

Paleo Solution - 260

[0:00:00]

Robb: Hi guys. Thank you for your continued support of the Paleo Solution podcast. I also wanted to take a moment and thank two of our wonderful podcast sponsors. The first is Thrive Market. Thrive is a new online market place offering the world's bestselling natural and organic products at whole sale prices.

If Costco and Whole Foods on line got together to rave and got liquored up, their child would look a lot like Thrive market. So the way that Thrive works for less than \$5 a month about \$59.95 annually, you get a membership that gives you access to more than 2,500 of the highest quality food, supplement, home, personal care and beauty products. Those are all delivered straight to your door and at 25 to 50% below retail price.

Orders above \$49 are free but that's only in the continent of the United States. Robbwolf.com followers get a free two-month Thrive Market membership as well as 20% off of your first order. So go to thrivemarket.com\robbwolf and you can get in on that deal.

Our second podcast sponsor is Hylete. Check out Hylete's innovative athletic apparel at hylete.com. You'll love Hylete and I absolutely do. You can love a whole lot more of them because if you enter the code `robbwolf50`, you receive a holy cat's worthy of 50% off your purchase. Thank you again. And it's time for the show.

Howdy folks. Robb Wolf here. Another edition of Paleo Solution podcast. I am very, very excited today to share with you one of my best friends in this Paleo ancestral health scene, somebody that I have so much respect for, so much love for. Her name is Diana Rodgers. She's the founder of the Sustainable dish website the Modern Farm Girls podcast and she's the author of multiple books including the most recently released the home-grown Paleo cook book. Diana, how are you doing?

Diana: Oh great, how are you?

Robb: I'm good. I am so excited for this project. Diana and I have been talking for almost 30 minutes before we got this thing rolling because she's one of my favorite people in the world. And I felt like I was going to get some Diana time because I don't get enough of that. Now, we get some group Diana time here.

Hey, I know everybody knows you but give folks some of your background. You have a really interesting background ranging from the Sustainable Farming scene, Paleo mainstream dietetics. Tell folks about your background.

Diana: Yeah, sure. So I have celiac disease, undiagnosed until I was in my mid-20's, so that really drove me to want a better understanding of nutrition ever since I was a kid, just trying to figure out what was going on. I did my undergraduate as a Fine Arts major, I don't even know if you knew that. So I was a painter and a sculptor and a furniture maker for a while. And then transitioned to the corporate world and was not happy.

Robb: Shocker.

Diana: Doing that. And my husband and I now live on a working organic farm where we've been farming at this property for the last few years and before that for over 10 years at another piece of land in Massachusetts. So we're right outside of Boston. So we've got a working farm, we do a vegetable CSA, we do sustainable meats so we do rotational grazing. We run the pigs through the woods. We've got mobile chicken coops and we've got some fantastic eggs and all that stuff.

And at the same time I run a nutrition practice where I've been counseling people on weight loss, Paleo-type diet and I'm just about done with my RD. So I decided to go back to school and get the medical credential, just to have a little more respect in the medical community and to be able to do some more intense medical nutrition therapies.

For the last five years, I had to go back and they didn't even count my Biology 101 from my undergrads so I had to start with Bio 101, Anatomy and Physiology and all these stuff. This is my last semester of my course work and then I will have a one year unpaid internship that I actually have to pay \$10,000 to do. And then I'll be done with my RD.

[0:04:56]

Robb: I think you actually reached out to me and asked me what my thoughts were on the RD program way back when right? I still remember that and I was like well, that's going to be a gut check. But you've motored through it and props to you for doing that. I don't think I could do it. So I'm very impressed.

Diana: Yeah, I mean I really enjoyed the Biochem. The hard sciences were fun for me like the Biochem was stuff that I didn't learn in my painting classes undergrad and I loved it. Some of the other classes have been really hard like really hard to sit through and keep my mouth shut and just kind of get the A and move on.

Robb: You have been one of the people that I bonded with so incredibly well on this not just the Paleo topic but early, early on we both bonded on this idea that the sustainability story although not as sexy as abs, not as sexy as skinny jeans was really fucking important. Like drop everything, this is the thing that we need to focus on and I know we both have been metering out ways of getting people excited about that.

