

**South Shore Farmer's Market**  
**Story 1: Aiyannah Simms**

*[Begin Transcript 00:00:01]*

IN: Could you state and spell your name please?

AS: Aiyanna A-I-Y-A-N-A-H.

IN: Aiyannah?

IN: OK, Aiyannah, can you tell me where you most commonly gather your food?

AS: I usually get my food from Trader Joe's.

IN: And how long does it take you to get there? Do you drive? How do you get there?

AS: I drive there. It takes me like 20-25 minutes. I usually get lost cause all of the exits are closed, and then I have to drive all the way around the mall to find it. So yeah, it's a journey.

IN: OK. Let's see...what food would you grow if you could?

AS: I would probably grow tomatoes and grapes my. My family, like, owns a plot of land and we used to grow a bunch of tomatoes and grapes and a bunch of other stuff. But when I was little, my job was to take care of the tomatoes because I would eat them and the grapes because no one else wanted to take care of them. So yeah, those are probably the two that I would grow.

IN: And this kind of goes into what you would grow, but like, could you describe your dream garden pot?

AS: OK, so I'm not exactly sure because I don't know if I have a green thumb, but mostly vegetables. I think tomatoes. I love tomatoes. Potatoes because I will eat potatoes every single day and a lot of greens probably, like some herbs because fresh herbs are, just, chef's kiss, honestly. They're the best.

IN: And when you think of trust, what is a taste or a recipe that comes to mind?

AS: Oh, so when I think of trust, the recipe that comes to mind is...It's so basic, but my mom would make something called Frito pie when I was little, and I'm pretty sure it's just like basic, like taco stuff on top of Fritos, but it was like the best comfort food anytime, like my siblings and I would have like a bad day or something we'd have Frito pie, and it was just like a warm hug and it was great, yeah.

IN: And again, this kind of goes into the last question about trust, but like, what is a special food for you, and what makes it special?

AS: A special food for me would probably be fruit pizza. My mom used to make it a lot, and it was the first thing that she taught me and my siblings to make, and every, like, first day of spring, after the long hours of spring cleaning, my mom would, like, have fruit pizza waiting at the end of the day. So, it's something really special and I love it.

IN: Awesome. And now is there anything else that you would like to add about your food journey?

AS: Uh no, I don't think so.

IN: Well, thank you so much.

*[End Transcript 00:02:53]*

**South Shore Farmer's Market**  
**Story 2: Alaina Hanks**

*[Begin Transcript 00:03:05]*

IN: Could you tell me your name please, as well as the spelling of your name?

AH: My name is Elena Hanks, and my name is spelled A-L-A-I-N-A. And my last name is Hanks, like Tom Hanks.

IN: All right, now, where do you most commonly gather your food, like the name of the place as well as the location if possible?

AH: Pick and Save on 43<sup>rd</sup>, except the produce sometimes isn't great there. So then we go to Meijer out on Layton. And that's, like, a pretty far drive. I like ALDI, but again, like, the produce goes bad within like a day or two and every time I buy produce there...that's the problem I have...my produce is gone and so I end up having to go somewhere else.

IN: OK. And in as much detail as possible, could you describe your journey to and from those places, like how you get there, how far it usually takes for you to get there?

AH: Yes, it's typically in a panicked fashion on a Monday night when I am like, oh, no, we don't have any lunches for the week. We should stop at Pick and Save, and then I'll pack up our whole family. We like to make sure our daughter comes with so she knows what it's like to shop for food. Like, I think it's important for her. So, we all pack up in the car, we grab our, like, reusable shopping bags, and we drive over to the Pick and Save.

IN: OK, great. And what food would you grow if you could?

AH: Fruit trees and berry bushes.

IN: What kind of fruit trees?

AH: Pears, nectarines, apples. I would like lemons and limes as well, but like, we're just not the climate for it. And Berry bushes, like all types of berries.

IN: And if you could have your own garden, like your dream garden, what would be in that dream garden plot?

AH: All the herbs because then you could dry them. I also really like tea, so like chamomile would be great. Lemon balm, catnip for our cats, like, I just want all the herbs generally speaking. And then I think the usual like garden suspects, right? Onions, tomatoes, carrots, celery, broccoli, brussels sprout, corn bean squash. All of it.

IN: That's quite a quite a bit of things there.

IN: And when you think of trust, what is the taste or a recipe that comes to mind when you think of trust?

AH: Wild rice

IN: Wild rice? And why is that?

AH: Because I'm Ojibwe and like It's been at every family gathering and every community gathering and every moment where there's, like, a big moment and food is involved as a celebration or a comfort. That's the food that's always there.

IN: And the last question here, can you tell us about a food that is special to you and why is it special?

AH: Berries. I think, geographically, they're significant because they grow here. We have forests, like, we're built for berries here in the Midwest. And, as I said, I'm Ojibwe, and so part of, like, a coming of age for young women is to do a berry fast where they stop eating berries for a year once they start their moon, their period and it's kind of...like a significant moment for young woman. And so my daughter just finished her very fast and I would say like it's...given her a different perspective on berries. She definitely like, has a newfound appreciation for them because she spent a year without them and built that discipline and that, like self-control to stop herself from eating them, which is hard for a kid, right? She's 12.

IN: And is it just any type of berry or a specific berry?

AH: All berries.

IN: Wow, very interesting. Thank you for sharing that with me.

IN: And is there anything else that you would like to add about your food journey?

AH: I'm working on a garden. But we live near the river, the Menomonee River Valley area, and the problem is there's so many critters, and so anytime we do have something outside like raccoons are in it, muskrats, possums, there's deer running around. So I really would really like to get my garden going, but I have to figure out a way to keep critters away from it first because otherwise, I'm just feeding the animals and...that's not good for the ecosystem either, right?

IN: Right, right...How are you going about trying to figure out how to...is it about certain plants that you can plant along with your food to keep critters away?

AH: Naw, I'm looking at like structures, so I want to do, like, raised beds. And then maybe have, like, chicken wire around them to keep animals from just going in and eating everything.

