



Live Farm Fresh Without the Farm

## **Living Homegrown Podcast Episode #00 Inaugural Welcome from Theresa Loe**

**Show Notes: [www.LivingHomegrown.com/00](http://www.LivingHomegrown.com/00)**

You're listening to the Living Homegrown Podcast episode #00...

**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 flavourful and sustainable lifestyle is your host, national PBS TV producer and canning expert Theresa Loe.**

**Theresa Loe:** Hi Everyone, this is Theresa Loe. And welcome to the inaugural episode of the Living Homegrown Podcast. This is episode 00 and I'm calling that instead of episode 01 because it's not exactly a regular podcast episode. It's really just a short summary to introduce you to what this podcast series is all about.

Think of this episode as kind of like the equivalent as an "about me" page on a website. It sort of just explains what this podcast will cover, who I am and what you can expect going forward.

O-K...so the Living Homegrown podcast is about living farm fresh without the farm and what I mean by that is that I'm going to be focusing on ways you can participate in the journey of your food no matter where you call home. And that journey can take you toward a more sustainable and flavorful lifestyle through things like:

Canning and Preserving the harvest  
Homesteading with little or no garden space



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And enjoying the seasons thru Artesian food craft skills – like cheese making, and fermenting and everything in between.

The best part is...you don't need a farm or even a lot of space to do this.

It doesn't matter if you have an apartment in the city or a weed filled side yard, there's always ways to either grow something yourself or find other locally sourced organic food.

Now I grew up growing food and canning and preserving, but most people didn't.

And so many people want to dive into working more closely with their food and knowing what's in their food, but they just don't know where to start and they don't have a trusted family member or a friend or someone who can just show them the way.

Well on my website [LivingHomegrown.com](http://LivingHomegrown.com) and here on this podcast, I want to be like that trusted friend and I want to bring in other experts to share their stories and information with us as well.

So between what I share and the other experts I bring on the show in the areas of artesian food and sustainable gardening – we can all together work toward living closer to our food.

Now, in case you are wondering just who the I am – Let me explain where I'm coming from.

I'm the founder of [LivingHomegrown.com](http://LivingHomegrown.com) (the website) and the Canning Academy – which is an online training course in preserving.



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This podcast is partly a continuation of that online conversation that focuses on ways to capture seasonal flavor.

But I'm also the co-executive producer and the canning expert of the national PBS television series, Growing a Greener World with Joe Lampl. At the time of this recording, we are just starting to film our 6<sup>th</sup> season on PBS and there we focus on things like organic gardening, green living and farm-to-table cooking.

We basically tell the stories of people who are making a difference in the world through gardening and sustainable food.

Now although I grew up canning and preserving, I also have an extensive training. I studied professional culinary arts, and sustainable horticulture and I was trained as a Master Food Preserver. And then just for good measure, I also have a BS degree in engineering. And you know it's funny that engineering training really comes in handy when I am teaching people the science behind the methods and techniques of canning and preserving. So I really just pull my all training together when I am teaching other people.

For the past 20 years, I've been homesteading on just 1/10th of an acre in Los Angeles with my husband, and our 2 teenage boys, and a whole slew of adorable chickens. We have about 5 chickens right now, plus a lot of vegetables and several fruit trees that are espaliered around the perimeter of the property. It really is a pretty small space when you are looking at from a homesteading perspective, but we do our best to pack a lot in here.

Now I approach preserving and food crafting from an organic gardener's perspective.



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For me, it's about creating a time capsule of flavor – seasonal flavor that was picked at its peak in the growing season and not shipped halfway across the country.

But that doesn't mean that it has to be homegrown every time. Because really any locally sourced, organic produce has the ability to showcase incredible flavor – if it's done right.

And let me give you an example:

Have you ever noticed that when you walk into a typical grocery store, there are only 5 or 6 different types of apples? And it doesn't matter which store you go to, they all have those same 5 or 6 apple varieties.

Now the reason for this is that those particular varieties ship well and they store well. They can be picked and shipped for long miles and stored for weeks or even months without going bad.

Did you notice that I didn't mention their flavor has anything to do with why they are in the store? That's because their flavor has nothing to do with it. It's all about how well they ship and how well they store.

