

**Jackson Park Farmers Market Story 1**  
**Anne, [00:02:12]**

IN: So the first question will be where do you most commonly get your food?

A: Usually at home, but we go out to eat a lot in restaurants in our local area.

IN: So could you name me maybe one grocery store and one restaurant?

A: One grocery store, the we like to go to Pick n' Save or it's Metro Market. And the restaurant, we like to go is I actually, it's a steak place; the Outback.

IN: So there's particular reasons you love about those places?

A: The Outback is great for their steaks. They're always very tender. They have great vegetables with their steak, broccoli, fresh broccoli or fresh salad.

IN: And then how about the Metro Market and Pick n' Save?

A: Metro market, they have great steaks... Metro Market, they have a lot of fresh vegetables. They always have what you want in stock; chicken, steak, just whatever we need.

IN: Could you just describe your journey to those place? How did you get there and how often did you go there?

A: To the to the local food market, we go to Metro Market because it's down the street from us. I am not going to travel too far to go to all these different grocery stores, to be honest.

IN: Did you go there like driving or just walk?

A: Usually drive, even though it's probably four blocks away, but we drive cause we always buy too much. Can't carry it all.

IN: So how often did you go there? Like once a week?

A: Maybe once a week, maybe once every two weeks, cause it's just my husband and I.

IN: So what kind of food would you grow if you could?

A: If I could grow food, I would grow tomatoes, mostly vegetables, so tomatoes, cucumbers, onions, mostly vegetables. That's what I would grow.

IN: Do you have actually have a garden bed or in your home?

A: I don't have a garden anymore because I don't have enough sunlight. My husband grows hops cause he makes his own beer, so that's what we grow now.

IN: Could you tell me more about that?

A: We to make beer you need hops and there is different kinds of hops. They start growing now and we have to pick them in like late August, early September and then he lays them out to dry and then he freezes them. And when he's ready to make his beer, that's what he does. And I don't know how he makes his beer. I don't really watch him so. So uh, that's so basically the hops have taken over our vegetable garden, so there's not enough sun for the vegetables and the hops.

IN: Ohh, I see that's the reason. So how do you do yourself like drinking beers?

A: Do I? Yes, I do like beer.

IN: What kind?

A: I like basically stouts and he makes a stout. We have 3 beers on tap in our basement there's a stout. Then there's a pilsner, and maybe I don't know what else. I'm not sure what the name is. I can't think of but a little lighter beer, but stouts are heavy, dark beer, and that's what I like.

IN: Ohh, nice.

A: That sounds so amazing. And so could you tell me what's the taste or recipe of trust or comfort?

IN: Comfort food?

A: Probably a good steak and a good salad. That's what I would like with a nice glass of wine on the side. That's probably what it is, yeah.

IN: So could you tell me like, why do you feel like this way? Or why do you pick steak?

A: Because steak is, I mean, steak actually is good for you. It has a lot of protein, but you don't want to eat it every day, few days a week is good for you. And it has good flavor. And if we eat at home, my husband can put it on the grill and he's a very good griller. Puts on a night, the right kind of. Of spices and it's just very tasty. And then with a nice salad you can put a lot of different vegetables and you're eating sort of healthy.

IN: So are there any other food that is special to you and why?

A: Well, when I was growing up, my parents were from Italy, so we ate a lot of spaghetti and that was good. But now I don't eat too many cause spaghetti is too many carbs. At least for me, I don't really try not to eat too many carbs anymore.

IN: So what's your favorite sauce for pasta?

A: Red sauce. No pesto, no green sauce, red sauce.

IN: Do you have like a family pasta recipe for that?

A: I'm I'll be honest. No, I mean my mother always made everything from scratch, but I really don't cook, so I don't know.

IN: OK. Thanks. Thanks so much.

*[End Transcript 00:08:27]*

**Jackson Park Farmers Market Story 2**  
**Joanne Baez, [00:08:30]**

IN: So the first question will be where do you most commonly get your food?

JB: The grocery store. Do you want me to name one?

IN: Yeah.

JB: I go to Aldi, but I like Fresh Thyme.

IN: So basically how do you get there? Could you describe your journey to these places?

JB: I drive my car. And I have my bags. I bring my bags in the car. Yeah.

IN: So how long does it take? Like for you to get there? And also how often do you travel to there?

JB: I go to Fresh Thyme, maybe like every other week. So I buy, you know, things to last me that long, but I like their produce. So that's why I go there... I forgot the rest of the question.

IN: Like how and how often?

JB: Oh yeah, Aldi, I go whenever I need something cause it's close by to my house. So it's like 5 minutes away. Fresh Thyme's a little farther, so it takes me like maybe 15-20 minutes to get there and come back.

IN: Do you have a garden at your home or like garden beds? Or do you plant anything at home?

JB: No, I just plant flowers. But no, no vegetables or anything.

IN: So what kind of food would you grow if you have a chance? If you have the opportunity?

JB: Oh, probably like vegetables and herbs, like not all vegetables, because I don't like cucumbers. But maybe like tomatoes, I have done tomatoes before, actually. Maybe lettuce, things like that.

