, "Well, shoot, where does cinnamon come from? Where's cardamom? Where's this been produced and grown?" And it's humbling, because as a vegetable farmer, I thought I was very versed in where things come from, and grow. It's been very humbling to be like, "Wait, I don't know."
- Theresa: Yeah. I think that'll be that way for all of us as we go through this. So, I would love to go through some of your tips and tricks that you had. You had made a list and I'm just going to ask you about them one by one. One of the things that you had as a tip for doing this is to ask. And I thought, "Oh, that's so smart." Because, just ask around and see if you can find a local source for some of these things.
- Andrea: Absolutely. Thank God for the internet. Because it is a little bit easier to ... you can google things. But a lot of the ingredients that I thought we were going to have to live without, I've just gone to our local bakery, he ended up telling me where he's getting all his flour, and it's actually from a local mill. And all of the ingredients are local. He was so helpful. We have neighbors that they're making their own mustard out of their own mustard seeds. And they're using local vinegar to ... And I would have never known that, except for that I went down to our little like co-op grocery store, and they kind of told me about them. I was like, "Oh, that's great."
- So, even asking folks at your grocery store, even if it's more of a generic grocery store, they'll still maybe be able to point you in a direction of somebody, a small producer in your neck of the woods if you're hunting down that one ingredient that you're like, "Shoot, is there a local vinegar? Is there a local seed oil? What am I going to be sauteing my veggies in?" So, it's been awesome to just start talking to people. What I've also found is it's bringing everyone together again. On Instagram, I've been asking people like, Hey, does anyone know of somebody producing local butter or ghee?" And people are all responding, and it's teamwork, and it's community building, and it's been really fun so far.
- Theresa: Oh, yeah, that's totally fun. totally fun. Well, and also you had as one is your tips is to learn how to substitute, which I think people can get really creative. I know friend of mine is vegan, and so she knows she has some ninja strategies for substitution. But if you're not someone who is used to substituting, it's kind of a good skill to have.

Andrea: Yeah, absolutely. And trading, I think that this is going to be fun for folks that instead of totally following a recipe, it's like, "All right, so cashews are out or coconut milk is out. But for a while, I couldn't find balsamic vinegar, but we have a local cherry vinegar." And I was like, "Okay, so cherry vinegar it is. That's going in my tomato basil salad right now." And it's really good. I would have never thought. It kind of goes back to that, this is what we've got, this is what we're working with, and it kind of almost tastes better because you know that you're kind of being frugal, so you're like, "You know what? That cherry vinegar, it works." It's been kind of fun to play around with like all right.

So, instead of mourning things that were not able to have anymore, I admit, I love avocados and there's nothing wrong with eating avocados and I'm going to miss them for the month of September, but I think it's going to be really fun to be like, "All right, so those are not going on my toast in the morning. But I'll figure something else out and it'll work."

Theresa: Yeah, well, like the case of cherry vinegar. That sounds amazing. So, you're opening up a whole new world, that's really fun. One of the other tips you had was just freezers, which I thought was a good tip, especially if you're a meat eater. You can stock up on buying large quantities of local meat.

Andrea: It's so funny. We, out in the farm field, we have been talking a lot of about just that chest freezers are one of the best investments for eating local, even if you're a vegetarian. Because dicing up a whole bunch of zucchini and freezing fruit, freezing all of the vegetables that you're going to be missing in the winter time, I just think it's such ... if you do want to start being more of a local bore, I think it's just one of the cheapest best investments for preserving food.

I know a lot of folks, and my parents are in this category. They've downsized so much so; the idea of a chest freezer is just kind of overwhelming. But even if you're downsizing, they make smaller chest freezers that we've been joking, also using it as a countertop. And if you are kind of living a small space, kind of having it be a dual purpose. In a different lifetime, we would actually design chest freezers to open differently. Instead of opening up, it would be a handle and you'd pull out, and then you could kind of see everything. But yeah, so we've had a chest freezer for four years now. And every winter, it just feels so safe to go into the winter knowing that there's so much veggies, meat, sauces, pesto, just so much that we've been able to save from the summer.

And it's so much cheaper, because buying individual cuts of meat adds up. But if you go on a quarter of a cow, or you go in on half a pig, or bulk flats of fruit at the farmers market, it really does save money when you're kind of buying in bulk. And for a couple hundred bucks, I think it's a pretty stellar deal.

Theresa: Absolutely, it is. And I do a lot of freezing of my herbs and my vegetables, like tomatoes. You can just take tomatoes and just freeze them. You don't have to process them in any way. Because when they defrost, you just have kind of a stewed tomato consistency. And the skin will peel right off if you don't want the skin. But if you're going to make a tomato puree or you're making soup, it works perfectly to just freeze them. You don't have to do anything special. So, there's a lot of things that are really easy to freeze. But I think that's definitely a great way to stock up.

You even talked about stockpiling things like nuts and grains and legumes that you find locally, so that you don't have to keep running out to the farmers market or to the farmer to get some of those ingredients.

