

Movers & Thinkers #22: The Butcher, The Vegan Baker, The Potions Maker

A warning for listeners: This episode will probably make you very hungry. Because to start, we're going to talk about doughnuts.

Tiffany Hancock: It's just our basic vegan glazed doughnut.

This is Tiffany Hancock. She baked these little donut holes that sort of tastes like Krispy Kremes.

And yes, she brought in samples for the audience.

Hancock: And it is free of milk, eggs, nuts, soy. It is glazed with an organic powdered sugar and a little bit of vanilla extract.

Hancock started in the vegan food business by selling these doughnuts at the Farmers Market. But then she got deeper into it and realized she loved making Southern comfort food, the kind she ate growing up — but vegan. So she opened the Southern V, a Nashville restaurant that's completely plant-based, even though they serve fried chicken, mac and cheese, Nashville hot chicken.

Emily Siner: Do you ever get customers coming in who really feel this strong connection to the food as it like usually is served and feel like going vegan is just too far?

Hancock: A lot of people. (laughter) I think most everyone, honestly before you really find out what vegan means, a lot of people are like, "I can't do that. I don't want to eat salads." Because the first thing most people think about is just salads and greens and carrots. And when they see something that looks totally opposite from carrots and greens, they're like, "Well, maybe I could try that." I usually have to trick people, and that's what we start to do with the doughnuts and say, "Just try this sample." And they'll try. "That's pretty good." And then we'll tell them, "Well, there's nothing in there as far as dairy and soy and they're like, "Well, how is that possible?"

From Nashville Public Radio, this is Movers & Thinkers, a show where we explore why people do the kind of work they do. Today's episode: "The Butcher, The Vegan Baker, The Potions Maker." Three small business owners who see food and drink as a way of life.

Tiffany Hancock owns the Southern V. Leah Larabell owns High Garden Tea, a shop whose mission is to teach people about herbs.

Leah Larabell: It's regaining our root wisdom that for some reason has been stripped away from us.

And Chris Carter owns Porter Road Butcher, which buys whole animals from local farmers and advocates for sustainable meat practices.

Chris Carter: Our process is literally farmer, us, consumer.

We'll talk about how they sort of fell into these food fields and then fell way deeper. Stay with us.

Pre-roll

Tiffany didn't grow up vegan. In fact, she grew up eating lots of meat and dairy, thanks to her family's home cooking.

Siner: What kinds of dishes are the things that you think most about from the time?

Hancock: Honestly, sweet potato casseroles. You know, the fried chicken, the braised pork chops, fried pork chops. I mean, really everything you think of when you just have this picture of a Thanksgiving dinner.

Siner: So you transition to veganism when you notice that your newborn at the time had some food allergies.

Hancock: Yes, correct.

Siner: And I know that there is a camp of people who no longer eat meat products, who are sort of like, "My diet has changed. I'm not eating cheese or meat, and I'm not even going to make stuff that tastes like it because it just is never going to be the same. I'm not going to make tofurkey and soy cheese." So what made you want to recreate these things from your childhood that are so steeped in animal products?

Hancock: Yes, so, like you said, my youngest actually had the most allergies, is what kind of started this whole thing. So I am — well, was — a nursing mom and so I could tell that she was having a lot of intolerances based off of what I was consuming. And so I did an elimination diet and, as one would say "cold turkey," overnight just decided to say, you know, "I can't eat this, I can't eat this." And I noticed about four days later that her skin cleared up. She had very, very bad eczema, just was red from head to toe, and I noticed that it cleared up. And as soon as it did, I just was like, "You know, I've got to make this change. It's not just for me; it's for my child." And then, you know, from there it just kind of grew. I needed to still be able to have my comfort foods. I still loved, you know, food. So, you know, just the small things — just cooking a sweet potato pie. I'm so used to seeing, my grandmother would put butter and milk and eggs, and I'm like, "OK, what can I do?" And so I just made those adjustments and kind of came natural for me just because I love to cook and I love to eat, so (laughs) I know what things go together.

Siner: So Chris, you also grew up around a family making a lot of food, but it had the complete opposite effect on you. You've now devoted your life to meat. (laughter) Was there a particular dish that you remember being really special as a kid?

