
Living Homegrown Podcast – Episode 129

How to Speak Chicken

Show Notes are at: www.LivingHomegrown.com/129

Theresa: This is the Living Homegrown podcast, episode 129.

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 the farm. That can be preserving the harvest, small space food growing, raising backyard critters, and just taking simple steps towards a more sustainable lifestyle.

All the different ways that we can live closer to our food, even if we have little or no garden space at all. If you'd like to learn more about any of these topics or my online courses or my Living Homegrown membership, then just visit my website LivingHomegrown.com.

So today's episode is kind of interesting. I'm having an author on, Melissa Caughey, and she is the author of "How to Speak Chicken: Why Your Chickens Do What They Do and Say What They Say." I'm having her come on to really teach us a little bit more about our backyard chickens' behavior. Because I really think that you can get to know your chickens a little bit better and enjoy them more just like if you have a dog or a cat. If you understand their behaviors, then you can really have a more enjoyable relationship with them.

For me, our backyard chickens are absolutely our pets. We do not eat our chickens, we raise our backyard chickens for their eggs and for just having them as pets. Now if you are raising your chickens for other purposes, then this probably won't be as interesting for you. But if you're like me and you have kids and you've been raising chickens just for fun and for the eggs, then this is the episode for you.

So I have Melissa come on and she's gonna teach us a little bit about some of the sounds that our chickens make and what they mean. Some of the behaviors that they do and what they mean. I just, I really found it absolutely fascinating, some of the information that she learned in her research for the book. So I think you'll find this as a very fascinating episode as well.

So let me tell you a little bit about Melissa. Melissa Caughey is a nurse practitioner, a backyard chicken keeper, a beekeeper, a master gardener, a crafter, and a cook. She does a lot. She proudly contributes to HGTV, DIY Network, Angie's List, Grit Magazine, Community Chickens, and Keeping Backyard Bees.

She travels the country presenting on beekeeping, chicken keeping, gardening, and crafting. Her first book, "A Kid's Guide to Keeping Chickens" and her website have one numerous awards. Her second book, "How to Speak Chicken," just came out in November, 2017. She currently calls Cape Cod, Massachusetts home. Where she lives with her husband, two children, and a menagerie of animals.

Now what I loved about Melissa was she was such a good sport. She even made some of the chicken sounds for us, so that we would know what to listen for with our own backyard flock. Now as always, I will have in the show notes for today's episode, everything that we discuss, including Melissa's website and her books. To get to the show notes, you just go to LivingHomegrown.com/129.

So with that, let me share my conversation with Melissa Caughey, the author of How to Speak Chicken.

Hey, Melissa, thanks so much for coming on the show today.

Melissa: Oh, thanks for having me. I'm super excited to be chatting about the new book.

Theresa: Yeah, I'm excited to have you on here too. I think what really captured my attention on this was that for so many of us, we start out with backyard chickens. Most of my listeners either have backyard chickens or they're interested in having backyard chickens. I even have some chicken farmers who are listeners as well. And I think-

Melissa: Oh, that's cool.

Theresa: Yeah, it is, it's fun. But I think what happens is we start out thinking, "Oh, I want the eggs." Then we discover what fantastic pets the chickens can be. So just like with learning about the behavior of your dog can really help you more enjoy your relationship with your dog, I kind of when I saw this, I thought, "Oh, this is really good."

Because this will let us kind of have a better relationship with our chickens. Not to sound a little nutty or anything, but I just thought it was so interesting some of the things that you've discovered. So I guess I'd love to have you start off by telling everybody what made you decide that you wanted to write about chicken speak or how chickens communicate?

Melissa: Yeah, sure. Well, it stems from exactly what you touched upon a few moments ago. For me, it was like we had the eggs and the chickens were great at teaching the kids responsibility. Collecting the eggs, giving them food and water, making sure they're locked up at night, like that. But as you're doing your chicken chores, you can't help but notice some of the chickens are friendlier, they all have personalities. Like you said, soon enough they do become your pets.

I think that that's kind of where this stemmed from. I was realizing that I was able to just, after spending time with the chickens, decipher what was going on. I thought, "Well, this just is so cool that I have to share it." I was able to go into a lot of the scientific studies that have been done regarding chickens. Their behavior, their language, why they do what they do. It was really amazing to me to find that the science was backing up what I was seeing in my very own backyard.