I've got to tell you the story. I meant to actually text you to tell you this but I was cruising through Whole Foods with Sagan and the Bjerne hanging off my chest. Zoe in the shopping cart and these three women were in the produce section and they were talking about the Modern Farm Girl podcast.

Diana: No.

Robb: Incredibly wonderful it was and I leaned in and I said you know she's one of my best friend. And they were like oh my god, she's so great. So yeah I meant to tell you that. So clearly this has been a topic really near and dear to your heart. You've done an incredible book where you make the case for sustainable Paleo living, raising a variety of critters growing a huge assortment of sustainable plant materials, cooking, lifestyle. What drove you to do this other than insanity?

Diana: Well, I've been thinking about this book for a really long time. So I wrote my first book Paleo Lunches and Breakfasts on the Go really just because a publisher called me and said we've got this concept and we're looking for an author. I just thought it would be a good exercise to learn how a book is written and everything. And it was this really fast process, I wrote

the whole thing in four months while taking Statistics and Biochem and running a farm and having my kids.

So that was, it was great to bang that thing out but at the same time in the back of my head I really had so much information I needed to spill out there. So I partnered up with my husband who's really the main grower and just wanted to write a whole book. I really feel like people if their foodies and their Paleo is made up of foodies, of people who are interested in nutrition in their bodies and it's beautifully spinning into a larger lifestyle piece where people are paying more attention to their sleep and getting more outside play that kind of stuff. And so the food production piece of it was just something that I feel is such a natural piece to the rest of the puzzle.

So the first gosh third of the book or half of the book is really explaining sustainable food production with maybe the sense of you grow it but really just for anybody who is a consumer so that people aren't going to the farmer's market and asking for grass-fed chicken. Because you just can't even believe the dumb questions you get as a farmer.

So people can kind of skim through it or they can actually read it and get some legitimate information so that they could take what I've had here and go start some backyard bees or have some chickens or a few goats or something like that. I know Nicki is really excited about goats. She's been working on you for a while, right?

Robb: She's excited about goats and bees. Like that woman is possessed by goats and bees.

Diana: Bees are fascinating and goats are hysterical. Those are two great places to start.

Robb: My main interest in both of those is that they both provide delicious output. So that's my main focus.

Diana: People don't eat enough goat.

[0:09:51]

Robb: You know it's funny, so I'm on the board of directors of the Savory Institute hub here in the Reno area. And they are doing cattle but we've been looking at introducing some goat and some camel varieties.

Diana:

Nice.

Robb:

And you know the big hang up in this area we're in high dessert and cattle require decent amount of water and I was kind of looking around at the natural history of this area and there used to be a lot of goaty, camely type critters that lived in this area. And so I was kind of thinking man, why don't we do more goat.

And actually goat consumption has been going up a lot in the United States mainly driven by the increase in Hispanic populations which is kind of cool on that front and apparently camel is in fact becoming a bit of a delicacy item in some restaurants. So we are looking into the potential of getting some goats and camels running around out here.

Diana:

Yeah, and goats are really close to wild and they're not very domesticated and you see that in their behavior. The difference between a sheep and a goat, it just in their attitudes and everything it's really incredible. The sheep has just been domesticated for so much longer than goats.

And then we have a full guide to growing vegetables for folks who want to even if they think they can't and they live in a city, there's still rooftop gardens, there's community gardens. I'm a huge advocate for these community garden plots because it not only gets people outside but it builds community. So you're talking to the people next to you, checking out what they're growing and everything.

And then there's recipes and of course there's like a hundred recipes, everything was shot and filmed here on our farm which is kind of cool. And then there's a big lifestyle piece. So just trying to get people thinking beyond the food and beyond even the growing part. But do we really need to be making Easter eggs with these fluorescent Disney dyes that you get in the stores. Here I give people tips on how to, just things they can do with their kids or just other ideas on just more sort of down shift analogue lifestyle.