IN: Right. Well, thank you so much.

*[End Transcript 00:08:29]*

**South Shore Farmer's Market**  
**Story 3: Anna Bradley**

*[Begin Transcript 00:08:30]*

IN: Could you say and state your name for me, please?

AB: Anna Bradley.

IN: And could you spell that for me, please?

AH: A-N-N-A.

IN: And Bradley, B-R-A-D-L-E-Y? Awesome.

IN: OK, so where do you most commonly gather your food? Like where, and the location if possible.

AB: I usually go up to Trader Joe's if I'm wanting to do like a big grocery haul, but otherwise, if I just need something quick, I'll go over to Walmart.

IN: OK. And which Trader Joe's or Walmart do you typically go to, do you go to all of them or...?

AB: So [laughs] as I was telling you, I just moved here, so I don't really know. It's up north, somewhere north of the city.

IN: So do you try out all the different ones just to see your favorite?

AB: Yeah.

IN: So in as much detail as possible, could you describe your journey to and from those places? Like, are you driving? Are you taking the bus, and how [long] does it usually take you to get there?

AB: ... I drive, I take my own car. To get to Trader Joe's is probably about 15 minutes from where I live. I live in the Bayview area. And then to Walmart, it's really only like 10 minutes.

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

AB: Oh, I love this question because my mom has this huge garden and I miss it a lot because I'm just in an apartment. I would grow like all my fruits and vegetables if I could, like strawberries, cauliflower, tomatoes. She grows all of that and I'm super jealous that I can't do that.

IN: And this leads into our next question. Describe your dream garden plot. If you could have your own garden plot.

AB: I eat a lot of Brussels sprouts, so I would grow Brussels sprouts. I would definitely grow tomatoes so I can make like my own pasta sauce and like that kind of stuff. I'd probably get strawberries because I like them. I don't know what else. Cucumbers to have on a salad. That would be really good. Zucchini also. I love to put that in pasta sauce. Yeah, I'll probably grow those things.

IN: OK. And when you think of trust, what is a taste or recipe that comes to mind?

AB: When I think of trust...It would probably be my mom's baked ravioli. I don't really have a reason behind it, but I just love her baked ravioli, and she's just like a big figure in my life.

IN: OK. And our last question here, tell us about a food that is special to you and what makes that food so special?

AB: I love tacos and I feel like you can make them any way. I'm vegetarian, so I eat a lot of cauliflower tacos or like fried avocado tacos or soy chorizo. That's really good also. So, I just feel like, you know, you can have them any way you want them so anybody can eat them. And it's a good community food.

IN: And are you making these tacos yourself or have you found a taco place?

AB: I found a taco place that I really like. It's called Cafe Corazon in Bayview, so I need to try some other places too, but I really like that one so far.

IN: Would you like to add anything else about your food journey?

AB: No, I think that's good.

IN: Thank you so much.

*[End Transcript 00:11:55]*

**South Shore Farmer's Market**  
**Story 4: Eileen Asbell**

*[Begin transcript 00:11:57]*

IN: And could you state and spell your name for me, please?

EA: Eileen E-I-L-E-E-N Asbell A-S-B-E-L-L.

IN: Alright, Eileen, where do you most commonly gather your food? If you can give me a name as well as a location if possible.

EA: I mostly shop at Outpost on State Street and when we travel, we go to food co-ops. Otherwise, I support local farmers.

IN: So you commonly go to farmers markets a lot.

EA: Yeah, weekly at least once or twice a week.

IN: Nice, and in as much detail as possible, could you describe the journey to and from this place? Or any store that you go to, like, how do you get there? How far does it usually take you?

EA: I'm fortunate enough to have a car, so I'm able to drive to wherever I want to go to get food. Most of the time I don't have my own car. We share a car, so there is some limitations that way. But I do drive here and there. I would love to walk. We used to have a grocery store in our neighborhood, and we don't anymore, so it requires driving.

IN: And how long do you say it would take you to get to your, you know, destinations to buy food?

EA: 10 minutes.

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

EA: All right, I'm part of a community garden, so we have a plot over there where we grow a variety of different things, and we have 4 raised beds at home, so we do grow a lot of our food. We grow tomatoes, peppers, we're trying beans this year, lots of herbs, lots of herbs, spinach, arugula, Swiss Chard, beets, carrots, potatoes. I think that I think those are pretty much the things that we grow.

IN: OK and that kind of like feeds into the next question...describe your dream garden plot, but is there anything...that you did not name that you would like to grow?

EA: I have enough space, and even just in pots, that I can add some things which I might still do as I see plants, we usually wait till they're really cheap around 4th of July and



then we'll put in some things. So maybe some eggplants and some different things like that. We also have access. Our daughter is an emergent farmer in western Wisconsin, and so we have access to her community of foods there.

IN: OK. And when you think of trust, what is a taste or a recipe that comes to mind?

EA: I think when we pass on foods that there's this trust that we're going to continue to share those foods together...Several of our plants, flowers and vegetables come from our families' gardens. I'm really from New York State, so I have plants that I brought from New York, but a specific recipe for trust...I love making pies and I'm kind of known for pies, but I guess the first thing that comes to my mind would be my grandmother's spaghetti sauce.

IN: OK. And the last question here is tell us about a food that is special to you and what makes that food special?

EA: Actually, all food is special. I love when new food, like fruits, first come in, so like this strawberry season and then it will be cherries and peaches and apples in the fall. Like I just love as this season comes, I don't know that I have a special food. Yeah, but thank you.

IN: OK. Well, thank you so much. Is there anything else that you would like to add about your food.

EA: I think it's interesting. I think a lot of us really struggle with food. You know I've had...I cook differently now than I used to cook. I've always tried to cook very, you know? But what the idea of health is has changed over the years, but also as someone who has struggled with my own weight. I mean, there is a journey and I recognize at times when we're penny pinching, you know that I still have access to food and I recognize that other people. And so I've always tried to. Be part of food movement and sharing with others.