Theresa: I bet. It was probably really fascinating. When you started doing all the research with this and you started really learning all about the behaviors of chickens, was there something that really surprised you? What was your biggest surprise that you discovered?

Melissa: I think that they're not bird brains.

Theresa: Yeah, that was mine too when I read that in your book. I'm like, "Oh, they're smarter than we think."

Melissa: They are smarter than we think. It's just they don't have an intelligence level like humans would. But they're very intelligent in their own way. In ways that they need to be. I just found that just incredibly fascinating.

I also love knowing where they came from, how they originated in southeast Asia, from what we believe. And how it wasn't necessarily people eating chickens that brought chickens around the globe, but it was really cock fighting, of all things. That surprised me.

Theresa: Oh, yeah.

Melissa: When I learned about that and that's how also then people started, like dogs or cats, developing breeds. It's just like dogs and cats have different personalities, so do chickens. They're just so amazing, so cool.

So I think that I've had a lot of "ah ha" moments when I was doing the book. I have to say that most of this was just casually hanging out with the flock and observing them. Watching chicken TV, you know?

Theresa: Yes.

Melissa: After dinner and just relaxing, unwinding, and just spending time with them. Then paying attention to what they were doing and just trying to decipher things. Then when it came time to start putting the book together, I was like, "Yes, this is exactly what I believed was happening." And indeed, it was true.

So I really wanted to share things with people, so they could have the closer bond with their flock and just understand what it's like to be a chicken from their perspective.

Theresa: Right, right. Well, it kind of helps if you understand what the heck they're doing. 'Cause I know when you first get chickens, and I've had chickens now, gosh, nine, 10 years, I guess. That first year is so fascinating, but there were still some things that they do or have done, that I didn't get until I was reading your book. So we'll dive into those, but that's why I found this really interesting.

I've also, since reading your book and doing more research on my own, discovered that there are people who train their chickens. So they are smarter than we realize and that was really my "ah hah" when I was reading about all of this. The way that they really do communicate more than we may think that they do.

So before we dive into some of the vocalizations that chickens make, I know you talk about in the book about the different ways that they communicate. So talk to me a little bit about how chickens communicate, aside from vocally.

Melissa: Yeah, well, there's a lot of ways that living things communicate with one another and chickens are no different. You can watch their body language, you can watch whether if they're perky? Is their tail down? Are they pecking one another? Is there a little squabble going on?

They will cock their heads from side to side like dogs would when they're trying to understand you. Chickens do the exact same thing. Also, if you watch them, sometimes if they get excited, you'll watch their pupil dilate and then shrink down and that's part of the whole communication in birds.

I think about the roosters, when there's multiple roosters in the flock. The roosters that are not the top rooster still attract those hens and are able to mate with them, but they do silent tid biting. So they're doing all the things that roosters do to show off to female hens except using the vocalizations and they are still successful.

So you don't necessarily need your voice to know what's going on sometimes. You don't need to listen, you need to watch, you need to put all the pieces together at once in context of the situation. 'Cause their beaks are like their hands. So they use their beak a lot with communicating.

Theresa: Yeah, so like the pecking order.

Melissa: Uh huh, yeah.

Theresa: So that's a real thing. So if someone doesn't have chickens, I think that's something that people might not realize, that a pecking order is a real thing in the chicken world. So why don't we talk about that? 'Cause that's probably one of the biggest communication or hierarchies that they have. So explain to anyone who doesn't have chickens, what the pecking order is.

Melissa: Well, I think most people can relate if they are employed somewhere at a job.

Theresa: Yeah.

Melissa: There is a people pecking order and there is a chicken pecking order. The pecking order is only among the hens, the roosters are not involved in the pecking order. Essentially, it's the top hen to the bottom hen. Everybody kind of lies somewhere in between there. There's other jobs within the pecking order, but essentially, there's always gonna be a top chicken and there's always gonna be a chicken at the bottom.

They sort out this from a very, very early age when they're in their playpen. For people who don't keep chickens, it's called a brooder. But when they're in the little baby chick playpen, it starts and you can see them figuring out. Usually the head hen is one of the chickens that is the most intelligent. Often the most curious. Not necessarily the biggest. But certainly will begin asserting dominance.

