



Live Farm Fresh Without the Farm™

Living Homegrown Podcast – Episode 34 Interview with Willi Galloway, Author of Grow Cook Eat

Show Notes: www.LivingHomegrown.com/34

This is the Living Homegrown Podcast, episode #34.

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 and welcome to the Living Homegrown Podcast. I'm your host Theresa Loe. And this podcast is where we talk about living farm fresh without farm, through artisan food crafts (like canning and fermenting), growing your own organic food (no matter how big or how small your space) and just living a more sustainable lifestyle.

If you'd like to learn more about any of these topics, or my online canning courses just visit my website LivingHomegrown.com.

Today's interview is a really cool conversation. And in fact today's interview is with Willi Galloway. And she is someone who I've know for many years. I met her when she was living up in Seattle and she's since moved to Portland, Oregon. She and her husband now have a 2.5 year old son so she is super busy right now. So I am super grateful that she carved out some time in a very busy holiday time to do this interview for the podcast.

But she is an award winning radio commentator and writer. She began her career at Organic Gardening Magazine and then she worked her way up from an editorial intern all the way up to West Coast editor.



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She has also had a garden blog for many years called the Diggin Food and a weekly column on Apartment Therapy website and she wrote for awhile slew of magazines. She's a master gardener. She worked for many, many years within the urban agriculture movement and served on the board of Seattle Tilth which is a nationally recognized non-profit. It teaches people to cultivate a healthy urban environment and community by growing organic food.

She and her husband, John, also were the hosts of an online garden to table cooking show which had the same name as her book, Grow Cook Eat. And that book which came out a few years ago is one of my favorites. The full title is Grow Cook Eat: A Food Lover's Guide to Vegetable Gardening, Including 50 Recipes Plus Harvesting Plus Storage Tips. It has a lot packed into its pages! And I just it's one of my favorites I just love it. And that's what we're going to talk about today.

Now before you think why in the world am I talking about a gardening book in December it's because right after January 1st is when you need to start thinking about your next garden and ordering seeds and what is in this book is some really cutting edge and unusual ways to not only grow but harvest and eat the food that you grow.

You see Willi's book is about eating some of the more unusual parts of your edibles. She calls them bonus crops. It's what you get when you grow your own food and you can harvest it at different stages and the different flavours that you get within the stages. And you'll notice within this conversation within this interview we talk a lot about different seed companies and different specific plants. She mentioned some really cool plants that you might want to grow yourself.

So don't worry about writing out that all down. I'm going to have in the show notes for this episode a downloadable PDF that you can have for free and will list all of the companies that Willi mentions and I will throw in a few of my own favorite seed companies. But it will be on my website at LivingHomegrown.com/34.



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So you can just go there and download it and it will have everything that she mentions. So don't worry about writing that all down. Just listen and enjoy the interview. Because even though I'm a seasoned gardener, overtime I talk to Willi I learn something and i learn about some new plant I want to try growing next year. So I thought even though this is going to be airing in December, it's a great one to try and get turned on to the whole idea of some unusual plants and unusual parts of plants that you can grow next year. And just to kind of get you into the mood for what you'll be planning for next year.

Also, I am going to be giving away a copy of Willi's book. And the way you can win that is to listen to the end of the episode and I'll give you the details on how you can win yourself a copy of her book. So without further ado, here's my interview with Will Galloway.

Theresa: Hey Willi, thanks so much for coming on the show today. I'm really glad you could be here!

Willi: Oh absolutely I'm excited to talk to you about gardening!

Theresa: Yeah, me too! Well I have to tell you that one of my first episodes that I ever did, back I think episode 4, I had Andrea Bellamy on and she just kind of mentioned within her interview, she was talking about small space food gardening, and she just kind of mentioned that she uses a lot of different parts of vegetable gardens. Some of the more unusual things. And really that topic really resonated with my listeners. And they kept asking and sending in more questions and I thought, I have got the person that I need to interview next! Because I've known you for a long time and I love your book Grow Cook Eat and you're the perfect person to talk about the subjects of the more unusual things we can eat from our vegetable gardens.

Willi: Oh yeah well the reason to vegetable garden well there's lots of reasons obviously but one of the best reasons is you can harvest plants at



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different times than you really see them at the grocery store and you get to eat all the stuff that normally gets tossed before it ever gets to the grocery store or even sometimes the farmer's market. And so that's one of the reasons I garden.