Andrea: Yeah. We found some local chickpeas, I was like, "Well, since I'm here, I know I'm going to want these probably in like a month from now. So, I'm going to just kind of have our cupboard sort of stocked to kind of make it so that we're not tempted to eat out or skip a meal. Because it's like, oh, shoot, we're not really prepared. So, just making sure that that the cupboards are stocked with all the good local staples that will help make it possible to pull this off.

Theresa: Yeah. You said something there that I wanted to touch on. I saw your post where you said you're not going to be so strict that if someone invites you over for milk and cookies that you're going to refuse.

Andrea: Yeah. Our neighbor, June, she's almost 90. And, gosh, she worries about us out in the field. And if she's going to invite us over from milk and cookies, we're not saying no, because we're doing this local ... The challenge is greater than being-

Theresa: A good neighbor.

Andrea: Being a good neighbor. So, I think that that is also ... we don't want it to be so rigid that, yeah, that we're being rude. So, yeah, kind of pulling this off without being a jerk or in pretending that this is going to save the world. Because it's not. But it's just something that we want to do, and we want to do it and still be friendly neighbors and have a good attitude about it.

Theresa: Yeah. I think that was good. I liked that. Now, you also talk about simple cooking. So, really, by reducing the number of ingredients, we have to approach our recipes in a more simplified way. I think that can actually be a good thing, don't you?

Andrea: Oh, I think it's ... Already, for lunch, right before I got on the phone with you, we just had the most basic farm lunch that was so delicious. It kind of goes back to that, this is what we're working with. And it was just Swiss chard with cherry tomatoes, cucumbers, a little bit of some local oil, salt, and then some local

tuna. If this was before I was doing this challenge, I think I would have added maybe some capers. I maybe would have done a creamy sauce with some other spices. I just love this really kind of toning it down and letting the ingredients really sort of speak for themselves.

I also like the idea of, this goes back to ... I started thinking, "What is my cuisine in the Pacific Northwest?" This is where I grew up, and I don't even really know what my cuisine is. I'm thinking of what did I grew up eating? Well, I grew up eating my dad's famous meatloaf, and my mom's French onion soup. And it's been really exciting to be like, "I can still make that, and I can make it with fresh local ingredients, which is not how my mom and dad made it, by the way. But finding these recipes that do that I do love and there's so many great memories, but how to create them using stuff from my neck of the woods. I think that that has been really fun to think about. Like, oh, yeah, we can make really good chicken pot pie with really good local ingredients. That's been really fun.

I think that I love getting adventurous in the kitchen. But gosh, I'm excited to get back to basics and create some of these old classics and have a real local version. A local farm fresh version. I think that that's going to be really fun.

Theresa: Yeah, I think it ties into what I was going to touch on next on your list of tips, which is to plan ahead. So, if you want to do this, planning is really the key to make it easy. If you look at your recipes and kind of say, "Oh, gosh, there's this one thing that I know I can't get locally," and it gives you a chance to try and find something to substitute rather than just panicking and then either not making the recipe or falling off the wagon.

Andrea: Right. No, totally. I do think that, and we're going to try to ... For us, Sunday afternoons work best for us to do this. Everyone knows their own schedule, but to find an afternoon that you're able to source the ingredients. And I know a lot of people, everyone's leading very busy lives, so it's hard to plan instead of going for a hike, let's get in the car and maybe cruise to the farmers market or arm stand and get of all our ingredients. But I think that also turning that into kind of a fun Sunday drive or Wednesday afternoon drive, and then making a couple of things for the week. Like maybe you roast a chicken Sunday evening, or you're soaking some beans for a stew or for a chilly. But making sure that you kind of meal prep enough so that you've got lunches easy for the next couple days. You've got a couple of basics out of the way so that you're not exact panicking and being like, "Shoot, I didn't have it together this week. I'm just going to go out and buy buy a sandwich."

So, yeah, planning ahead, which I haven't always been that great at. That's going to be a challenge, but I think I can do it.

Theresa: Yeah. Well, I hope so, too. I want to try to plan more also. I find also when I plan ahead for the week, I end up saving a lot more money. Because like you said, you can make something on Sunday that you'll use for several days, rather than every day just throwing something together and there's no relation to what you might have had left over from the previous day. So, being intentional with all of that, I think actually doing this will be less expensive.

Andrea: Theresa, I'm glad you said that. Because we are actually thinking that it will be as well. A lot of folks that are concerned is like, "Gosh, that sounds great. Good for you guys. I just don't think I could afford to do that. Because all of these smaller producers, it's more expensive to get local dairy. It's more expensive to get local meat and in local vinegar." But I don't think ... We do CSA drops and farmers markets. There's three days out of the week where we end up eating out on those nights. Because it's, 7:30, 8:00 at night and it's like, I do not want to cook right now. So, we'll go out and there's 50 bucks right there. That \$50 would be a lot of food at a farmers market for multiple meals. And so, I think that being organized and planning ahead, I think that we're going to save some money.

Theresa: I think so too. And also, we won't waste as much. I think people are sometimes surprised when they really pay attention how much food is actually wasted. Because they're thinking, "Oh, yeah, no one wants these leftovers," and they stick them in the fridge. And couple days go by, and they end up in the trash or go to the chickens or in the compost. And so, I think people aren't always conscious of how much they throw away. But when I meal plan, and I'm very intentional about it, I don't throw very much away or really nothing goes out to the trash. It might go to the chickens. But I don't throw anything away and I end up saving a lot more money.