IN: So and could you describe your dream garden plot if you have a chance?

JB: I've never really thought about that. But if I could have a plot I would probably plant like leafy greens and like carrots like green beans and things like that.

IN: So among all the like vegetables or like the food you have, so is there any taste or recipe for trust or for comfort there any?

JB: I'm Puerto Rican. So if I cook something like that, that's very comforting to me, something like that my grandma would make something like chicken with rice or rice and beans and things like that. Those are like comfort foods to me.

IN: So if there is any like special recipes that pass down from generations or from families?

JB: My sister took all of those recipes my mother would write them down and she has the notebook with them, so she sends me pictures every time I want to make something that she has in the in the in the notebook. But anything like specific, I can't think of anything right now, but like. One thing that my cousins and I were talking about, we used to have like... And our grandma used to make us like, cream of wheat, but very Latin style, so that we were all talking about that just yesterday, actually. So she put not just vanilla, but cinnamon. And the thing that got everybody was like she would put, like, lemon rind in it. So it's made it really good. That's what we remember.

IN: So is there any, there are a lot of family gathering in your family for like gathering for food together or some dinner together?

JB: We don't get together very often. Especially after you know now that COVID hit, we would like to get back together, but because there's a lot of us all over the all over the United States. So we don't we, but we always chat every day and there's always somebody who brings up some kind of food that somebody makes or wants the recipe for something that then everybody contributes to that recipe.

IN: So is there any other food that is special to you and why?

JB: Oh, well, my grandma used to make these chicken pies that I always remember. She and my father would make stuffed turkey that was like their projects. So we remember those fondly. We can't make them because they never taught us but we always remember those.

IN: Thanks so much for sharing.

**Jackson Park Farmers Market Story 3**  
**Karen, [00:13:37]**

IN: Karen, what did you have for breakfast this morning?

K: I had cottage cheese with yogurt, and blueberries and nuts.

IN: I had almost the same thing for breakfast.

K: [Laughter] That's crazy!

IN: That's so funny!

IN: So, where do you most commonly gather your food?

K: At the grocery store. I usually go to Pick n' Save that's closest to me.

IN: Awesome.

IN: In as much detail as possible could you tell me how you get to and from Pick n' Save?

K: My car.

IN: Your car.

K: I don't know what else to say- yeah, I drive there.

IN: About how long does it take you?

K: Three minutes.

IN: Oh, that's so nice.

K: That's why I go there. I'm not a huge fan of Pick n' Save, but it's the closest and that's why I go there.

IN: You'd be surprised how many times I've heard that from people. [Laughter] Convenience over price for them.

K: Yeah absolutely.

IN: So, if you could grow any food, what would you grow?

K: I should um, well I do grow food. I have a garden, I do, yes. And I grow tomatoes, I grow, but my favorite thing to grow is kohlrabi.

IN: Oh, nice.

K: Yeah, that's one of my favorite foods. That and like, brussel sprouts. But I have not been good with brussel sprouts. Only got them one year. So that kinda, I love that [inaudible] kind of stuff. You know. Broccoli, and cauliflower and that kind of stuff.

IN: Is there anything that we can't grow here in Wisconsin that you'd love to be able to grow?

K: Like pineapples, and fruits like that. Yes.

IN: I actually have a pineapple plant at home. It doesn't have fruit, but yeah it's cute.

K: Oh avocados. I love avocados. Yes yes yes.

IN: Um, so could you describe your dream garden plot?

K: I would like to have, well, a bigger garden plot. Um, so it would be very big but it would have very nice soil. My soil is very clay like and I hate it. So I'd love to have more sand in it, and to have, like, all different flowers but also vegetables and I'd love to have fruits too that could grow in it if it could.

IN: Awesome.

IN: So, our favorite question – what is the taste and recipe for trust?

K: I don't know how to answer that. Um, honesty, cleanliness, just clean. Clean. I trust clean. I feel good about that.

IN: I like that answer.

IN: Um, so tell us about a food that's special to you and why.

K: You know what just popped into my head? Strawberries. Um, I used to go strawberry picking with my sisters and my mom, and my aunt when I was younger. We'd go to these big farms once a year, and then we'd pick pick pick pick. And then my mom would, um, make jelly and different things with it. And so, that's a special food. We saw how it came from the ground as a young person and how much work it is to pick. And to make it into a jelly or wherever, you know, whatever you're going to use with it.

IN: That's awesome.

IN: Is there anything else you want to share about your food journey?

K: I wish we had, you know, again I do a lot of obviously shopping from the grocery store but I wish we had more, like I love farmers markets and I usually just buy so much

because I love fresh and I love, but it doesn't seem, I mean it's more expensive. So I wish things were less expensive and things were fresher and all over. Everything is so processed. I hate it. But I do eat it. Because of convenience.

IN: Exactly. Well thank you so much for sharing this with us.

K: Thank you!



**Jackson Park Farmers Market Story 4**  
**Lynette Thiele, [00:17:55]**

IN: What did you have for breakfast this morning?

LT: I had a half a banana, a bowl of cereal, and coffee.

IN: Awesome.