Theresa: Well me too! That's one of the reasons I first started. And I guess I want to start by having your explain why did you write this book? What made this book come about for you?

Willi: Well I decided to write the book. I had been working for Organic Gardening Magazine for a long time and I sort of had the vegetable gardening beat. I wrote a lot of articles about vegetables and I talked to a lot of people about vegetables and what I was finding was there was kind of a disconnect between growing vegetables and eating them. And a lot of times when you're growing vegetables you can you know eat extra stuff. You can make pesto with carrot tops. And you can eat radish pods and the garlic scapes, the flower on garlic. And a lot of the information if it mentioned those at all it would just tell you when to harvest them and then not what to do with them. They're a more unusual thing to eat and so I just really wanted to write a book that was full circle and let people you know experience growing the plant and harvesting and eating it and really enjoying without that sort of fear of waste. You know, what am I going to do with these beet greens or whatever and so that's the information I wanted to get across

Theresa: Well I think that's probably why it resonated with so many people because as a vegetable gardener you always have those moments where something kind of gets away from you. You know maybe something goes to flower before you got to pick it. Or you let it go even longer and it went to a seed pod. And all of a sudden you feel like uhhh, I went to all this trouble to plant this plant and I never harvested it. But you kind of say, that's okay! There's a lot more you can do with it.

Willi: Yeah, I had this sort of a-ha moment in my own garden where I had planted radishes and they got away from me and they went to seed. They were flowering and went to seed and I just kind of on a whim tried one of



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the seed pods and they were so good. And I thought huh. I wonder what else I've been tossing that's totally tasty and that's kind of how I got down the rabbit hole of wondering about I call them extra edibles. Sort of the bonus crops that come with growing your own.

Theresa: Yeah and if anyone hasn't done that before radish pod it's kind of I guess I describe it as kind of nutty. Is that kind of how you would describe it?

Willi: Yeah it's spicy but not quite as spicy as a radish that got too big. It's a little arugula-esque. And after telling everyone, I'm kind of a radish pod evangelist and someone told me who gardens with children she said we plant radishes now and we don't harvest them at all for the roots anymore. Because with kids, every kid wants to try what they've planted and if you pull up a radish there's only one but if you let it go to seed there's 30 seed pods on one plant. So she said in terms of gardening with kids that radish pods are way better. And as I started looking into radish pods there's actually in Asia they grow radishes for the pods a lot of times and there's a variety called the rat tail radish which has an unfortunate name.

Theresa: [laughs] Yes!

Willi: I promise it's more appetizing than the name says! But yeah the rat tail radish makes a bigger radish pod. So a lot of the just garden radishes that we grow normally the radish pods look like a fat tear drop and the rat tail radish is a bit longer and skinnier. And they're very good. And the radish the root there itself is the after thought with that variety. And you can find that variety pretty easily.

Theresa: I don't think I've ever grown that one but if you can give me a link to the source for it I'll be sure to include it in the show notes for the episode because I've never grown that.

Willi: It's a good one.

Theresa: Is it?



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Willi: Yup. It's definitely worth growing.

Theresa: Sounds good. Well also that brings me to the next point that the reason I started into vegetable gardening was because I could grow things that I couldn't find in the grocery store. And there's only a limited amount of varieties of every vegetable in the grocery store. And you kind of address that in the book don't you?

Willi: Yeah in each guide in the book there's 50 guides to different vegetables, herbs and a few fruit. I try to introduce people to more unusual varieties because you know at the grocery store obviously you're going to find red beets and golden beets but there's also white beets and the chioggia beets which look like a bulls eye when you cut into them so there's a lot of just really interesting varieties and in growing plants from seed really opens up this whole world and it's so fun to explore different varieties and figure out their different tastes and there are so many beautiful ones. One I discovered is called Purple Peacock broccoli and it was bred down at Wild Garden Seeds down in Southern Oregon and it's a cross between a purple sprouting broccoli and a kale. So it is totally edible. The entire plant it has these kind of kale leaves that look like Red Russian kale and then it gets purplish sprouting broccoli on it in the spring and it's just so amazing and is such a great plant and you just never see anything like that at the grocery store.