The pecking order is usually pretty stable. Once it's sorted out, nobody really challenges one another. The only time that the pecking order really, really gets disrupted is if a chicken is removed. Because they have to all sort out where they lie with that chicken gone or missing. If the head hen becomes quite elderly, she will kind of give up her reign.

Although it's like, I guess, if a queen, a monarch, was to give up her position, she still wouldn't lose the respect, and that is the same in the flock. They will respect that hen, but some of the younger, whipper snappers like to come up and challenge and take the reins, and sometimes the head hen will say, "Okay."

But it's interesting and you also see that level of respect in the multi-generations too. Because people laugh, they say I have a nursery and a nursing home out there. I've got chickens that are two years old and I have on hen that is, she's almost eight years old. Yeah, she's old.

Everybody just kind of respects her and she's a very, very small breed and she's a silky bantam. Which, for those people listening out there, is a little, little fluffball. You'll have to do a Google search and look at silky bantams. Her name is Fifi. But everybody kind of just respects her and it's very interesting because I wouldn't necessarily think that would be the case. There's wisdom that comes with age and I think chickens understand that and appreciate it.

But yeah, the pecking order can also be disrupted if you're adding new chickens in. So that's why I always tell people if you're going to be introducing more chickens to your flock, try to introduce more than just one. So three or more is always a good number because then you have some distraction and not everybody's ganging up on one new chicken.

Theresa: Yes, I think that's a really, really good bit of advice there. So yes, I saw in the book where you talked about the pecking order is usually based on intelligence. Which was something I didn't realize. But you also said something about sometimes certain breeds are not so interested in the pecking order.

I definitely found that with my case because I have one Polish and I have one silky and they don't really seem ... well the Polish, I always figured because she couldn't see very well, would never really try to be dominant. But she never really seemed that interested in it. The same with the silky.

But my Easter egger right now is definitely the dominant one. And you're right, it changed up when my oldest chicken, who had been the dominant one, when she passed, then there was a little disruption. A little, I don't want to say fighting, 'cause it wasn't fighting.

Melissa: No.

Theresa: But you could definitely see that a couple chickens were trying to pick their spot and be the dominant one.

Melissa: Right, yeah.

Theresa: It was decided pretty quickly though.

Melissa: Yup. We have one Easter egger, who she's trouble. She's trouble. Her name is Cuddles, she's the furthest thing from a cuddler.

Theresa: Yeah, she probably got that name before she was an adult, so.

Melissa: Mm-hmm (affirmative). Oh yeah. Adorable, so sweet, and those little puffs and those muffs on the side of her face, but she really has a mean streak if she needs to tell some of the girls. She'd like to be head hen, but I do believe that the head hen is our second Australorp, Molly.

Theresa: Okay, yeah. All right. Well, good. There was another part that you talked about, which was something I'd never realized in my pecking order, I guess I should say in the jobs that the different chickens have. So you talk about the head hen, but then there was another position that you talked about, the sentinel. So tell us about that.

Melissa: Yeah. I think in the absence of a rooster. Usually a rooster, his job, his role in the flock is he does keep order among the hens. He can be very, very useful in that. He does, if there's two chickens, hens that don't seem to like each other, he kind of keeps them in line, which is very interesting. The rooster's also there to make baby chicks, so to fertilize eggs. He's also the guardian. He looks out for his ladies.

But in the absence of a rooster, you'll find that one of the hens will step up. One of the hens will step up and do that and become the watchdog, or I call it the sentinel. It's just fascinating to see that this chicken usually spends most of her day looking out. She'll look for the highest spot in the coop or the run or outside. She always seems to be on alert.

It does switch off. Sometimes a chicken will be the sentinel for a while and then you'll see a sentinel in training, so you'll see two of them up there. It's kind of funny. That just happened in my flock, where the sentinel is switching off. So it's just very, very interesting. But this hen will stand guard.

Theresa: Well, I've always known that there was a lot of communication going on with my chickens. Especially when I come out with a treat. They do make a certain sound when I come out with a treat. They get so excited and they make a little sound.