IN: Well, thank you so much.

*[End transcript 00:17:07]*

**South Shore Farmer's Market**  
**Story 5: Franz Meyer**

*[Begin Transcript 00:17:09]*

IN: OK, so thanks for the opportunity. And may I have your name please?

FM: My name is Franz Meyer. F-R-A-N-Z-M-E-Y-E-R.

IN: Thanks so much.

IN: The first question will be, where do you commonly gather your food?

FM: ...Grocery stores. We commonly shop at Pick and Save, Outpost because it's the closest to our house, and then Aldi, Trader Joe's are both the places we go. Pretty often.

IN: Are there any other particular reasons why you choose those stores?

FM: Pick and Save is the general grocery store that's closest to us. Outpost is literally two blocks from my house, so I can walk there even though it's more expensive, like, I can go and get food from there and then, you know, ALDI has great deals. They have interesting German food, which I enjoy. And then Trader Joe's has really excellent packaged foods...but it's also a pretty reasonable price for high quality.

IN: So, could you just, in as much details as possible, describe your journey to and from those places, those stores, like how did you get there and how long does it take for you to be there?

FM: So, we have a car or have cars in our two-car family, so Outpost it takes 5 minutes on foot and or two minutes in the car to get to Pick and Save 5 minutes from our house, and then we'll drive 10 to 15 minutes to get to ALDI or Trader Joe's.

IN: So how often do you visit there?

FM: We go grocery shopping at least once, like actual grocery shopping, probably once, once a week, sometimes every two weeks, depending on what's happening with but...we're at OutPost probably two or three times a week because, you know, we just need to pick something up or the little boy needs more milk or things like that. Pick and Save... like other grocery stores, it's more like one of those once a week.

IN: Great. So, do you have a garden at your home?

FM: Yes

IN: OK, so what food do you grow there?

FM: We have a pear tree. We have blueberries, asparagus, raspberries, tomatoes and bell peppers, and herbs.

IN: Wow, that sounds a lot of things you are growing, nice.

IN: So, could you describe your dream garden plot? If you have any like improvement to your current one?

FM: Yeah, you know, we don't have a raised bed. We just have some spaces in our garden and pots and things. And so, I'd love to have like a raised bed and... much more purposeful things. So, like some greens like lettuces, maybe if we had the space like pumpkins or melons. I'd love to do like a zucchini or a, I said peppers, cucumbers, is another thing. So those are really the things I think we could actually handle much more than that. And then, you know, if I had room, I'd love to plant, you know, an apple tree or. Something else...I love our pear tree and it's been phenomenal, but maybe, you know, like whatever else could grow here, plums, cherries. One of those. That's all I would get, yeah.

IN: Nice. So how do you feel...having a garden?

FM: I love having a garden, sometimes, like especially now with a one-year-old, like, it's a lot to get out and do it as much as it takes to actually grow things and turn...them into food. But like, I love having a garden I love, especially for me, I love having the perennials like the fruit trees, the berry bushes, things like that, because... you count on it. You see it. Like it just happens...Also our tomatoes are usually very productive and that's really fun and, you know, and this is like you, you set it up like sometimes we'll even get like mushroom boxes from, like, the mushroom guy over there. And we can grow Portobello mushrooms in the house. And that's really fun. We like to do that.

IN: That's really interesting.

IN: And then, so, when you think of trust, what is the taste or recipe that come to your mind or food of comfort? Like a comfort food.

FM: Well, there's a lot of...different things for that. I mean, like pastas, notably, like almost any kind, but like ... whatever the vegetables or meat is, you put that into a pasta dish. That's a comfort food or the casserole of some kind or even pizza. Pizza is so easy. We may do a lot with that.

IN: Ohh OK and...Is there any other food that is also special to you?

FM: I love German foods like... I have German heritage. My like Dad loves making those things and those kinds of things are like hidden and there's not. There's really only a couple places in town where you can go and get like classic food like that and so like, you know, when we host in our Oktoberfest or other times like, I love making like a

Schnitzel or a goulash or like, grill it, like grilling brats and things like that of various other kinds of sausages, like those things like, really make me feel happy. So yeah.

IN: Oh, that's great.

IN: So speak of the heritage...there's any, like, family recipe that passed down from generation to generation.

FM: Oh yeah, we have...my mom had an Italian restaurant for a while and so like, we have a lasagna. We have a red sauce recipe. We have an oil sauce recipe so like, but yeah, lasagna. And that's a big one for us. And then yeah, those are some of the big things we do.

IN: Great. Thanks for your time.

*[End Transcript 00:24:10]*

**South Shore Farmer's Market**  
**Story 6: John Contreras**

*[Begin Transcript 00:24:15]*

IN: OK, so thanks so much for the opportunity. So may I have your name, please?

JC: Yes, John Contreras.

IN: Could you spell that for me?

JC: J-O-H-N, last name, C-O-N-T-R-E-R-A-S.

IN: Thanks so much. So the first question is, where do you commonly answer your food?

JC: I'd say Pick and Save, Aldi, and Meiers. Meiers is pretty cool. I like, how, I don't know... the setup itself. It's not too large, not too small, but it's got a lot of things there. Yeah, mainly those locations.

IN: Could you describe your journey to those places? Like how often did you go there and how did you go there?

JC: Typically I drive. I'll drive there with my family. We'll make it a whole family ordeal, possibly pick up coffee on the way there. Just like a really good restarting point for us during the week, you know? So like we drive there and try to, you know, we try to hit multiple things at once, like if we need to get groceries as well as other toiletries or other items. Maybe adding breakfast if we're feeling fancy, you know, and on the way there, so that we're not hungry while we're getting groceries.

IN: So how long does it take basically?

JC: To get to the location? It takes about, I would say, maybe 15 minutes, 10 minutes. We usually don't have to go too far unless we go to Trader Joe's, which you know I like Trader Joe's too because they got some cool produce and like interesting items. I like their lotion. And it's like not very long at all, less than 20.