Theresa: No, you don't at all. And I'm writing that one down because I'm going to be growing that this year now. [laughs] And that's one of the things about gardeners is you learn these things and then you get totally turned on and what to try all of them. But with seeds you can do that because it's not an expensive experiment. You know one little package of seed gives you a ton of plants so it's not an expensive thing to try growing some of these things.

But with the grocery store I think a lot of people don't realize the different varieties that are out there and it's because when you go into the grocery



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store they only have let's say one kind of carrots and that's because it's the one that has the longest shelf life or something like that.

Willi: Yeah and so a lot of times what you find at the grocery store is what has the longest shelf life, what packs best. You know we sort of have this idea if you say picture a tomato, or a carrot, or an apple we all have this immediate image that pops into our mind. And of course carrots and apples are like people and they don't all look the same and they all have great qualities and the nice thing about them is they're not all the same. And so with carrots for instance I love the color. I love orange carrots and I once had an opportunity to talk with this carrot researcher..

Theresa: Was that like his job title? I'm a carrot researcher... [laughs]

Willi: Yes he was a carrot geneticist!

Theresa: [laughs] Ok, wow.

Willi: And he was researching the history of carrots where they you know were originally probably from Persia and they were probably originally white and didn't become orange until in Holland you know Holland loves orange. And they bred orange carrots and it wasn't until sometime in the 1600s that carrots became sort of more orange.

But we were talking about carrots and he said really this whole baby vegetable trend is unfortunate because carrots are most nutritious and taste best if they're allowed to fully mature. Because the color that is in a carrot is very closely associated with the nutrition. And so the more brightly and fully colored the carrot is the more nutritious it is. And if you've ever grown carrots and you thin them out as they're growing and you pull out the young ones and say you're growing orange ones they're a pretty pale orange.

Theresa: Correct, yes.

Willi: And then as they get older, they get more mature and their flavour develops too they get that more carrot-y flavour the more mature they are. And so he encouraged really trying crops at different stages because you might like the flavour at different stages better than just at you know if it says 58 days just pulling it then or pulling it early. And that was really a kind of a revelation for me. I was like oh, he's right! There's all sorts of stuff that tastes different at different stages and it's not necessarily better or worse but it's different.

I think arugula is one that's really misunderstood in the garden. Because we're so used to getting those plastic boxes of arugula at the grocery store where it's baby arugula and it's pretty mild and as it matures it's like a teenager it gets hair and much stronger and it's like a little unwieldy and so we think ooh this is bad I'm going to compost it. And really mature arugula is spicy yes and the texture is not delicious in salads but its' really good winter down with tomatoes and served with pasta or over rice or just as a side dish and it tastes a lot better cooked than it does raw

Theresa: Yes and you talk about that in your book, you talk about how not everything is not necessarily good when it's raw and that is what you talk about for every vegetable different ways that you can cook it and I remember the arugula thing in there. And there are certain things if you don't like it raw you should try it cooked and you might like it.

Willi: Yeah and back to carrots a lot of these colored carrots that have come on the market the red ones and the purple ones they don't taste good as carrot sticks. They have a really harsh flavor. But that really mellows out and they kind of develop this delicious spiciness when they're roasted. So those carrots are not meant to be carrot sticks they are meant to be cooked. And so as a gardener I think having a sort of awareness is important so when you're trying things you can try stuff at different stages so you can try it cooked and not cooked and really discover. And if you don't like cooked carrots and go uhhhh cooked carrots is not my thing then maybe you'll not grow red ones



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Theresa: Yeah yeah it's all an experiment. Well it's like when you're thinning out your carrots I used to thin them out and then toss them into the compost and then I realized they were really tender so I'll be thinning them out and eating them now. And I didn't do that before. So there's a lot of things when you're thinning them out you don't have to throw them away. They're still delicious!

Willi: Yeah I like to think of thinning as the first harvest. Especially with carrots when you pull those little guys out you can just wash the whole thing and toss the teeny tiny carrot into a salad with roots and leaves and everything. It has a nice herbal flavor.

Theresa: Yeah and it looked really cool in the salad!

Willi: Absolutely, yeah.

Theresa: You have in your book so many different, unusual things. Tell me some of the other unusual vegetables that you like to eat?

Willi: Well one of my favorites is green coriander seed. So coriander is the spice that comes from the herb cilantro. So cilantro and coriander are the same plant the and herby part, the herbal part, the leaves is cilantro and then after cilantro goes to seed it turns into the spice coriander.