Naturally I hear them make a sound when they lay an egg. But it always fascinated me when ... 'cause like one starts and she'll lay an egg and she starts making a cackle sound. Then the others start chiming in like it's a party. They almost get in this rhythm. It's like there's a song.

Melissa: It is a song.

Theresa: Yes.

Melissa: Mm-hmm (affirmative).

Theresa: So tell us about-

Melissa: And they sing it for each other.

Theresa: Yes.

- Melissa: They sing it for each other. Exactly what you're describing is exactly correct. It does happen and usually the hen will be in the nest and she'll lay an egg and she'll be like, "Oh, I did it." Then she'll run out to announce it to her flock mates. Once she sings that egg song, it's almost as if they all celebrate her victory of laying that egg. It just goes on and on and on sometimes.
- Theresa: Yes.
- Melissa: I tell people when they keep chickens, they ask, "Are chickens noisy?" And usually they're not. Their chatter is usually at when we speak volume.
- Theresa: Right.
- Melissa: It's not really loud. But when they're alerting for a predator or they're singing the egg song, that's when they get a little bit loud. But it's temporary.
- Theresa: Yes, yes. It just sometimes, I'll be in my office and sometimes this happens when I'm recording a podcast. One starts and then they all chime in and you're thinking, "Okay, they're just gonna do this a couple times." But they just go on and on and on.
- Melissa: Oh yeah, they're so happy.
- Theresa: Yes. But what cracks me up and it always cracks up my friends, is if I go to the back door and I just open up the door. They're just like, "Oh." And they all stop and look and then they forget what they were doing. Then they go back to looking-
- Melissa: You can sidetrack them.
- Theresa: Yeah. So it definitely works. But it's the funniest thing. So the only time it's ever really a problem for me, I live in the city, I live in Los Angeles. So there's a lot of neighbors, but I do share my eggs with them, so I don't have too much trouble there.
- Melissa: Good.

Theresa: I don't have any roosters. But where I do have a problem is when it's maybe a summer Saturday or Sunday morning and the light comes up really soon and someone lays an egg very early. And they all start at 6:30 in the morning doing that. Then I'm running out there to distract them, let them out of the coop, so that they can get distracted.

Melissa: Exactly.

Theresa: Yeah. So what are some of the different types of sounds or communications that a chicken has? That you've noticed?

Melissa: Sure. I mean, different ones, well, scientists have pinned down actually about two dozen vocalizations. But I put the very basic ones inside of the book. I talk about their greeting, their warning sound. Sometimes if a hen is on the nest and she's laying an egg or she's broody, she'll put out like a screech. Almost sounds very t-rex sort of.

Theresa: Mm-hmm (affirmative).

Melissa: Dinosaurs.

Theresa: Yeah, I've heard that, yes.

Melissa: Yeah. Then of course, roosters do their crowing. Chickens will also make an alert sound. It's interesting because there's two alert calls. There's a low-pitched alert that they use for ground predators. Then there's a higher alert sound that they use for aerial predators. But the alert all starts the same. It's kind of like take notice. That's a low, rumbling growl. Do you want me to do that one?

Theresa: Yes, this is absolutely fascinating to me 'cause I did not realize that there were two different sounds. I've only heard them make the sound for when there was like a hawk flying around.

Melissa: Yeah. And that's-

Theresa: Even though they were inside and they were safe, yes, someone saw, one of them saw it and I heard it, yeah.

Melissa: That just sounds like ladies screaming.



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Theresa: Yeah.

Melissa: But the alert, and you'll hear it first and it's almost as if they don't want to tell the predator that they're there is this low, low, almost like a growl. It spreads through the flock and that goes from chicken to chicken.

It's quiet because they don't want to alert the predator that they're there. Hopefully, they're hoping that they've seen the predator prior to the predator seeing them.

Theresa: Mm-hmm (affirmative).

Melissa: This is a growl that comes first. Then if you listen to the remainder of this, then there's two alert calls. That's like we're gonna scream about it to try and deter the predator. But the alert is very low and it goes thrrrr.

Theresa: Oh, I have heard them do that.

Melissa: Thrrr, like that.

Theresa: Yes. I have heard that. I had no idea that's what that was.

Melissa: Yup. Then they'll go into the bawk bawk bawk bawk bagawk, bagawk. You know, that kind of thing?