Carter: I love all of them equally. It's like choosing your favorite kid. (laughter) You know, I mean, honestly I would come home from school, and my grandmother would have, like, five or six vegetable dishes going on the stove, and it was always my job to choose the protein, whether it was pork chop or chicken or steak or whatever. Man, I tell you my grandmother made — and this is gonna sound, it's not like haute cuisine by any mean — but she used to cook a strip steak, ketchup and scrambled eggs on top of it. And it was steak and eggs. And it was incredible.

Siner: So, OK, so you went to culinary school. You started a catering company with a guy who's now your business partner. And you realized it was hard to come by good quality, local meat. Why was important to you at the time?

Carter: I think it's very easy as a consumer, especially us in Nashville, to be able to drive outside the city 15, 20 minutes and see these beautiful pastures full of, you know, roaming animals — and then go to a Kroger or a nearby grocery store and just assume that that Styrofoam tray that's wrapped in plastic is, you know, coming from those beautiful farms, and unfortunately, it's not. And for us even in the catering company, whether we were cooking for 10 people or 1,000 people, it was always important for us to know where that food came from. And that was somewhere where we constantly ran into issues, was just finding meat, and we were dedicating all of our time to this. To prepare one meal at the end of the week, we were taking five days to go and source this meat, and that's when we decided that we need to fix that issue locally.

So Chris and his business partner opened Porter Road Butcher. They developed relationships with local farmers to see the process through from beginning to end.

Siner: What part of it was most surprising to you?

Carter: It's been a lot of learning. We've been a whole animal butcher since Day 1, meaning that we buy the entire carcass and it's up to us to utilize and honor the life of that animal. So, wasting none of it. Using the bones for stock. We even render our tallow and send it over to East Tennessee and get back this beautiful soap that we sell at the shop. So, when we opened the doors of the butcher shop, we were buying animals from the farmer, the farmer was dropping them off at a third-party harvesting facility. The third-party harvesting was one of the things that we didn't have control over, and when our consumer would come in, and they'd ask us about, you know, where this animal came from, how it was raised, what it was fed — I can tell you the grandson of the farmer's name, you know, we knew everything about these farmers —but I couldn't tell you what was going on behind those doors. So it was really important for us to go out and buy our own facility. And it was like — I call it opening up the curtains at the puppet show. And you are seeing what farmers are actually raising their animals, and people that we had trusted for very long were actually sourcing animals from other farmers. And we're

like, "OK, now this is why we own this part of the system," and it's so that we can truly say, "From farmer to consumer, it's just Porter Road."

It's interesting to me how Chris and Tiffany both started with an interest early in life and then circumstances sort of shifted their interests a little, and then they journeyed deeper and deeper down this path. And the same with Leah.

Larabell: I had a chronic — TMI, whatever — chronic urinary tract issues from 5 years old, what they thought were chronic urinary tract infections, and couldn't go to slumber parties and just — pitiful little girl. All the way till I was 18. And they had me on rounds of antibiotics and just all kinds of stuff, and it wasn't working. And I sought out a Native American elder, Pipsissewa, and she taught me how to make this tea. And for the first time, I would get a flair, and it would be able to calm, and it was a miracle. And so all those years of the pain actually ended up being one of my greatest blessings because I never had to question if herbs worked or not because I knew they made a difference in my life. And from then on, I just couldn't stop. So, might someone get a cold, and I'd be like, "Ooh, there's got to be an herb for that." Or you know, and I just took on different teachers and elders, and then I would pause for years and just go into the woods and let nature be my teacher. You just, you can't look back because you're never — I would say you're almost never a master herbalist because there's way too many plants and there's way too much to learn. And we're always just babies learning at their feet. And so it keeps you young, too.

Siner: Can you give, like, a 30-second overview of what herbalism is?

Larabell: I'm going to pause for 30 seconds, sorry. (laughter) It's creating relationship with plants to create food, medicine and well-being. Yes.

Siner: That was good. Even more succinct.

Larabell: Boom.

Siner: Well so, people have heard of herbalism before, maybe enough to have kind of an unfounded opinion of it.

Larabell: Mm-hmm.

Siner: What's the range of reactions that you get from customers in the shop?