Theresa: And it goes to seed very fast if you've never grown it before. It bolts everytime. Even the one that says it doesn't bolt still bolts in my garden. I don't know if you have that problem.

Willi: Well cilantro is finicky because it bolts from heat it doesn't like heat or warm soil. And it also is sensitive to light so as the days get longer in the summer even if you could grow cilantro in Alaska and it would still grow because the longer the day it tells the plant okay time to make seed! But the coriander seed is delicious so for the people out there who hate cilantro, you should reconsider because coriander seed is really good. Really good.

Theresa: And it tastes completely different.

Willi: Totally different. And the green coriander seed, the fresh, if you pick it right after the flower falls off and the seed is fresh it's bright and citrus-y compared to the dry coriander seed. And the dry coriander seed is also delicious and way more delicious than that bottled coriander seed that you've had in your cupboard since 2003. The fresh ones are so much better! And it's really good David Perry actually a mutual friend of ours who is a wonderful garden photographer taught me to start putting green coriander seed in vodka. Infusing vodka with it. It is soo good! It makes a really great vodka tonic.

Theresa: Oh my gosh okay I'm writing that one down too. I've never actually tried green coriander seed myself. I just never have. I've always just let it dry, I've never used it green.

Willi: It's easy to come by.

Theresa: So David makes vodka with it?

Willi: Yeah David makes vodka with it. But you can also make a really good citrus marinade for chicken with some lime zest and garlic and you crush open those green coriander seeds and they're really good. Makes a really delicious marinade for chicken.

Theresa: Oh my gosh okay, man this sounds really good! I'm writing this down. Yeah, that's awesome! Well and I know you had mentioned to me about amaranth.

Willi: Yeah so amaranth is a grain. It's so beautiful. It's definitely worth growing in your garden just because I think a lot of times vegetable gardens suffer in the looks department because if you were designing a perennial garden you would never say what I'm going to do is plant everything the same color and the same height. I want an all green perennial garden that is approximately knee high. That would be pretty boring!

So in a vegetable garden I love to use trellises and I love to use plants like chartreuse I love chartreuse anything. Australian and yellow leaf lettuce. I love Golden India Snow Pea. Anything that has that sort of yellow or bright green is so great. And amaranth comes in lots of colors. Anything that you can add color or height or trellis will make your vegetable gardens so much more interesting visually. So it's a grain and it gets these beautiful seed heads which I have never actually harvested to eat myself. But when amaranth is younger you can harvest leaves and pinch it back and use those in salads. And they have really beautiful heart shaped leaves a lot of them and you know there's burgundy and sort of ones that are orange and sort of all sorts of beautiful colors. So amaranth is a great addition to salad and as you go and it gets bigger it makes a really nice sort of background in the garden.

Theresa: What do the leaves taste like?

Willi: You know I sort of there's the joke that all meat tastes like chicken I sort of feel like spinach is sort of like that in the vegetable world. It sort of tastes like spinach but sort of more nutty. And they are good like cooked down spinach raw or in salads. And you sort of want to harvest them when they're small sort of half dollarish size so a pretty small leaf.

Theresa: And that's awesome. It is beautiful in the garden. I always wanted to grow it because I think it's very pretty but I never have because I always fill up my garden with other things. And now I have an excuse!

Willi: And the birds will love it in the fall. Chickadees and any bird that loves little seeds will just be all over the place in your garden. And focusing on the amaranth not all the other things in your garden. [laughs]

Theresa: Which is good right, kind of distract them like look over here, look over here so they don't eat the good stuff. So are there any others that you would suggest someone maybe give a try to?



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Willi: Well for sure I love they're becoming popular but not everyone knows about them which is the garlic scape, which is the flower on hardneck garlic. And it's I mean I would basically grow garlic just for the scape.

Theresa: Me too, yes!

Willi: It is so good. It has a little bit of a grassy flavour but garlic-y for sure but much more mild I love to make pesto with it. In fact my very favorite recipe in the book is for is for bucatini which is a really fat spaghetti with garlic scape pesto and the garlic scape pesto has walnuts and lemon and lemon zest and it's so good. And then with fresh English peas. Because really I mean English peas straight from the garden there's nothing better. And the genius thing about that recipe the problem with English peas is they're so easy to over cook and they look like your finger when you've been in the bath too long. They get sort of

Theresa: Dehydrated!