IN: So you basically go once a week or...?

JC: Yeah, I'd say about once a week, maybe two, usually one week because we go through our food pretty regularly, and we like to make sure we eat the food we buy. So sometimes that that leads us to...going every week. But yeah, I'd say maybe once a week if not 2.

IN: So do you have a garden in your house or apartment?

JC: I do not. There's a community garden not too far from my home and I'd like to commit to it. I just, I was a little late on that this year, so I'd like to next year. We've talked about getting a garden in our backyard. We'd love to have, like, grow our own fruits or vegetables or something, just anything, really just haven't had the time honestly or the guidance to do it, like I don't, I have no idea what I'd be doing.

IN: Could you tell me more about your experience with the community garden?

JC: So I mean, I just, I, I ride my bike past it very often. That's the most extent that I have with it. But again, like I've always wanted to do it. Everywhere I've lived in Milwaukee, there's been a community garden not too far from it. And I've always...I'd like to commit to that again. I just haven't had the time or the guidance, but that's just an excuse. I really would like to commit to it in some way at some point.

IN: What's the name of the community garden?

JC: I'm not sure what it's called. It's right by the Urban Ecology Center by Menominee River. So it's the community garden when you get on the trail, just if you keep walking on the trail, you'll see it. But yeah, I don't know what it's called.

IN: So if you have a chance, what are you going to grow in your garden and could you describe your dream garden?

JC: Yeah, I'd honestly, I'd love tomatoes. I'd love peppers. That'd be great because...I'm a fan of peppers like, I eat peppers all the time. To grow my own and feel proud of them, that'd be great. And tomatoes, I don't know, tomatoes go with everything. They go on burgers; they go in salads; they go, don't know, I feel like tomatoes would be great. And then if I want to throw them at people, I'm ready to go. So tomatoes seem like the best thing for me to grow.

IN: So when you think of trust, what is the taste or recipe that came to mind?

JC: When I think of trust, I think of...just being able to be myself with someone and I guess that's my relationship with my community as well. I want to feel like I'm comfortable and I can be vulnerable with my, with my neighbors or whoever, so building trust to me is like...allowing myself to be vulnerable and be my, I guess, my most authentic self without having to filter myself or deny parts of my identity, but I think building trust is being that person, being close.

IN: So, is there any food or recipes that give you these kind of feelings or help you to building trust?

JC: You know, I think I would say just anything homegrown. I think for me it's like we do have neighbors that do grow things in their yards and, I don't know, I feel like that's a level of trust that they give me like they're like, oh, we would like you to have some of our cucumbers because we grew these and we want to share it with our community.

And that builds trust with me and for me, like, I trust them. They trust me, I believe, so...sharing of grown foods is a nice gesture of trust.

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

JC: Foods that are special to me. Let's see. I guess in a general sense, I like local foods, whether that's restaurants or coffee shops and things like that. I feel like supporting our own neighborhoods and our local economy is a huge aspect of being a...good neighbor. I guess it's just I'd like to continue to purchase and order and get food that's within my community because it supports it, supports a business and it supports a person and it encourages growth and if they're growing their own food, even better, right?

IN: So is there any you can name one or two restaurant or coffee shop you go.

JC: I love New Line Community Cafe that's over on near 35th and National area. Love that place. They've got some really good drinks and pastries and such and great community to be honest. And also, let's see, my other favorites, man, there's so many. I have a long list. I like Chucho's Red Tacos. That place is delicious. Also local. You know, I have a whole list, but yeah, those are two that I could think of right now.

IN: That's great. And also the last question, is there any like family recipes or there's any like recipes from like maybe grandparents or parents?

JC: I do have a family recipe for tortillas. I don't know it off hand. I have it on a piece of paper at home. My grandmother made it and it's like one of those things when I'm able to create my own tortillas instead of buy them. I feel like I'm still in contact with my grandmother, who's no longer alive. But it's a way to honor her and remember her.

IN: Thanks so much for sharing.

*[End Transcript 00:31:16]*

**South Shore Farmer's Market**  
**Story 7: Korrigan Craig-Muncy**

[Begin Transcript 00:31:17]

IN: Could you please state and spell your name please?

KC: My name is Korrigan, K-O-R-R-I-G-A-N.

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

KC: Do you mean gather in terms of like foraging or everything?

IN: Everything...if you forage, I would love to know about that but also grocery stores and stuff too – anything that you would like to tell us.

KC: Sure...I do forage, but I haven't done a lot this year because we just moved into a new house and now we have a garden, so I've been busy with the garden. But when we used to live in a condo, there was this mulberry tree in St. Francis that I would harvest from every year. I tried milk weed, but my partner doesn't like milk weed. You eat it before it turns into the fibery stuff. When it's still really young it kind of tastes like squash. There are apple trees, untended apple trees in Cudahy that I harvest from in fall...I look for mushrooms, but I've only had luck once. Other than that, so, I don't drive so everywhere I go I go by bicycle, so we have a CSA share here, so we come here once a week to get our CSA share and also look at other stuff. We grow some vegetables in our own garden, like a bunch of herbs and tomatoes and things like that. We're trying corn this year. Fingers crossed. We don't know how that will do. Grocery shopping, I go to Outpost for what I think of as my weird hippie food. There's a Pick n Save near our house that I go to if we just need something quick. If it's a larger trip and my partner is around, she drives, and then we go to Aldi. For more unusual things, especially produce, I go to Sendik. So, lots of different places.

IN: Yeah, definitely...You kind of answered this in your last question, but to those grocery stores that you do go to on your bike, how far do you feel like you are riding to get to these places?

KC: Most of them, I would say, it's like a mile or less. Sendik is probably two and a half miles. That's like the furthest, but if I want more unusual produce or if I'm making Mexican food, it's worth it because they have the best selection of those kinds of things.

IN: What food would you grow if you could?