Robb:

Right. Right. I'm going to have one really specific question about the living and lifestyle piece. But I want to ask you how was working with Joel Salatin getting the preface for this? Because Joel wrote the preface, you wrote some skinny, unathletic biochemist into writing the foreword for your book. Clearly Matt Lalonde was busy that weekend so you couldn't get a good looking jacked biochemist to write something. But how was

working with Joel? And how do you feel like his contribution you know adds to the overall project?

Diana:

Joel has been, we've had quite a few sort of threesome emails going on with Joel just about different like when you and I were working on that piece for the Ancestral Health Symposium on liberation from the industrial food system. So it's really nice to get his perspective because at Polyface, they run a really large, it's like 6,000 member buying club where folks can order in advance the products from Polyface and they're delivering to the little many hubs.

And actually Sheri Salatin is gluten-free and dairy-free and I sent her a copy of the book and she just placed an order for 60 copies to give to all the hosts for their [Cross-talk] But Joel has been just really, really supportive of everything we're doing here and he's not even Paleo but he gets it. And this book isn't even really I mean it is Paleo but it's so much bigger than that. And I was just really honored that he got it and then Allan Savory got it too. He wrote a nice piece and I had a nice piece also from Andrew from an Animal welfare approved which is like the gold standard in humane animal treatment. So because it's interesting.

I actually pitched this book to three different publishers and one of the publishers here in Boston is a very well-known cook book publisher. They make beautiful books and I wanted to make a beautiful book. So I went to them and they were like sorry, we will publish books that have meat in the recipes but we don't want to publish anything that talks about how to raise them because that's just too much for us.

Robb:

Too waky, too real, too life.

Diana:

Yeah, right.

[0:15:00]

Robb:

Interesting. You know what Joel has been such an amazing person to get to know. I've been able to speak with him a couple of times, got to hang out with him a little bit. And what's fascinating to me about the guy is that he's got his ideas about how this food production story needs to work but he's been very, very clear that this is not about we're trying to make the modern system go away per se. We just want the ability to do these things that we want to do.

And if you've got any type of libertarian inkling and just to focus on freedom like I've said for a long time and this is why I've really been a big supporter of the Farm to Consumer Legal Defense Fund, whatever way that you choose to eat whether it's vegan or Paleo or macrobiotic or Weston A. Price, or whatever the deal is, if there's some focus on qualitative nature to that food, because of the way that the kind of industrial food complex moves and shifts gears and what not, you may not have access to those things that you want at some point.

Unless there are people that kind of spearheading this stuff, educating folks and creating the market demand that drives this stuff along. I just saw a fascinating piece the other day popped up in my Facebook thread or feed which was talking about process food sales have actually slumped significantly in the last five years.

Diana: I love, that was, that made my day.

Robb: It totally made my day too. And people it may sound crazy but there's probably a couple of million folks now doing Paleoesque CrossFitty type lifestyle stuff and that's actually starting to change some things. Like there's legitimately some change of foot but it still is a, we talked about this a brief bit before we let the tape roll. It's still a bit of an uphill battle to get people thinking about the sustainability piece.

And you wrote a section in here the sustainable Paleo diet and I think that one of the massive misconceptions that exist out there is, a variety of them seem to cluster around one is that it's all meat. And so if it's all meat, then it's unsustainable and meat production is unsustainable and what not. I've blathered on about this stuff ad nauseam but what's your take on that? Like maybe we can get your perspective on this and it will click with people finally.

Diana: Yeah, I mean you just can't have a system where you're only growing vegetables because you need input. So we actually talked about soil health. My husband went to a Master's program in Soil Science. So that's his focus is growing great soil. And so we happen to know a lot about that at the farm and you absolutely have to have animal input. You need nitrogen, you need all the minerals, you need bones and blood basically in order to grow vegetables.

So there's just, I don't see a way of having a vegan, vegetarian healthy farm. I mean on the health and there's no argument that meat is more bioavailable as a protein than plant sources. So it just makes so much sense to me that what's good for our body is also the best for the environment. So when talk about meat production as being unsustainable, all these films like Food, Inc. and stuff they're showing industrial scale, huge CAFO systems but they're not showing a beautiful, small scale neighborhood farm like what we have here where we've got enough animals. We're not overcrowding anything. They're all being rotated around the farm. All the compost I mean if a lamb dies for some reason it gets composted. That turns into fertilizer and it goes right back into growing great kale.