Willi: Yeah so the way to get around that is you just shell English peas and dump the in a colander and your pour the hot water over the peas and then dump the hot pasta on top of them and just let it sit there for two minutes. And the heat from he water and the pasta cooks the peas perfectly and then you dump all that into a bowl with some of the pesto and you toss it up and you have the most perfect delicious dinner ever!

Theresa: Oh that is such a good tip, that's awesome! Okay so we're talking bout all these wonderful things that people can try and I know you and I have discussed where people can get some of these vegetables. What are some of your favorite places to buy seed?

Willi: Sure, well I live in the Pacific Northwest and my husband always jokes it's a great place to garden especially if you love kale. You know it's mild here never very hot or very cold so brassacus do very well for me that cabbage family of plants. So asian food has ton of basics and there's two seed companies I love Evergreen Seed Company and Kitazawa Seed



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Company. And they specialize in different Asian crops. And Evergreen has a lot of Korean, Chinese, Japanese and Kitazawa has mostly Japanese varieties. But I like to just go on their website and say hmmm, I never heard of this green and order it. They have very different stuff. So that's fun to grow because I feel like Asian cuisines really place a lot of prominence on vegetables and there's a lot and you're never going to find them in the grocery store and so I really like to go there and try the bok choy and that's kind of fun.

Theresa: Yes and greens are so easy to grow. If you're a beginning gardener it's a great place to start and you can experiment with it without a big investment.

Willi: Absolutely! And they grow in containers and they grow really well just out in your garden, in raised beds. Even if you don't have a dedicated vegetable gardening space you can grow greens kind of at the front of borders. And so yeah, they're a great place to start. And then since I've moved to Oregon you know in the Pacific Northwest we grow a lot of the seed that is utilized in a lot of other parts of the US so I've started to become interested in smaller seed growers that sell directly to consumers. And are developing new open pollinated varieties. And so an open pollinated variety is a variety that if you save the seed and it doesn't cross pollinate accidentally with something else you'll get the exact same variety next year.

So it's like an heirloom except new. Heirlooms are always open pollinated. But open pollinated vegetables aren't necessarily heirlooms if that makes sense. And so these people are really contributing to something that is important which is genetic diversity by developing new heirlooms and growing them out and kind of developing the heirlooms of tomorrow. At the least the ones that are good. That have survived the test of time.

So I really like to support that so I love Adaptive Seeds, a really cool company down in southern Oregon. Wild Garden Seeds. They are out there, they grow heirlooms, they're developing new crops and you know I encourage your listeners wherever they live to see if there's regional seed



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companies. In the Hudson Valley there's the Hudson Valley Seed Library and they get their seed locally. And the advantage of getting seed from an area that is local to you is what's called regionally adaptive. They're growing seeds and saving the seeds from the best plants and they're growing them again year over year and then eventually they're growing seeds that do best in the climate where they're bred.

Theresa: Exactly, yes.

Willi: So if you can get seeds that are local. All the better. If you can't it's not the end of the world. But if you can I'm just really supportive of that.

Theresa: Exactly! We did a whole episode on the Seed Savers exchange which I'll be sure to link to in the show notes. What I'll do is in the show notes I'll have a PDF of this whole list of the different seed companies and places that people can go to learn more and they can just download that and then they'll have the list and they can print it out.

So I want to make sure I say if anyone wants the PDF with all these different companies listed I'll have it in the show notes and that will be in LivingHomegrown.com/34 and they'll be able to take it print it and order all their seeds to their heart's content! That's always the thing that I love to do when it's cold and rainy outside. It's a good thing to start planning for next year. But we did a whole episode on the Seed Savers exchange which I'll also post and we talked about the whole regional seed thing and people may not understand exactly what that means but it's like you said if you are buying seed that has been bred in your area it's perfect for growing in your area and you'll have better luck with that than perhaps a seed that maybe was better adapted to Southern California for example. So they can get a lot more bang for their buck if they can find a regional seed source.

Willi: Absolutely and this is really December not exactly the time people are thinking about vegetable gardening but this is a great time to think about vegetable gardening. You're sitting inside with your cup of tea looking at the website with these different seed companies and it's really a



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good time to plan and think about what do I want to grow next year? What are some of the new things I want to try?