And also, it lets you plan. Like you were talking about where you know you're going to have a busy day on Wednesday, you can set up so that you have something that goes in the crockpot that day. So, when you come home or you've come in from being out in the field all day, you have a meal there, or something that you can defrost, or something from the night before. You make double the night before. So, you just have to be a little bit more with planning. I definitely think it's going to end up being less expensive. So, it will be interesting to see how it works for everybody. But I loved the last tip that you had, which was do it together. I think that can make it a lot of fun. Especially if you have a neighbor or friend who will do this with you, and you can pool some of the ingredients that you want to get. I think that can make it even more fun.

Andrea: Yeah. No, I think so too. That kind of goes back to the heart and soul of this, which is community building and getting to kind of rediscover home. And so, if you're doing this with your family, or a friend, or a neighbor, it's so much more fun to make these discoveries together. We've got with the farm crew a couple of fun text exchanges when somebody did find that one thing. We found some

local ghee, we're so excited. It's like, teamwork makes the dream work. It is kind of fun to be sharing this with other people. It really does make it more fun, and we can kind of struggle through it together too. If we're like, "Shoot, there's some hiccups and ..." I don't know. But I also I don't want to take it so seriously that it should be fun and light-hearted. But I do think that it's important to get to know our growers and producers a lot more intimately.

Theresa: Absolutely. I think so too. I think it's really going to bring a lot of awareness, and I think it'll really help people connect with their food in a different way, but also with their local producers. I love the idea of seeking out new ingredients and seeking out new producers that I maybe didn't even know were in my area or within the 200-mile radius, and connecting with other people, all of that together. I think this is going to be really fun.

Andrea, just as a closing, what would you want to say to anybody who's thinking about taking the Local Thirty challenge?

Andrea: I would say, first of all, go for it. I think that kind of discovering your local food system. And again, I don't know. I haven't done it yet, and I'm no expert. So, I don't know what this is going to do. Is this going to change us, I don't know. But I think that if you're curious and a little hungry for knowing a little bit more about where your food comes from, beyond just the farmers market, I say get out there and explore your home region and find somebody to do it with, and really finding the joy in the ingredients that are growing in your backyard. Because gosh, it's been so eye opening for us. Again, we haven't even started, but it feels really good to start to know more about what is growing in our backyard.

Theresa: Fantastic. I love that. So, I agree with you 100%. I think this is going to be really fun. It's going to be interesting to see how you go through it. I know everyone can watch on Instagram. You post there all the time and you're going to be letting us follow your journey on this. And also, everyone can share their journey. And so, I love that you did this. Thank you so much for coming on and sharing with all of us. I'm going to encourage everyone to join in and join in on the Local Thirty and to keep you posted on their progress. But thank you so much for coming on the show today and sharing all this. This will be a lot of fun.

Andrea: Yeah. No, thank you so much, Theresa. Actually, folks do you want to do the challenge and if they're on Instagram, we're using the hashtag Local Thirty, and thirty spelt out. It's not just 3-0, spelled out. But if you use that hashtag, you'll be able to follow anyone that's doing it. So, it will be kind of fun to see. Because my local is going to look different than your local, and it's going to look different than somebody local that lives in Minnesota or Texas. So, it's going to be fun to kind of track people with that hashtag and kind of see what they're dishing up in their neck of the woods.

Theresa: Oh, absolutely. This will be great. Yes. Okay. So, local Thirty with Thirty spelled. I'll put that in all the show notes and everything. That'll be great. All right. Well, thank you so much, Andrea.

Andrea: Thanks, Theresa. This has been fun.

Theresa: Well, I hope you enjoyed that conversation with Andrea Bemis from Tumbleweed Farm, and learning all about the Local Thirty project. I think this is going to be really interesting, I think it's going to be a lot of fun. And if nothing else, it will make us more conscious of where our food is coming from. But I actually think it's going to open up a whole new world of ideas and recipes and flavors, because we have to think a little bit more creatively. I'm really looking forward to this for the month of September.

Now remember, everything that we talked about, including information about Andrea, the Local Thirty, her website, and even her book, *Dishing Up the Dirt*, will be in the show notes for today's episode. To get to the show notes, you just go to livinghomegrown.com/158 and everything will be right there for you. As a reminder, today's podcast episode was brought to you by my Living Homegrown membership. If you'd like to get the free PDF success path that my students use inside my membership, just go to livinghomegrown.com/path, that's P-A-T-H, and I'll have it there for you for free.

That's it for today's episode. I hope you'll participate in the Local Thirty, and be sure to check out the show notes for more information. Until next time, just try to live a little more local, seasonal, and homegrown. Take care, everybody.

Announcer: That's all for this episode of the Living Homegrown podcast. Visit livinghomegrown.com to download Theresa's canning resource guide, and find more tips on how to live farm fresh without the farm. Be sure to join Theresa Loe next time, on the Living Homegrown podcast.