I think there's just a huge, huge disconnect with people and they're anthropomorphizing animals and not understanding that we're part of the system and we're part of this whole circle and we're not on top of it. Controlling everything.

[0:19:40]

Robb:

It's fascinating to me and I've said something along the lines that the sustainability story like there really seem to be some legitimate cracks in the walls of people arguing against an ancestral eating pattern, an ancestral life way from a health standpoint. Particularly we're getting so much traction and bandwidth with gastrointestinal issues and autoimmune issues that that story isn't going away.

And so what it's shifting to more and more is attacking the sustainability of the story. But it's fascinating that the null hypothesis, the argument that everything's got to be "plant based" but yet ignoring what role the animals play in this dynamic ecosystem. Like there are no ecosystems where plants and animals don't interact. And when there is a problem in plants and animals interacting, usually that ecosystem collapses or goes away. And it's kind of a gut check like things live, things die and that's our place in the scheme of things. That's everything is placed in the scheme of things. And man, it's not skinny jeans and it's not abs. And I don't know how to get people more fired up about that.

One of the interesting things that I've seen within the vegan community that's very, very reminiscent of evangelical, religious conversion activities

is that they operate mainly through guilt. And I think that's actually limited some of the breath and depth that veganism and vegetarianism has been able to garner some people and motivated by guilt particularly goth teenagers are highly motivated by guilt oddly enough.

But then when you get beyond that, people are kind of like okay I'm not so guilty about just being alive and what not. But it was interesting they did a vegan cook book not long ago called Thug kitchen and it looked like a Cialis commercial. It comes in and it was actually better done than most Cialis commercials. But like this old lady start dropping f bombs and the whole thing, it was really slick and it moved this thing into kind of a sexier format beyond just simply hey we're going to guilt you guys into activity.

And so I think that they're kind of getting some of that stuff. And I've been trying to figure out how to sexified the sustainability message a little bit. Like maybe we need the dirty modern farm girls calendar or something like that, I don't know. Get hot farm girl chicks and you got two chickens covering up your boobs or something like that.

Diana: There was a calendar. We actually, Liz and I talk about it on our podcast I'll send you the link.

Robb: Okay. Lots of us. I will capitalize the effort to do the dirty modern farm girl calendars. Sexy stuff up a little bit. It's interesting but again you know this whole story goes back to ecology, evolution, dynamic ecosystems. What's interesting to me and Joel or another piece of this it's interesting to me, to make this stuff successful I really think that we need a picture of decentralized food production but then more centralized food distribution.

I actually talked to a couple of guys on my podcast. They did the films Soil Carbon Cowboys and they're affiliated with the Savory Institute and they know Joel. They know lots of people in the scene and it was kind of cool. One of the guys on that podcast is a systems engineer, worked for Shell Oil for like 30 years and I threw this idea out to him that we need decentralized production on the food front but we need to take advantage of some of these centralized food hubs.

I actually wondered into a Walmart or Walmart down the road here and I talked to the manager. And I was like I know this sounds kind of crazy but would you ever think about having a farmer's market piece of this thing

for local people to go and do this stuff. And he was super intrigued and he was like you know I've got to tell you that today, the type of people that roll through a Walmart are not going to be fired up about this. But he said five years from now, they will be.

And that's part of this thing that's really interesting to me is that there are these economies of scale that had been established whether it's a whole food or a natural grocers or god forbid, even a Walmart that has a ton of infrastructure, has all these technology behind it that gets food to locations in a very efficient manner but the production of food from my perspective because of the farm subsidies and inputs of why are we making nitrogen fertilizer when we are poisoning water ways with nitrogen fertilizer from cattle based cattle production. It's just maddening to me.

[0:25:03]

It's absolutely insane. Like we let the shit run down the river and poison the fish and cause algal blooms in the gulf of Mexico but then we need to put all these energy and put in the producing nitrogen to keep the whole system going. Actually had this guy's ear for quite a long time. And whenever I have to swing into Walmart to get diapers, I usually end up going by and saying hi to the guy.