KC: Well, we want to get apple trees. I want to have fruit. We want to put in more bushes and vines to grow grapes and raspberries. I'm all about fruit. I love fruit. And, in a perfect world, if I could have a greenhouse, I would like to have a Meyer lemon tree. [laughs]

IN: And similarly, if you had your dream garden plot, what would be in that plot?

KC: Oh boy. All kinds of fruits and vegetables and herbs...It would be big, and it would get the perfect amount of sun, and there wouldn't be any bugs, and, oh, we want to get chickens, but that would probably be a couple of years, so the dream garden plot would also have chickens and maybe geese. [laughs]

IN: When you think of trust, what is a taste or recipe that comes to mind?

KC: That's really difficult...My maternal grandmother has a really good apple pie recipe, so I guess I would go with her apple pie.

IN: Can you tell us about a food that is special to you, and what makes that food so special?

KC: Oh, there's so many options. Okay, here's one...Spring rolls are special because when I was at a friend's house last summer, they had a Make Your Own Spring Roll bar, but they didn't tell me what it was beforehand, so they were just putting pie plates full of water around their table, and they're like, "The ritual will begin." And then, my friend's partner holds up a spring roll wrap and says, "They look like manhole covers." So now, in our house, we call spring rolls manhole covers a la Susanna. Susanna being the friend's partner. [laughs] So spring rolls are special because they have a funny story attached to them.

IN: Awesome. Thank you so much. Is there anything you'd like to add about your food journey?

KC: Not really, but this was cool! [laughs]

[End transcript 00:36:17]

**South Shore Farmer's Market**  
**Story 8: Anonymous**

[Begin Transcript 00:36:19]

IN: Where do you most commonly gather your food? Like the name and the location if possible.

A: That I don't know.

IN: OK. And do you like, do you typically go grocery shopping at all?

A: Sometimes.

IN: Sometimes. And do you remember where you typically go?

A: Pick N Save.

IN: Pick N Save. OK, and in as much detail as possible can you describe how you get to Pick N Save and how long it typically takes you and how you travel there?

A: Well, my parents took me. We occasionally shop. Yeah, we don't know what's for dinner, so we have a list.

IN: OK. And do you go there in your car?

A: Yes.

IN: And do you know how long it typically takes you to get there?

A: Not that far. It's not that far.

IN: OK. What food would you grow if you could?

A: Jalapenos and ghost pepper.

IN: Jalapeños and what was that?

A: Ghost pepper

IN: And why is that?

A: It's hot.

IN: Do you like spicy, like, hot stuff and why?

A: I'm not, like, extreme. I'm, like, mild almost.

IN: OK. And can you describe your dream garden plot?

A: I don't have a garden plot...I don't have one.

IN: But if you could have one, what would you put in it?

A: If I have a farm, I might put in it any vegetables.

IN: What kind? Any specific vegetable?

A: Carrots. Peppers. Hummus.

IN: OK. And OK, when you think of trust, what is a taste or recipe that comes to mind?

A: I look up recipes online, like Pinterest, America's got, what's it called? They have great recipes and it's called it's called America's Test Kitchen. Yeah.

IN: And is there a favorite recipe that comes to mind from America's Test Kitchen?

A: Not really.

IN: No? OK. And can you tell us about a food that is special to you?

A: So for me, Mexican, Greek, and I do I do a lot of special foods that are like...yeah.

IN: And why like, say, like you said, Mexican or Greek. Like, why is that food special to you?

A: Well, heritage. Mexican, Greek and other countries are like outside of the United States...We try a lot of flavors, and we have our taste buds is new, and when we have new food, we taste new flavors.

IN: All right, very good. And is there anything else that you would like to add about your food journey?

A: No, that's okay.

[End Transcript 00:39:38]

**South Shore Farmer's Market**  
**Story 9: Marissa Jablonski**

*[Begin Transcript 00:39:45]*

IN: Would you please state and spell your name please.

MJ: My name is Marissa Jablonski.

IN: And where do you most commonly gather your food, like the name and the location if possible.

MJ: Usually the Outpost in Bayview because it's within biking distance of my home.

IN: So that kind of goes into the next question here. In as much detail as possible, can you describe how you get there?

MJ: My favorite way to gather my food is via bicycle. Once I reach my home, I try not to use my car again. I try not to use my car at all, but I try to park my car if I've used it that day and then bike or walk everywhere. My favorite places to gather food are within biking or walking distance of my home and

IN: Why do you choose bike -- to bike to get your groceries?

MJ: It's faster than walking, and I love my bicycle. I made it with a student of mine. He really made it, but he was teaching me how to make it, and it's a fixed gear. And I had another student fix it once and weld it and... I love my bicycle. [laughs]

IN: Very cool, very cool.

MJ: My dog hates my bicycle, but she biked here today with us.

IN: Nice. And she just, like, runs alongside the bike?

MJ: And hates me for it, yes. [laughs]

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

MJ: I grow a lot of food. So I have a tiny little plot of land in Bayview, my home, my back garden, and I grow peaches and plums and cherries and pears and asparagus and raspberries and currants and onions and garlic, if I could grow, oh, and blueberries. If I could grow anything it would be, oh and grapes, it would be curry plant, and I just bought a lemon tree and I'm crossing all fingers and toes that it actually grows. And figs. Oh my God, I love figs. I would grow figs. I killed my fig tree, yeah.

IN: OK. All right. So when you think of trust, what is a taste or a recipe that comes to mind?

MJ: So trust. I learned many -- I used to teach at UWM in the Masters of Sustainable Peace Building program and one of our students was working between Armenia and Turkey. About the discontent between the two countries and the way that they built trust, was sharing a meal and it was beautiful because it's very homegrown and this happens between Israeli and Palestinian groups as well. So to me, what is the taste or recipe that comes to mind? It is taking something from your garden and growing and putting something together and offering it with a full heart. And how can someone not trust that and be a part of that; you feel heard and seen and loved and warm inside.

IN: Oh, great. And tell us about a food that is special to you, and what makes that food special?