Theresa: Yeah and you can be looking through the catalogue and ordering some of these things and you have to remember things like salad greens tend to go quickly. You can have several different crops — you can plant in early spring and then in late spring and early summer and late summer. And they can give you many different crops in that one area of space.

Willi: Oh yeah and depending on where your listeners are if they are further south or they live in a more temperate climate like I do and you can put in a cold frame you can start growing salad greens I mean like where I live in February. And so once that light starts to come around again and it's not keeping dark at 5 o'clock the plants will really start to take off. So yeah, soon enough it will be time to plant again.

Theresa: Yeah exactly. So Willi I want to ask you one last question. If somebody had never grown vegetables before and they were just thinking about getting started, what would you say to them to let them know that it's okay to just dive in?

Willi: My number one piece of advice would just be to choose a few things that you like to eat. So you know if you love tomatoes, grow a couple cherry tomatoes. If you love green beans, plant green beans. Sometimes I feel like people feel like they need to plant all the sort of major vegetable crops in order to be a legit gardener and that's just not the case. Just grow what you like to eat. In terms of easiest plants to grow, cherry tomatoes are a total no brainer. You can put them in a pot, they will go bonkers. You will get tons of tomatoes and you will feel happy with yourself as long as you give them enough water and put them in a spot that has 6 hours of direct light. They are really easy to grow.

I also think herbs are a nice place to start. Because especially herbs that you love like basil or you use a lot of parsley or thyme because they add so much flavour to food. You know we I think the problem with herbs is we aren't sure how to use them. So I encourage you to start using them and

put them in stuff. Put thyme in your scrambled eggs and you know you can even put basil and stuff on a frozen pizza or takeout and it will just be way better instantaneously.

And I also love greens. Lettuce, arugula, bok choy, kale, swiss chard. They are all so easy to grow. And you can get going with them early in Spring and then they will go to seed and you can pull them out and then you can try something else. So if you're failing with them it's not a big failure either you know if you get tons of leaf minors which are this horrible gross bug that will go after spinach and swiss chard, if you get leaf minors in your spinach it's no big deal just pull the spinach out and try something else.

And I think that the nice thing about gardening is that there's always next year. And there's even within years there's always sort of next month. So I feel like sometimes people get discouraged as stuff goes wrong and that's okay. I had a baby 2 years ago, I have a toddler now and I just haven't been gardening that much. I have pretty small gardens and I haven't been growing stuff that needs a lot of attention and I was kind of feeling bad about it but then I was like you know what? That's kind of just what my gardening has to be right now. he's going to get big soon and then I can go back to having large gardens because I'll have more time again. And that's the thing with vegetable gardening too is that you can make it what it needs to be.

Theresa: I think that's excellent advice and you're absolutely right. People don't have to do it all and they can start out small. And with just a small investment if you start with seeds you're not spending a lot of money and it's not a lot of your time. You can just do little patches and it's a great place to start. So excellent advice Willi, thanks. Well thank you so, so much for taking time out of your day to come and be on the podcast. I know this information will really resonate with people. People are going to be very excited to learn more about your book so I will have all that information in the show notes so thank you very much for doing that.

Willi: Yeah now I'm excited. I'm thinking about what I want to plant next year.



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Theresa: And that's my interview with Willi Galloway, the author of *Grow. Cook. Eat.* A food lover's guide to vegetable gardening. And she has recipes and harvesting and storage tips within that book. I think that you would really love to have a copy. So I am going to be giving away a copy on the show notes for this episode. So to enter to win a copy of the Willi's book and to also get a copy of the transcript or if you want that PDF of all of the seed companies that she mentioned, and I'll throw in a few of my favorites too, you can get all of that at the show notes which is LivingHomegrown.com/34.

And when you get to the show notes, just scroll down to the bottom and leave a comment about today's podcast. Any comment that you want and I will enter you into winning the book. All the details will be in the show notes.

So thanks so much for listening this week. I hope that kind of inspired you to want to dig into some seed catalogues so you can start planning next year for growing some of these unusual vegetables in your own garden. And until next time, just keep working towards living just a little bit more local, seasonal and homegrown.

Take care!

Announcer: That's all for this episode of the Living Homegrown podcast. Visit 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.

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