But what do you think about that? You know the decentralized production, centralized distribution kind of thing. And have you guys played with any of that similar to Joel for your own farm?

Diana: Well first of all I have to say I was high fiving you the whole time I listened to that one podcast you just mentioned.

Robb: Oh you did listened to that.

Diana: Oh totally. Yeah, I think I even texted you afterwards. It blew me away, it was so great.

Robb: Awesome, thank you.

Diana: So I think that for us, our farm is in a pretty wealthy suburb of Boston. So, I think we have like the top schools in the state and Massachusetts is like the top in the country or something like that. So people are really highly educated and highly motivated. But even here, I'll go to one of my kid's

play dates to go pick him up and I see the mom who clearly has enough money and enough education to know better and it's just all processed foods and stuff like that in the house. It's a little disheartening.

But anyhow, we don't usually have a problem selling direct. So with our CSA, we do pretty good through our members. We are building a farm stand this year and so we're looking to partner with a lot of other farms. And so we're going to be selling not only our produce and meats but also regional products you know local organic stuff.

But there are some really great models out there. I think it's important though that the business have some good integrity behind it because that's the problem is once when you start getting these guys in it, they just want to make a buck. There was one regional coop in the Boston area that was delivering to people's doors organic produce. They were nickel and diming us and it's just not cool.

So I've heard Relay foods, Joel had recommended that I chat with them for my book. I called them several times and never got a call back which was too bad. But I looked at their model and so they're in the DC area and you can get regional produce that the farmers deliver to them and then they distribute to you. So I think there's going to be lots more of these models coming up and it's definitely I think Joel called it the Amazon of local farming.

Robb:

Interesting. Interesting. Very interesting. Well you know, I'm doing some work with this outfit called Thrive Market. And they are pretty interesting and that they're doing a direct to consumer thing. And they have a kind of like a Costco model. You get a membership and then you get access to all these goods online. And they're mainly going with non-perishable stuff first.

But part of their goal is to actually have a distribution network of brick and mortar location similar to a Costco. And I've introduced them to the Savory Institute. They're probably going to be at Farm Freedom Fest and they're really fired up about getting woven into these. The two guys that founded that are very, very sustainability oriented and very excited about that. So that's interesting. Hopefully, what's the name of the other outfit that you mentioned?

Diana: Relay Foods. And they're in – is this the one in August or something down in [Cross-talk]

Robb: At Joel's place.

Diana: Yeah. I'm going to try come down for that.

Robb: You better, you better. I'll be there. So you better get down for that.

Diana: Yeah, so hopefully this Relay Foods organization, I mean it seemed really great what they're up to. So I think we just need to make it a little bit easier for folks because not everyone can deal with the CSA, not everyone wants the farmer picking up their produce for them which we get. But we just happened to be in an area where people are loving it and we can make more money than having to go through a middle man so we're just working it. But it depends on where you're farming and certainly if you're in a place that's a little less populated, you need a better outlet.

[0:29:56]

I was even reading, there was another article that came out I don't know if you saw it recently about how farmers are switching from GMO to organic just because there's more money in it. So there's your whole consumer-driven...

Robb: Piece to that yeah. And it's interesting there was a piece a couple of years ago maybe about a year ago. Corn growers because they've been so impacted with problems with rain fall and all that type of stuff, they started getting in and producing fruits and vegetables and going for kind of an organic angle on it and they noticed that when they were growing the fruits and vegetables if they did this in kind of a rotational fashion and ran some cattle through that area and oh by the way the grass-fed cattle are healthier and sell for a premium relative to the grain-fed cattle.

It's interesting there are some conventional farmers because we are growing the market demand for this stuff, despite the fact that they are eligible for these farm subsidies, some farmers are opting out of that system because they can make more money and have a more sustainable, more predictable future by heading in this other direction

because they've got more controlled of the inputs and outputs. And I found that really, really interesting.