Larabell: Yeah, well, we are coming out of the herbal dark ages. It was just super pushed down. Everything from witchcraft to woo-woo to, you know — and I'm not quite sure when plant and person's relationship got so strained or what happened. But sometimes people kind of — I don't know if it's testing me or poking or whatever — but, "You really think this works?" — you know. And it truly is just as simple as, do you think coffee gave you energy? That's herbal tea. Plants have constituents, they have compounds, they have chemicals, and those meet our

body's chemistry, and it creates a reaction. I'm not going to tell anyone what a plant *will* do to them because I have no idea. That's like having a really close friend and being like, "You're gonna love her." I don't know when y'all meet if you're going to love each other or not, but that's how plants are. You know, this might help your cough. It has helped coughs for 10,000 years, but I can't tell you for *sure* if this plant is going to help your cough. So I don't try to ever convert anyone.

Siner: What is the relationship between herbalism and modern medicine? Like, are they on complete opposite sides of the spectrum? Is it a spectrum?

Larabell: I actually surprise people. I love both, because we are so lucky to have modern medicine. I had a surgery not too long ago that ended up making it possible for me to have a child. I'm so grateful for that surgery. But afterwards my body didn't respond to the surgery very well, and it inflamed and did some stuff that would have just led me taking pain pills. I don't want to take pain pills. So then I called upon my herbs to help restore my body to a state of wellness like only they could do. We're really, really lucky to live in a time where you have the option of both. You look and see what both worlds can offer you, and then you can make an informed decision for yourself.

Siner: I was wondering for all of you, like: This is such a lifestyle, whether it's veganism or herbalism or committing to buying only local meat, that it can be sort of intimidating for someone who is just sort of dabbling. Like, what is the room for the casual dabbler in this?

Hancock: Why'd you all look at me first? (laughter)

Larabell: Oh, I have an easy answer to that. Every one of you are herbalists. Like, it's in your blood, it's in your DNA, you walk out into your yard, and you are a part of nature. You are nature. You are a piece of nature. And so it depends on just how much you want to embrace that, how far you want to take it. Whether it's someone like, "For some reason, when I take a walk outside, I feel better," you just had a relationship with nature. Or it's, "You know, I went out and pick some peppermint and made some tea." Now you're getting a little bit deeper. Or you can just go as far as you want to. But it's just about removing that wall for just one split second and not being this isolated human, away from what is the whole you. And the whole you is a whole part of the universe — hence, nature.

Carter: Casual dabbler?

Siner: Yeah. Like do you judge people if they just come to your shop once a month when they're making a special dinner?

Carter: No. I mean, I don't judge people anyway. (laughter) I mean, the main thing that turns people off to, like, a local meat product often is price. And it's — I call it the real price of food. And I think when people are making that change or making that decision in their life, it's about, you know, saying, "Well, maybe I don't need a pound of burger every night and I'll just eat a

half pound of burger," and then now you can spend a little bit less. But more often than not I think they ask the question of, like, "Why is this so expensive?" And I think that the question that you should really be asking is, "Why is what I've been buying so inexpensive, and what is actually, where's that coming from? What is that process more like?" So either you can go hang out at Southern V, or you can take breaks from Porter Road and go and support the vegetable lifestyle because, you know, they go hand-in-hand.

We're going to come back to Chris and the price of food. That's coming up after this break, along with how Leah sees plants as a path to spirituality, and Tiffany's tricks for making vegan food taste good. Stick with us.

Mid-roll

There's this early scene from the TV show Portlandia that became an instant classic. A couple is sitting down at a restaurant ready to order, when one decides to make sure her meat is local.

Customer 1: I guess I do have a question about the chicken, if you just toss a little bit more about it.

Server: The chicken is a heritage-breed, Woodland-raised chicken that's been fed a diet of sheep's milk, soy ...

They keep peppering the server with questions.

Customer 1: Is that USDA organic, or Oregon organic, or Portland organic?

Server: It's just all across the board, organic.

Eventually she brings out a card that explains everything about this chicken, named Colin. He looks fit, he looks happy, but in the end ...

Customer 2: We're going to go check it out if you don't mind, just, if you hold our seats.

Server: Oh, now?

Customer 2: Yeah, we'll be right back. I just want to make sure ...

I think what makes these characters seem nutty is not just their extreme passion for well-raised animals but also the fact that they're about to eat this guy, and I wanted to press Chris Carter, who's basically the real-life version of these people, on that.

Siner: I mean in some ways, it's like, difficult to think about the whole process, and the animal that it comes from. Like, what was that experience like for you dealing with, I guess, it's called harvesting?