But instead, if you can get ahold of homegrown or locally sourced apples, you'll notice that this whole new world opens up to you. There are literally 100's of different types of apples and some of them you have probably never even heard of. And of those apples – especially heirloom apples – there are depths of flavor that is kind of hard for me even to describe.

Most of them are like a fine wine and they have these layers of flavor with high notes and low notes, some of them are tannic and others are so sweet that you would swear they are dipped in sugar. But what they usually do not have is the ability to ship. They might have delicate skin or flesh that prevents them from being boxed up and put on a truck to get to the store.



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Now home gardeners tend to have an appreciation for this fact as they discover new types of produce that they grow in their gardens. And you'll notice that you'll also get a larger variety of choices when you go the local farmers market.

Now what I focus on in my style of preserving and food crafting is putting a spotlight on that flavor. So instead of throwing in 6 cups of sugar to a jam recipe and covering up that flavor with sugar, I teach people how to safely preserve with reduced sugar, using spices and acid and other things to punch up rather than cover up the flavor of locally sourced food.

**So...preserving the harvest is going to be a big part of what I cover here on this podcast.**

But my work as a TV producer is also part of what this podcast is all about and is in fact really what inspired me to want to do this series.

You see...

There are so many times when we would go out and film an incredible food story and we are interviewing some expert who has some really unique approach or inspiring angle but unfortunately we can't fit their entire story into the show.

There is only so much time we have to fill on television and a lot of times part of their story would end up on the cutting room floor as they say.

And as you can imagine, these people that we feature on our show are into the same kind things that I am into and probably what you're into if you're listening to this podcast.



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So many times after we would turn off the cameras I would end up having the most incredible conversations around food or organic gardening or food crafting and nobody was really around to hear it.

So part of what I'm going to be doing here is bringing you those interviews with some of the experts that I have met through my work in television and also through my website so that they can share their stories and tips and techniques with us.

My ultimate goal with this podcast is basically the same as it is on my website: and that is to help you live closer to your food – through canning, small space food gardening and simple steps towards a more sustainable lifestyle.

I want to give you the tools you need so that you can do these things confidently and without any fear of making people sick or otherwise failing.

And that is also what I really do online with my canning academy. I pull together all my training and I teach other people how to can safely and confidently. And I work towards transforming newbies to advanced canners step-by-step and at their own pace.

So with this podcast, episodes will come out every week – on Friday – and I'm hoping that by releasing these episodes at the end of the week, it lets you apply some of the tips and ideas over the upcoming weekend.

Maybe you'll even listen to them while you are walking around the house or in the garden!

Every episode will have complete show notes on my website [LivingHomegrown.com](http://LivingHomegrown.com)

And the style of the podcast is going to alternate between interviews with those experts and Q & A episodes with me focusing on canning and preserving or small space homesteading.

I really love the Q & A episodes because I find that if one person has a question, there is usually a whole slew of other people with that same question. So if I can explain everything in a podcast fairly quickly, with links in the show notes for diving a little bit deeper I find I can cover material faster with the podcast than I can with just my blog.

So those solo Q & A episodes will essentially be mini trainings on whatever topics you want to know about.

In fact, if you have a question you would like to see answered on the show, you can tell me on my website.

You can just go to [LivingHomegrown.com/ask](http://LivingHomegrown.com/ask)

That's A-S-K

And there you'll find instructions for leaving either a voice message question or a written message that I can use in an upcoming episode. The feedback that I get from you directly influences what I'm going to be covering here so please let me know what you want to hear. Also, I will use some of those questions on my blog and maybe even the tv show.

It is super easy and I would love to hear from you.

And I hope you will let me know what else you would like to see covered.

Thank you so much for taking time out of your busy day to join me here.

I really appreciate it and I am looking forward to being on this food journey together. I think it's going to be a lot of fun!



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So until next time, keep working towards living just a little bit more local and living homegrown.

Take care...

**Announcer: That's all for this episode of the Living Homegrown podcast. Visit [LivingHomegrown.com](http://LivingHomegrown.com) to download Theresa's free 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.**