Diana: Yeah. And you know from a food security stand point, it actually makes sense to have things more regionally based instead of having these monolith farms. So it's puzzling to me why the government doesn't try to support that more.

Robb: Yeah, centralization of power. We're kind of off to the races there. That's the controversial truth broadcast because clearly we can't talk too much about politics on here because people will freak out. And if we really start connecting the dots for people, I mean we're already suggesting that sustainability is more important than abs if we start saying that there are political motivations on this then we'll really will be down to six listeners. So trying to be as big a prick as I can without completely checking everybody out.

In addition to running folks through how to raise a variety of critters, chickens, rabbits, sheep, goats, pigs, the family cow, bees, you talk some about hunting and I remember when you went through some of the material about hunting. I got Charles Mayfield's input on some of that stuff. Really thorough section on growing whether you've got a farm plot, whether you're in an urban environment, you go through an amazing cooking section which I want to talk a little bit about that after Ancestral Health Symposium in Boston at Harvard, we went out to your place. You put on the spread that is still one of the best meals that I've ever had. Did you by chance in here mentioned or share the pickle alcoholic beverage drink?

Diana: I didn't, I decided not to put boozy drinks. I actually had a section on boozy drinks and then I, I don't know. I didn't do it.

Robb: This thing, so normally I'm kind of more of the Norcal, margarita type of guy. So explain the background on this. It was a martini? Pickle martini, is that what you called it?

Diana: Yeah, it was a spicy pickle martini. So it has lacto-fermented real pickles that we're on a spicy brine. The bartenders mixed it up. I gave him the idea but I'm not a mixologist by any means. I believe it was vodka that they mixed it with and sort of served it straight up like that. I remember you being blown away.

Robb:

Well not just blown away. Matt Laland and John Wellborn had to carry me to the car. One of them had my shoelaces, the other one had my head and basically heave me in the back of the car. But that was absolutely again one of the best meals that I've ever had. And you do an amazing job of going through all the how to set up your recipes, how to plate to the seasons. If you are part of a CSA or if you're growing some of your own food or god forbid if you're just going and buying what's cheap in the supermarket, it should be rather seasonal.

And so you get some ideas about how to break things down from a seasonal basis. And then you shift gears and you have a living and lifestyle section. Why do we need to worry beyond food? Don't we just worry about food 24/7 and then that's our whole life and we can be neurotic about it and have eating disorders? Why do you need a healthy lifestyle to play into all these?

[0:35:00]

Diana:

So yeah, I mean I know Chris Kresser gets into these a lot. And I love how he talks a lot about sleep and all that kind of stuff and it's just creeping in more and more on the conferences too. But so just spending time, more time outside, how to go camping. I actually have tips on how to go camp, how to start a fire. Stuff that people are just, people don't know how to roast a whole chicken. They don't know how to start a fire. Like you give them a real grill that doesn't have a start button on it and they're like what. What do I do?

And I'm not a sarcastic in the book. But I just feel that people need to learn some basic stuff and then because my background is in art I've got a few like fun crafts in here. Like how to build a fairy house, I mean people with their kids and maybe give them a crayon and some paper and say go at it. But there's not a lot of outdoor activities that are sort of more quiet.

Like you have girls and I do too. I have a girl and a boy and they play very differently outside. And my son will just pick up a stick or just run around and stuff but sometimes for girls in particular, I feel like it's just directing them in a different way to be more quiet and sometimes they naturally want to do something that's a little more creative. And so I've got sort of instructions on that in here.

Robb: I've got to ask what is chicken shit bingo? This is one of the topics. So you have things like starting a fire, hosting a clam bake, roasting a pig and then you have playing chicken shit bingo and I'm intrigued.

Diana: On our farm there's always tons of people hanging out at our farm all the time. We're always having parties. We always end up playing capture the flag with everyone ranging from five year old kids to 50 year old guys who've had a couple of beers and it's really funny.

And so chicken shit bingo basically is you make a board and you plunk a chicken in the middle of it and people are betting on where the chicken is going to shit. And you put the numbers down and stuff. And again it's just a nice game that kids and adults can kind of play. I don't know.