Carter: Yeah, I mean it's all the same thing.

Siner: OK.

Carter: I just try to read the crowd (laughter), see what word we should use.

Siner: I feel like we're down to hear about the real gritty part. So I mean, like, what was it like for you when you first experienced that side of the ...

Carter: I think it's really important to understand the other side of the business, which is, I say that all animals start on a farm somewhere which is very true. There's the animals you see when you're driving out in the country and you're like, "Oh, it's beautiful." It's the life they live after that. From there they go to a broker or sell barn; from sell barn they go to a train or truck where they're shipped out West. From the West, they go into CAFO, controlled operated feedlots. That's when all the animals are crammed together. This is where all of the things that everybody says that are bad about the meat industry start to occur. This is the emissions, the antibiotics, the hormones. Then there's the feeding of only corn or corn-based diet, which is just like candy for the animals. So they're just feeding them, getting them as big as possible.

Then from there, there's really, really terrible harvesting practices, where they're doing, like, 5,000 head a day. And then they're sold to a supermarket or something like that. This could be, you know, one pound of ground meat could be a thousand animals.

Our process is literally farmer, us, consumer. We process anywhere from about 20 head a day, something like that. Our harvesting floor is run by the Amish community that lives in the area. You know, we have a very humane practice that's actually grandfathered in; you don't see it in the industry anywhere. We actually use a rifle still. And it's the quickest, fastest way. We actually knock the animal down and they're done.

Siner: So what is that experience like for you?

Carter: Hiring Amish people? (laughter) Sorry. Well it is difficult because they don't have cell phones. I mean, I have been in the room before, and knowing that what we're doing is doing it the right way, and what we do and what we're considering our movement now is decentralization of the meat industry, giving the life back to the farmer, regenerating the land by natural farming practices. So, I'm very proud of what I'm doing. Yeah, and we're doing it the right way.

Chris is getting something here that I think all three of these food entrepreneurs share, whether they eat meat or not: what we consume can be a tool for social change. For Leah, consuming herbs is more than just about having a nice tea. It's about changing the way we connect with the earth.

Larabell: There's a deep loneliness and isolation that can happen. Like, the more you separate from nature, the more that you disassociate with it, you spray your ways with poison and you are bothered by bugs and this and that. Because we are a piece of nature, I can't help but see a reflection of how we treat that that we're also treating or feeling within ourselves. And so, the more that I see myself and other people kind of open up and be like, "That's Queen Anne's lace! I know her," And like there's just kind of this thing that starts opening up and you start to learn lessons and see, like, when a leaf falls that it kind of breaks down on the ground and then it doesn't die. It turns into really good soil that then pops up into something else, and there's a lesson in that. There's so many, call it herbalism, call it plant wisdom, call it naturalist, call it what you may, but it's regaining our root wisdom that for some reason has been stripped away from us.

Siner: So is it a spiritual experience for you to work with these herbs?

Larabell: Yeah! That's like having this amazing cup of tea, and all of a sudden, like, this cough that I had goes, you know, it, like, starts to loosen up it's because I had this connection I feel better or have a new friend or I'm not as alone in all of this. And so, of course, it's definitely spiritual because I'm not an isolated human.

Siner: Tiffany, I've interviewed chefs who make the same recipes that their families have made in previous generations and feel very connected to them through that. By changing the ingredients, do you still feel that sense of connection?

Hancock: I still do because every time I make a dish, I still think of my mother or my grandmother making the same dish. So yeah, it's not even necessarily the ingredients because I don't know exactly what ingredients they would've put into it, but I know how I remember it tasting. And so, whenever I'm doing something the kitchen or just creating something new, I just think about them. And I know, "Enough of this. Put some of that in there." You know, I kind of just know that they would say, "You need to add a little more oregano to that. You know, so they're always there in that kind of way.

Siner: What are some of the tricks to making vegan food have the complexity of, like, dairy and meat?

Hancock: Well there's so many alternatives nowadays, as far as, like, milk alternatives: you have almond milk, and you have rice milk. Same things as far as eggs. There's different kind of binders that you can use, just depending on what your final product needs to be. If anybody's heard of flax seed, I wouldn't want to use that in a doughnut because it's going to be very speckled, and it's going to be very heavy. So I need to use something lighter to allow for the finished product to be fluffy. So, without giving away too many secrets. (laughter) You just gotta know, I always say, like look at what you want at the very end, and work backwards.