MJ: I love Indian stir fries because every time I make anything Indian, it makes me think of my many summers in India and how my friend Anju, who comes from Mumbai but she taught me how to do this in the suburbs of Milwaukee and...she drew me in. I was vegetarian and she said I can help you make 10 minute vegetarian meals, so you can still be rocking it out with your mind, and what I've learned since after so many visits to India is that these really powerful scientist, female scientists who are brilliant, can cook the most delicious meal in 10 minutes, and that's a food that's really special to me and it's really broad like I'm, you know, I'll make cauliflower or okra or something, but it's always the same fast speed and delicious taste. And it makes me think of all of the brilliant women all over the world who are scientists or artists or doing whatever they they exude from every pore. Yay, we're in this together. [laughs]

IN: That's great. Well, thank you for sharing your story. Is there anything else that you would like to add about your food journey?

MJ: I think that in the last few years I've honed in on some food sensitivities that have made me feel really silly and weak, even, and now I reach out to different cultures and I search for solutions, and when I run into things like gluten intolerance or something, I call my friend Anju she says, "Oh, we'll just make the thing out of millet or, oh, we'll use sorghum. I think that people we can help each other if we do food and trust with loving kindness.

IN: That's wonderful. And then just for our record here, could you spell out Anju like the name?

MJ: A-N-J-U. And it's Shidham S-H-I-D-H-A-M is her last name, and she's lovely and wonderful.

IN: Well, thank you so much. *[End transcript 00:44:49]*

**South Shore Farmer's Market**  
**Story 10: Nick Earle**

*[Begin Transcript 00:44:52]*

IN: OK, so thanks for so much for the opportunity. So may I have your name please?

NE: My name is Nick Earle.

IN: Could you spell that for me?

NE: Yeah. N-I-C-K, last name, Earl E-A-R-L-E.

IN: Thanks so much. So the first question is, where do you commonly gather your food?

NE: Where do we gather food? You know our biggest places where we gather for food is, you know, all year long, the supermarket like Woodman's typically is where we do our shopping just because they have such a plentiful selection and cheaper prices, but definitely during the summer, we try to go to the summer, summer kind of farmer markets around the town around the city. South Shore is our main one. Yeah, that's kind of the places we gather most of our food for our family.

IN: So what do you like about farmers market?

NE: I think for myself and my family, it brings us a little bit closer to our food systems. You can actually see and talk to the people who are actually growing your food and are closer to your food. So I think I think that's why we love the farmers market, not to mention it's an experience in itself where the kids get to have fun. We get to be outside and community is always so important, you know, food and community always go together, it feels like.

IN: So could you in as much details as possible describe your journey to the stores and also to the farmers market?

NE: Yeah, absolutely. We, we drive. I want to say unfortunately because we really are trying to work on, you know, less carbon resources like that, but yeah, we typically drive to both. They're both far away and we got two kids. So yeah, we typically drive our cars, gas driving vehicles to those locations.

IN: So how long does it take basically?

NE: Yeah, the farmers market, so South Shore is really close to our house. It's like a 5 minute drive, and then the Woodman's for us is about 15 minute drive I believe.

IN: And how often do you go there?

NE: Gosh, now, now that we have two kids, it seems like once a week, which is hard with our schedule. But yeah, typically I'd say once a week we go to Woodman's and then during the summer maybe we lighten up a little bit. We try to shop more of the, you know, farmers markets and stuff, but still probably like once a week.

IN: So do you have a garden in your house or apartment?

NE: At our house we have two small gardens. We just bought our house, so they're relatively new. We have not eaten anything yet from it. But my wife has a green thumb and my daughter loves growing food so far, so I think it's something we're really going to kind of cultivate.

IN: Right. So there's any particular vegetables or fruits you are going to grow there?

NE: Broccoli and strawberries are the big ones right now. Unfortunately, the animals have been eating our strawberries, but we're really excited about the broccoli.

IN: Nice. So if you have a chance, could you describe your dream garden plot will...look like.

NE: Oh gosh, I am probably the wrong person to ask this. I have a terrible green thumb, but I would love to have a bigger garden. It's just like I don't know how to do it, like I don't know what to do with gardens as much. Like I grew up not connected to that stuff. Like I grew up in a home where it was, you know, frozen pizzas and fast food. So you know, we never had a garden and now that we have room for it, you know, I would love a big one that we would grow a lot of our food from.

IN: Great. So how do you think of the importance of having a garden at home?

NE: I think it's really more important for... families, you know, when I was kind of growing up I, you know, I just probably couldn't grow enough food...as a single guy growing up, so I think it's just different for from people to people. But I think for families, I think it's so important because I think young people like from my experience, not having a garden growing up, I think it just it gives that connection to food to young people. So yeah.

IN: So when you think of trust, what is the taste or recipe that came to your mind?

NE: When I think of the word trust?

IN: Or comfort food.

NE: Comfort food. Man, I'm trying to think. What is my comfort food? Maybe like a smoothie. I'm a plain guy. It's just like it's like kind of healthy. So I don't feel bad, but I kind of enjoy it and I feel full. I think... that's like my comfort food as lame as that sounds.

IN: No, it can be very interesting. It depends on what kind of ingredients you choose, right? What's your favorite flavor?

NE: Peanut butter. I am a big so it's like a thick kind of protein peanut butter smoothie. Yeah, yeah.

IN: So is there any other food that is special to you, like from the family or from memory, childhood memory?

NE: Growing up, I don't have a strong connection to food, kind of as I was saying. For my family now, there's a pizza place called Phil and Day Marini's. I always forget the name of it. It's kind of long. We've started a family tradition of, like, eating there once a week, almost. You know the kids love pizza, so not the healthiest thing to be eating once a week, but it's fun. The kids eat it. You know when they're young...the goal, it's just getting them to eat sometimes. So yeah, right now that's probably kind of my special food, yeah.

IN: So what's your favorite dishes from the pizza place? What's your favorite flavor?