Robb: Do you ever stack the deck a little bit and give the bird maybe a little bit of a natural calm, give a little magnesium in there to just kind of loosen the gears a little bit? Or is that a secret that you're not going to give up?

Diana: Yeah, I don't know.

Robb: No comment on that. Okay. I got to tell you I just love this book so much. My wife Nicki was literally dancing in the kitchen when we got this. So incredibly excited, I go through with Zoe. So one of our co-directors for the city zero project and risk assessment program her name is Jackie. She has like 17 chickens at her house. We go over there all the time and Zoe helps to feed the chickens and Jackie calls them her girls.

And so Zoe knows that it's a chicken but she always calls it her girl. And so you have girls throughout all the book and Zoe absolutely loves that. But I've got to tell you this is the most excited I've been about any book coming out in a long time. You've done a better job of weaving the sustainability story into the health benefits of an ancestral life way, the lifestyle features and what not.

But then reminding people whether they are just going to do a planter box in their Manhattan apartment window sill or if they're actually going to go out and take the gone to wild section of their backyard and actually do a little bit of suburban homesteading. This thing really bridges all those gaps. Like you just did an amazing job covering all these stuff. I'm really, really impressed.

Diana: Thanks. And I think I really wanted something that was hands on for people that they could actually take and do something with. And I know, you know that we had gone back and forth at the title so many times. And so I think kind of sneaking the sustainability piece into a beautiful cook book was really in the end the best way to go with it because not everyone is going to get it right in the beginning that the sustainability piece is so important. But maybe if they get wrapped in with some nice recipes and some cool info on chickens and stuff it might all click.

[0:40:03]

Robb: I completely agree. I completely agree, cannot recommend the homegrown Paleo cook book enough. Man, I'm just literally stupefied here. It's kind of funny. Like I usually don't get nervous before podcast. I got kind of nervous before the David Pearl mother podcast because I really appreciate that guy and kind of idolize him for a lot of work he's done.

I know Diana really well but I was actually nervous before this podcast because which is so excited about this project and so tickled with how well this thing turned out. Diana, folks can track you down at sustainabledish.com. They can go to the podcast link there and check out your Modern Farm Girls podcast. Homegrown Paleo cook book is out now or when is that our?

Diana: March 10th.

Robb: March 10th. So this podcast will go up immediately before that, before you officially release but we will have links to all of your materials and links to the book in the show notes. Anything else that you want to wrap up with?

Diana: Just if folks want to learn a little bit more about what it looks like here or just kind of check out a little bit more about our farm, I actually started making some videos. So I've got a little Youtube channel and we're starting to do some educational videos.

So we've got a few up there on rotational grazing. We've got tomato plant care, we've got some goofy ones with the kids. We've got how to play capture the flag on the farm. And we've got video from one of our barbecues, folks running around playing. So I'm hoping to grow the video

side a little bit more, it's a lot of work. But it's also really fun and I think it kind of puts to see the video...

Robb: Captures that story so well yeah.

Diana: Yeah. So all that stuff can be found right on my blog.

Robb: Awesome. Well Diana, thank you so much for being on the show. Thank you for doing the book. Looking forward to seeing you at Farm Freedom Fest in August. Are you going to Paleo f(x) too?

Diana: Yes I am, I'm going to Paleo f(x). Are you coming to New Zealand?

Robb: For a chest down in New Zealand I'm going to try to. Man, if I go without Nicki and the girls I'll probably come home with the doors you know the locks changed on the doors. But then if I go with them, Nicki is liable to kill me during the trip. So it maybe a year or two before we get down there yeah. I think when Sagan is Zoe's age then we might be game for a literally across the planet trip. But not this year.

Diana: Yeah, because flying 24 hours with a two year old is so much fun.

Robb: Well, it's a little bit better than flying with a six month old. It is all that I could probably throw around that. So yeah. Well Diana, thank you again for being on the show. Really excited to see continuing work that you guys are doing. Looking forward to seeing you in real life here pretty soon, multiple times. And take care and we'll talk to you soon.

Diana: Right. Thanks so much for having me.

Robb: Okay, bye.

Diana: Bye.

[0:43:16] End of Audio