IN: So, where do you most commonly gather food?

LT: Uh, grocery store? Pick n' Save?

IN: Awesome. And could you tell me in as much detail as possible how you get there?

LT: How I get to the grocery store? I usually drive myself in a car.

IN: And about how long does it take you?

LT: To drive there? Um, oh, probably less than 10 minutes.

IN: Awesome.

IN: So, um, what food would you grow if you could?

LT: What food would I grow if I could... Uh, I would probably have a vegetable garden. So tomatoes, zucchini, um, what else, lets see... Probably carrots, that kind of thing. Mostly produce.

IN: So our next question is to describe your dream garden plot. So is there anything you haven't included yet that you would include in that?

LT: Oh my dream garden plot... I would probably do a lot of flowers as well. If that's okay. I mean you're talking about food but yeah, I do have some flowers right now but my yard does not let me grow vegetables because I have a pine tree and I have a really small yard. So I've tried doing that, but I would probably try to grow, um raspberries, broccoli, a whole bunch of more things if I could if I had room.

IN: So for you, what is the taste or recipe for trust?

LT: What is the taste or recipe for trust? Uh, confidence. [Laughter]

IN: I haven't gotten that one yet. That's a good one! Do want to elaborate at all? Or what made you think that?

LT: Uh, ask me the question again.

IN: What is the taste or recipe for trust?

LT: Taste or recipe... uh, I think I said confidence because I, uh, would want to be able to hope that I could grow the garden I'm planning on. [Laughter]

IN: I like it! That's such a good answer.

IN: So our last question is to tell us about a food that is special to you and why.

LT: Uh, strawberry shortcake because my grandmother would always make that on Sunday when we went to her house for dinner. She made the little biscuits and had the strawberries and whipped cream and that always has held a special memory for me.

IN: Oh that's so sweet.

IN: Is there anything else you wanted to share about your food journey with us?

LT: Well, I think I'm trying to, as I'm getting older I'm trying to eat healthier. Um, at this stage of my life, I'm really, like, uh, really concentrating on eating from all the food groups and just eating better.

IN: Awesome, thank you so much! I appreciate it.

**Jackson Park Farmers Market Story 5**  
**Natalie Meier, [00:21:54]**

IN: So the first question would be where do you commonly get through your food?

NM: I usually get my food from our local grocery store in our community.

IN: Can you name it?

NM: Yes, it's called Metcalfs.

IN: So could you like in much detail as possible, describe your journey to and from that place?

NM: I have to get in my car which is in my driveway, and then I'm fortunate I live in Wauwatosa or right outside of Wauwatosa, so there's a, there's a - so many food, there's so many places to buy food, so I will drive down probably about 10 minutes down the road into downtown Tosa and park my car, get in, shop for about an hour or so, bring it home. The whole thing takes me a few hours because I take a while to shop.

IN: So how often do you do your shopping?

NM: Probably about at least once every two weeks, maybe every week even.

IN: Is there any other food place you will go during your trip?

NM: So we enjoy going to farmers markets. So the West Allis Farmers Market. I'll also go to Cermak quite a bit. We love Cermak, which is a grocery store and we're also - me and my husband will try new location, new stores if we see them.

IN: So what do you like most about the first grocery store you referred to?

NM: My favorite thing about Metcalfs is its location, and that it's close. It does offer quality items, but it's quite expensive, so it's not my first choice, but it seems like time is a little more valuable these days, so I'd rather pay more just to be able to get my food.

IN: And what food would you grow if you could?

NM: Well, we do have a garden at our home, but we are not too successful. We would love to grow things like lettuce and salad makings - onions, carrots. We've tried growing corn. The main reason that we struggle to grow food in our home is because we don't have enough sunlight and that the bunnies eat it. So we've put up fencing, but it's just difficult being in an urban setting to grow the types of things in the quantities that we'd like.

IN: So if you have a chance, what? It will be like for your dream garden will be like?

NM: My dream garden would have all full sun section and plenty of space, and I would try to grow everything that I buy at the supermarket. Literally, I would try to not have to go to the supermarket unless I'm getting items like dairy and protein that I can't physically make or grow.

IN: Sounds great.

IN: And so what is the taste or recipe of trust or comfort?

NM: We love to make homemade pizza as well as, yeah... Let's see. Spaghetti bolognese. And we love to grill fish on the grill. So really just all types of different things. I'd say our go to is homemade pizza though.

IN: So could you tell me like, why homemade pizza is kind of special or fill you like more or home like?

NM: Because pizza you usually go out to get. It's a special occasion and so when we started to try to make it on our own, it wasn't always good and we finally learned how to make it taste good, so now it feels like we're having a special occasion just at home.

IN: So except for pizza, are there any other food that is special to you and why? Or it also can be vegetable or fruit or anything you want from your garden.

NM: Oh, gosh. Well, we love salsas and tomatoes, cucumbers. I mean, I'm a vegetable lover, so it's hard to choose, I suppose. But I think one of my favorite things is just to cut up vegetables and roast them in the oven with olive oil, salt and pepper, garlic. So really simple things.

IN: That would be great.