NE: Yeah, we get pepperoni and cheese pizza. We're pretty adventurous. Yeah, but that's the favorite. It's like a thin, crackery crust and light sauce and just amazing Wisconsin cheese. I mean, any pizza made in Wisconsin's got to have good cheese. You know? So. So yeah, that's that's what we like.

IN: So, how far is it from your house to the pizza place, and how often do you visit it? Oh, once a week.

NE: Yeah, yeah, yeah. It's about 15 minutes. So not too, not too far. It's also on my way home from work. So that's why it ends up being such an easy kind of meal. You know, once a week so. I can just grab it on my way home from work for the family.

IN: Oh and you will eat at home?

NE: Yes, correct. We carry it out. We've been there a couple of times, but yeah, typically carry out.

IN: Great. Thanks so much.

NE: Yeah, thank you. *[End transcript 00:52:02]*





## South Shore Farmer's Market Story 11: Sophia

[Begin transcript 00:52:04]

IN: Now, can you tell me your name, please? And could you spell it for me?

S: Yes. My name is Sophia. S O P H I A.

IN: Okay. Sophia. Where do you most commonly gather your food?

S: Okay. I'm an OG Woodman shopper. I love Woodman's, but the two Woodman's are kind of far away. So lately, I've been shopping at Trader Joe's. [Laughs]

IN: Okay. And in as much detail as possible, can you describe your journey to and from Trader Joe's or this place? Like, how do you get there and how far does it take you to get there?

S: Yes, I would say it takes me about like 12 min and I have to get on the highway 'cause I live in like pretty central Milwaukee, so I have to get on the highway, take the highway, deal with all of the exits that are like closed off and all of the lanes that are switched right now. So it's pretty chaotic. And then, you know, I pull into Bayshore Mall [laughs] and go to Trader Joe's.

IN: Okay. And how would you, what food would you grow if you could?

S: I would probably grow a lot of fruit because I grew up with a pretty big garden and we had fruit trees, so I love having fruit. That's just, like, easily accessible.

IN: Okay. And could you describe your dream garden plot?

S: Okay. If I had a backyard, which I don't, but if I had a house with a backyard or some type of land, I'll probably do those like raised garden beds and do like a veggie bed, a fruit bed, and then do like potatoes and sweet potatoes because those will last a long time outside of that, so just something like really big with a lot of variety.

IN: That's very planned out nice. And when you think of trust, what is a taste or a recipe that comes to mind when you think of trust?

S: Um, I would probably say Msemmen, which is a traditional Moroccan dessert that my grandma makes. So it's like this. It's sort of like our version of a flat bread, like Naan and stuff like that. But it's a sweet bread and it takes a while to make because you have to like let it rise at different stages and it has semolina in it and you put like this honey butter on it and it is just really good. Just like reminds me of my family.

IN: Great. And can you tell us about a food that is special to you and what makes it special?

S: Ooh, that's a good question. I feel like my last answer is like a very special one, but something that my mom always made growing up that I don't eat anymore because I don't eat meat. But she makes Chicken Marsala, which is technically like an Italian dish, but it's so good and it has like a lot of mushrooms in it, and I love mushrooms, so that's probably like a very nostalgic meal for me.

IN: Nice. Thank you. And is there anything else that you would like to say about your food journey?

S: Um, not really, but help in the community gardens if you can. There's a ton in Milwaukee.

IN: Alright, thank you.

[End transcript 00:54:58]

**South Shore Farmer's Market**  
**Story 12: Suzanne**

[Begin transcript 00:55:00]

IN: Okay. So, thanks so much for the opportunity. And may I have your name first?

S: Suzanne.

IN: Could you spell that for me?

S: S U Z A N N E.

IN: Thanks so much. And the first question will be, where do you commonly gather your food?

S: We eat at home a lot, and every Friday we try a new restaurant.

IN: Nice. So, like for grocery shopping, where do you usually go?

S: I usually shop at Aldi's, but I also do some shopping at the Co Op in Bay View. In the summer, we try to do a lot of farmers markets.

IN: Nice. Could you name like some of the farmer's market, you go?

S: South Shore, Oak Creek, and South Milwaukee.

IN: For all the locations you just mentioned, could you tell me like how do you get there and how often do you visit there?

S: I drive. I don't have a market near my home, so I have to drive. How often? Somewhere...I'm trying now, once a week.

IN: So, there's any reason why you love those places?

S: I love the neighborhood part of it. I mean, this place at South Shore is awesome. I'm just watching all the little kids dancing to the fiddler music. And it's like adults should be jumping in there and dancing too. So I do like that. I also work at a beer garden in one of the county parks, and I work there for the same reason. It's the community, it's the dogs, it's the children. It's just a lot of fun and it's a chance to be outside.

IN: Oh, you also mentioned the co-op in Bayview. What's the advantage of that store?

S: Especially in the winter, you can buy things that you could sometimes find at the farmer's market. They sell organic vegetables like kale. Nice kale is kind of hard to find in the winter, you can buy it, but it's all shriveled and slimy, so the co-op usually has a lot of those options and a lot of dried foods like dried beans and rice and things. I'm very much trying to be a plant-based diet person, so they have a lot of those things there.

IN: That's great. So just now you mentioned you'll try some new restaurant every week, so if there's any restaurant you'd like to share with us.

S: Well, we just went to Lebni House on 27th Street and I think near Edgerton last night, and it was more Arabic food, and the menu was very different, so we weren't sure what to order, but it was really good. It's a beautiful little restaurant inside, bright and clean, and the staff there were so helpful. So that was fun.

IN: That's great. That's always great to like exploring the neighborhood, right?

S: Yes. Great.

IN: So, I'm also wondering, do you have like garden in your house or apartment?

S: Yes, I have a small garden in the backyard, mostly tomatoes, a couple of different herbs, and usually some peppers. And I think that's about all I'm going to do this year because I'm going to come to the farmer's markets instead.