Theresa: Yes, yes. Oh my gosh. Oh my gosh, that is absolutely fascinating. Hearing you make the sound really is helpful because when you were saying the low growl, I wasn't sure what that would sound like or if I'd ever heard it. But I have definitely heard that.

Melissa: Good.

Theresa: Yes.

Melissa: Good.

Theresa: Yeah.

- Melissa: Yeah. Then back to that egg song. I mean it kind of sounds a little bit, using some of the vocalizations, but stringing along different sounds. So the egg song is bawk kawk kawk bawk kawk kawk bawk kawk kawk bagawk.
- Theresa: Yes, yes, yes.
- Melissa: Bawk bawk bawk bawk bawk bagawk.
- Theresa: That's so good. You do that very well. That's so good. Yes, yes, that's exactly what they do. Then they kind of get in a rhythm when they all start doing it, where it sounds really like a-
- Melissa: It's a song, it's a chorus.
- Theresa: Yeah.
- Melissa: It's a chorus of ladies singing about it.
- Theresa: Yes. Now what about the greeting sound?
- Melissa: Sure.
- Theresa: 'Cause I know that the greeting sound is something that I hear a lot just generally. I didn't realize that that's what it was. You just think, "Oh, they're just making a sound." But it really does have a purpose. So what is the greeting sound like?
- Melissa: The greeting is kind of like, "Hey, how you doing? What's up?" Or if they haven't seen each other in five minutes, they'll go over and say like, it's like, "What are you doing? What did you find?" It just goes badawk.
- Theresa: Ah, okay. So yeah, so when they're all just kind of doing that generally. Like when I open up the doors and they all just kind of come out and they're kind of running around and then they go to each other. They make that sound for sure.
- Melissa: Badawk.

- Theresa: Yup, yup. Oh, very good. Well, there was something that you said in the book that I thought was really funny. That was that one night you were putting away the chickens and you came to realize that they have a goodnight ritual sound. If you don't remember how to do the sound, that's fine, but I just thought it was-
- Melissa: Yeah, no, I do.
- Theresa: Oh, you do? Okay. I thought it was really fascinating-
- Melissa: Oh yeah, of course.
- Theresa: That as they were all going to bed, you know what it reminded me of? It was like the Walton's where they say, "Goodnight, John Boy."
- Melissa: Yes, yes, and the lights and they're turning out the lights in the house.
- Theresa: Yes, yes. So how did that happen? You just happened to catch that?
- Melissa: Yeah. I was late getting to the chicken coop because we had a major blizzard come through. It was the type where the snow is very heavy and the drifts were very thick. It was one of those where I think the drifts were up to three feet tall and some five feet.
- So to get out to close the chickens is a chore. I was dreading it. So by the time I had made it out to them, I decided I was gonna catch my breath in the chicken coop. So the coop is big enough that I can stand up inside of it. It's like maybe six by eight feet and has a human size door.
- So I opened that up and stood in there for a bit. It was warm in there from their little bodies generating the heat. I could feel the snow melting. I thought, "Oh, this is kind of nice. I'm just gonna stand here for a minute." I heard them doing all this chicken chatter from the roost and it was pitch black. I thought, "What in the world are they doing?" So I stood there just listening. And it was like they were doing a roll call. I thought, "Well, gosh, I'm gonna answer them back and see if they roll call me." And they did and so that's kind of become our little tradition now.



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Where every night when I go out to lock them up, I always say goodnight. I figured, it's probably not really the way chickens say goodnight, but that's what I've coined it because that's what they do in the evening. It's almost this roll call. Making sure, is the entire flock here? Are we all safe?

Because I'm sure from you keeping chickens for a long time, you've noticed that sometimes there's a straggler or two to go into the coop. It's not uncommon for sometimes the head hen to come out and look for them. Because they realize they're missing.

So the way they say goodnight is very quiet and very sweet. It's just do do do do do do do do.

Theresa: Oh, I have heard that. Oh my gosh, I didn't realize that's what it was. Oh my gosh.

Melissa: Do do do do do do do do do do.

Theresa: That's so funny. That just cracks me up. Yeah, I'm always gonna think of that like the Walton's now, that they're, "Goodnight, John Boying" each other. No, that's really, really cute.