Siner: Is there a dish that you're particularly proud of that you've mastered?

Hancock: As we say in the restaurant, people come in and say, "What should I get?" And we're looking like, "Well, there's this vast menu," and my husband and I, we always say to the customer, "You know, there's nothing on the menu that we don't eat." But I think the one thing, if I had to choose one, would be the vegan version of our Nashville hot chicken. And I think it's just like that homage to Nashville. My family is from here, and so just being able to have something that I can give back for those people who do not, you know, consume meat or maybe they, you know, for some reason their body will not allow. That's my one thing I think that I'm really proud of. Yeah.

Siner: I ate that yesterday when I was in there. It was great. (laughter)

Hancock: Good!

Carter: And?

Siner: It was awesome.

Hancock: You didn't, like, bust out in flames or anything? Because everyone always asks— "How hot is the hot?" I'm like, "Well, it just depends on what you're feeling like, how hot you can handle it."

Vegan hot chicken, herbal healing teas, farm-to-table meat, they're all genuine passions for these business owners, but for others they're fads that can be cashed in on. So, I wondered ...

Siner: What is, like, the line that you feel like, you know, you wouldn't cross because of the line where it just crosses over to "this is weird and commercial"?

Larabell: I think ours, because I believe in herbalism so much, when people drink the tea, I need that tea to do something for somebody so that they're like, "Oh wow, this does work!" And so if I start buying — because I can buy cheap herbs out there, and, you know, and they're treated kind of like — just crap soil, fertilizers, sprays on it, that isn't going to help anybody! That's a miserable plant that wasn't able to pull up all the beautiful nutrients that it needed, so it sure isn't gonna be able to give you nutrients.

And so, we, a long time ago, were like, we're just not going to make as much of a profit, but our teas are gonna work. And so, by breaking ourselves away from business and looking more at what is our purpose and never straying from what that purpose is, then you're gonna make good decisions.

Carter: That's the exact same.

Larabell: Yeah, it really is.

Carter: Replace plants and herbs with animals, and that's basically the same story. But yeah, I mean, we've done the same thing. I mean, it's about looking at that profit and knowing that there is a line that you can cross. It's real simple, but not going over that line.

Hancock: I mean, for us we just try to make sure to, just like you say, keep your head down, do what you know is right. Just like we were talking about before with, you know, with animals or plants, you like, whatever you're putting in that animal is coming back out. Whatever I'm putting in this food, the love that I'm putting into this food, the feelings I'm put in here, hopefully you're gonna get that when you eat it.

Siner: We're gonna go to some questions from the audience here, starting with one for Chris.

Audience 1: You made some really great points about price and understanding the quality of what you're getting, but I can't help but seeing access as a privilege issue, and I was wondering what maybe your thoughts were about how can we shift the industry to provide that type of quality product to underserved communities who can't afford to spend, you know, \$50 on one piece of meat?

Carter: And that's the end goal. And as we get to scale and as we can cut down on our shipping costs and we can cut down on, I mean, all of the costs that go into it, it's a luxury of scale. We also have the ability, being a whole animal for every eight pounds of tenderloin we get, we get 225 pounds of ground beef. We also make a lot of donations but, like, you know, in order for us to either change the way that they do things, it's going to be up to the consumer. You know, I mean, we're the ones that are driving the prices. But Porter Road's gonna do everything they can to try to lead the movement.

Audience 2: Hi. You all are at this stage in your careers where you have reached an amount of success, but you are all kind of going out on a limb. How are you able to encourage people at the beginning when they were saying it was too expensive, or they were calling you a witch or whatever (laughter), or, you know, or when they're like, "Come on, really? Deep-fried tofu?" or whatever? You know, how are you able to sort of go past that barrier?

Hancock: I've always been one who likes a challenge, and I've always told myself, like, I'm just gonna do it. You know, if I don't do it, I'll sit there and look, "Why didn't I do it? What would have happened?" and I'll regret not doing it. So I'd rather go out on a limb and fall on my face and say "I did it, and I got this gash on my head, but I did it."

Larabell: I would say, if you're wanting to start a small business or something, you better *love* what you're about to do. You better love it because, I mean, it was seven days a week. The longest days. You dedicate everything to making it work. If, especially, if it's kind of out on a

limb. I carried around a little tea tray, I remember going to, like, Marche and being like, "Will you drink my tea?" (laughter) "Would you think about having it in here?" You know, just like, tiny, and you're slowly climbing, and that's OK to slowly climb. Then you find yourself one day with those doors open and people are coming in and ... but, *love* what you are about to do.

Audience 3: Yeah, I have a question for Chris. I remember researching some time ago about one of the biggest issues with the meat industry is the runoff, and how that affects drinking water.

Carter: Yup.

Audience 3: And also, I want to just make a comment that I think it's quite admirable that you use the entire animal because as a child I remember we actually ate whole chicken. I'd want the drumstick but they're only two and they were five of us. So, but then, as I got older I saw, like, they're like all these drumsticks, they sell 10, you know, in a row, and I'm like, "Where's the rest of the chicken?" (laughter) I always wondered that.

Carter: I'm not allowed to speak on the chicken. (laughter) Now the runoff. That's a great question. The reason why we ship all of our animals out to the Midwest, to Kansas and Wyoming and Colorado, the reason why we ship those animals out there is because they're actually dry environments. So the practices that they that they do out there, putting these animals into these confined areas, are actually illegal in areas like Tennessee and where there's actually a lot of rainfall because of the runoff issues, and the water can actually be tested. And so, the commodity industry, being really smart people that they are, said, "All right, well it doesn't rain over here, so we'll ship all these animals out here. Porter Road, the way we do it, our animals are actually raised in the forest. We were with them on Tuesday, and it's amazing. We just put them in a whole new area of forest, and the pigs run around and they do pig things and make little huts out of out of the trees, which is incredible. And they play in the mud, and they root, and they just tear things up. And the forest that we had them in is now re-growing, so we've pushed them back into a deeper area. And then as they grow and they destroy that land, we'll move them back over to the other farm.

Larabell: So what are you doing to my plant friends? (laughter)

Carter: It's not me; it's the pigs.

Larabell: I'm joking.

Carter: I think they're out there making tea. (laughter)

But, like, read about that, learn about that. The way to fix it isn't to stop eating meat. I mean, you can stop eating meat if you want. (laughter) And, I mean —

Hancock: We're still good.

Carter: — I'm going to go to your, we're gonna go to your restaurant.

Hancock: Anytime you can repay the favor, unless you have a salad. But ...

Larabell: That's why you put me in the middle! (laughter)

Siner: I want to just ask one last question, of something that we can do at home that you guys recommend. Like favorite simple recipe, simple tea concoction, that we can make.

Larabell: So, something they can make at home.

Siner: Mm-hmm.

Larabell: OK. All right. So the reason we have, like, rosemary and sage and thyme and things on our food, was it's bacteriostatic and stops the growth of bacteria. So I know a lot of people have sinus issues, you know, during the spring or summer with allergies and so forth. And you can bring water to boil on a stove, and put some thyme and sage and rosemary, throw it in that, in a bowl and put the boiled water over it, and put a little towel over the back of your head, and breathe in that steam, and it's carrying and these volatile or these essential oils to your sinuses, and it's stopping the growth of those bacteria that you're trying to battle.

And that's not something yummy. If you wanna drink something yummy, come to my shop. (laughter) You come to High Garden, then you get you some drinks.

Hancock: Fresh herb, fresh-cut herb?

Larabell: No, actually it's better dried because a fresh herb has water content in it. And when water hits water, it takes a long time for it to extract. But if it's dried, the cellular walls have already been broken down.

Carter: The easiest thing you can do is roast a whole chicken. (laughter) It is a real thing. And it's great too because it's the easiest thing throughout the week: 45 minutes in your oven at 425. You get a nice, crispy skin. The next night, you can you know use the chicken for chicken salad. You can take the bones and boil them and make a broth. You can put some High Garden Tea in that broth if you want to. You can make a soup out of it. You can utilize it a bunch of different ways. So whether you eat it all in one night or whether even one person, having a roasted chicken in your fridge on Thursday that you made on Monday is not a bad deal. It's the shortest answer I've had for you all night. (laughter)

Siner: Tiffany, Leah, Chris, thank you so much for this great conversation.

Larabell: Thank you for having us.

That was Chris Carter, Leah Larabell and Tiffany Hancock. Thanks to our audience who came in to listen and eat at Nashville Public Radio's studios.

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