Well, when we have our chickens, and I know you encourage people to do this, it's I think a lot of fun for people to observe their chickens, so they can see some of the things that you talk about first hand. And really, I call it chicken TV or farm TV, just like you do.

Melissa: Yes.

Theresa: Because it is really entertaining and it is fun to just get out there in a chair and sit under the tree and watch them. That's part of why we have chickens, just so that we can enjoy them. But what kind of tips could you give to people if they have backyard chickens, so that they can start really observing their flock?

Melissa: Well, I think you have to observe them in their natural setting. So certainly without a lot of distractions around. Certainly not with strangers there or any sort of loud, distracting noises. Or a dog that is gonna chase them, or things like that. You just want to have it in their natural kind of setting.

When you bring treats out to them or goodies for them, you kind of take all the focus away from their daily interactions and they focus on you. So you're not gonna see things if you're just doing out to do the feeders and the waterers and then toss in some scratch or some mealworms or just give them goodies. They're not gonna act like chickens act.

Theresa: Mm-hmm (affirmative). Right.

Melissa: In the sense of how chickens act among chickens. It's after those snacks, after those treats, if you decide to bring them out and you have a ritual, stick around. Stick around for about half hour, 45 minutes and just watch them and enjoy them.

Just keep a little journal is helpful. Using a smartphone or something to record what you're hearing and then playing it back. Slowly you'll be able to decipher what's really going on back there. It's just fascinating. It's so fascinating.

Theresa: Yeah, it is fascinating. I do think that by understanding the different sounds that they make, just like with your dog, understanding their behavior, I do think that it will make it for a more enjoyable experience.

There was one thing else that I wanted to ask you about that I read in your book that I thought was so cute. That was about the baby chicks. We already talked about how they do start the pecking order thing. But you were talking about how they can imprint on you or on an object. So could you tell everyone the story about the thermometer that you had with the baby chicks? 'Cause this cracked me up when I was reading this.

Melissa: Yeah, that was kind of interesting. So one of the things you want to do for non chicken keepers out there listening, is you have to keep them really warm in the beginning. For the first week, they have to be 95 degrees in a draft-free spot. I thought, "Well, gosh, I don't want to buy a new thermometer." We had one of those weather station things that was probably three inches by three inches, but it would give a digital reading for the thermometer. I thought, "Perfect."

So we tucked that into the brooder and got a very accurate reading and we could kind of eyeball where we needed to have the chickens temperature wise each week. All of the sudden, one of them was curious and pecked at a button and got a beep. So they spent, they were so preoccupied with that little thermometer and I think they thought that the beeping was peeping.

It was just this whole crazy show. They became so preoccupied, they weren't interested in the food, they weren't interested in the water, they weren't interested in the little treats that we were putting in, or exploring. They were so focused and they all stood around it like, "Are you my mother?" So we actually removed it, so they would snap out of it.

Theresa: Yeah, oh, that just cracked me up. Yeah, 'cause you were talking about how they even slept next to it.

Melissa: Oh, my gosh, they had it. I mean it was a chick size and it just made all those beeps and everything else and I think they thought, "Wow, what a cool chick."

Theresa: That is so funny. Well, I love this book and I think it was really interesting to learn so much more about my chickens. It definitely will help me enjoy them more. I really appreciate you coming on and sharing all your expertise with all of the listeners. So I just wanted to thank you for coming on, Melissa. This was really an interesting conversation.

Melissa: Oh, thanks so much, Theresa. This was really fun. I'm so thrilled that you keep chickens in Los Angeles.

Theresa: Yes.

Melissa: Maybe this'll just spark people to consider keeping chickens and really get the curiosity there. What is it all about? I hope this book helps people understand their flock.

Theresa: Yeah, I think it will and I definitely love the idea that more people will keep backyard chickens 'cause they're a great pet.

Melissa: Yeah, me too.

Theresa: Well, I hope you enjoyed that conversation with Melissa Caughey, the author of "How to Speak Chicken." As I promised, I will have in the show notes for today's episode, everything that we talked about, including Melissa's website and links to her books. To get to the show notes, you just go to LivingHomegrown.com/129.



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So I hope you enjoyed that. I really appreciate you taking time out of your busy day to listen to this episode. Until next time, just try to live a little 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.