IN: So, could you describe your dream garden? What your dream garden will be? Looks like.

S: Oh boy, my dream garden would be half of my yard, which is quite large. All kinds of different vegetables and herbs, and plants for pollinators like butterflies and bees. That would be my dream garden. But part of that dream would also be someone to help me maintain that garden. [Laughs]

IN: Sounds great. So how do you see the importance or significance of having a garden at home?

S: Oh, I think it's really wonderful. You get outside, that's huge. If you have children in the house, if you can try to get your children involved in gardening, that's really a great thing. Just being able to grow your own food is kind of a miraculous thing when you think about it. If you start with a seed that's dead and all of a sudden you nurture it, and it grows into this huge plant that feeds you. It's like really cool. So, I don't know, I think it's a good thing also. It's pretty inexpensive to buy. You know, a pound of tomatoes can be pricey, versus if you're growing, you're going to get 20 pounds of tomatoes for way less than what you paid for the one pound. So Yes.

IN: That's so true. Yeah. Oh, and so when you think of trust, what will be the taste or recipe that came to your mind or comfort?

S: Probably a comfort food is I knew a Puerto Rican family very well back in the day, and one of the best things they made was the Puerto Rican rice with the sofrito and a lot of cilantro and garbanzo beans, and it was just delicious, so comfort, I think of that one because it's hard to make that rice really well.

IN: That's also can help you to build a trust between you and that family.

S: Oh, very much. Yes. Yes. I have a family across the street that have invited me over to re learn how to make the Puerto Rican rice. And I haven't gone there yet. But you know what, after doing this, I really should. They're elderly and I think they would just enjoy the company as well. So...

IN: And if there's any other food that is significant to you or special to you?

S: Off the top of my I always go to cilantro. Anything with cilantro and that can be Asian cooking or Mexican cooking or Puerto Rican cooking. I don't know, I'm a cilantro girl. So that's I would add.

IN: So, you just like the flavor or there's any other factor that bring you to cilantro?

S: I really like the flavor, but I think I also like that it's kind of versatile in all different kinds of things, so that would be it.

IN: Great, thanks so much.

S: Okay, thank you.

IN: Yeah.

[End transcript 01:01:48]

**South Shore Farmer's Market**  
**Story 13: Tina**

[Begin transcript 01:01:49]

IN: Okay. So, could you tell me your name?

TL: Tina.

IN: Tina? And can you spell that out for me?

TL: Sure. T-I-N-A.

IN: All right, Tina. Do we have your permission to use your story for our database?

TL: Yes

IN: Okay. So, starting with this first question here, where do you most commonly gather your food from?

TL: A grocery store.

IN: What grocery store and what location?

TL: I'm all over the place. My main place that I grocery shop is Trader Joe's Bayshore.

IN: Okay. And in as much detail as possible, could you describe your journey to and from this place where you gather food. Like, how do you get there and how far is it?

TL: I'm not sure in distance because in Wisconsin, we test everything by minutes. So I would say it's about a 15 minute drive. And I take my car there and I take 43 North.

IN: Okay. And kind of switching gears here, what food would you grow if you could?

TL: Do you mean like vegetation? I would grow probably all my fruits and vegetables if I could.

IN: And could you describe your dream garden plot?

TL: I do not like to garden, so my dream garden plot would probably be something that somebody else gardens for me or something that's very low maintenance.

IN: Okay. So you kind of want to participate in the harvest of it, like eating those foods instead of planting?

TL: Actually, this is the first year I did plant a couple things. I planted tomatoes and peppers and basil, so I'm starting to pretend to like dirt. [Laughs]

IN: Okay. Now, when you think of trust, what is a taste or recipe that comes to mind?

TL: Probably pesto.

IN: Why is that?

TL: It's something that I've made for a really long time and that I got a recipe from somebody that I've known forever. And that's just like, that's like my thing, pesto. It has a smell too.

IN: Okay. And do you make it often?

TL: I make it a lot because my kids eat it like all the time. They put on pizza, pasta, everything.

IN: So, okay. All right, and our last question here, can you tell us about a food that is special to you and what makes it special, other than Pesto, right?

TL: I would say it's called Makloubeh. Its, it's an Arab recipe. The word translates to upside down. It's an upside-down chicken rice and eggplant dish. And you cook it, and then when you serve it, you flip it upside down so all of the meat and the vegetables will end up being on the top of the rice. And then you kind of like serve it that way, like almost like in pieces.

IN: Very nice. And is there anything else that you would like to add about your food story or your food journey?

TL: No, that's it.

IN: All right, well, thank you.

[End transcript 01:04:54]



**South Shore Farmer's Market**  
**Story 14: Vanessa**

[Begin transcript 01:04:59]

IN: Okay. So, thanks so much for the opportunity. And may I have your name first?

V: My name's Vanessa.

IN: Could you please spell it for me?

V: Yes, it is V A N N E S S A.

IN: Okay. Thanks so much. So, the first question will be, where do you commonly gather your food?

V: I get most of my food from a variety of different grocery stores, but I really enjoy going to the farmer's market when the season is open. But yeah, probably those two places.

IN: Could you name some of the grocery stores and some of the farmer market you're visiting?

V: Yes. I probably do most of my shopping at Trader Joe's, Whole Foods and Outpost. Between the three, I like getting my produce from Outpost. I know they get a lot of it from local farmers and then random things from Whole Foods and Trader Joe's like nut butters or kind of non-perishable items. And then South Shore Farmer's Market is actually my favorite one, so I go out of my way to come here. Yeah. Every year.

IN: So, could you much detail as possible describe your journey to those places?

V: I have a car, so often, I drive, but Whole Foods, I live in close proximity, so I have walked there previously. When I used to live by Outpost, I would walk there too.

IN: How often do you go there?

V: Weekly, yeah. Especially for produce, I need to go quite regularly. And depending on what sort of foods I'm going to be, I'll make frequent visits. But I try to purchase just small amounts at a time also.

IN: Could you tell me some reasons why you love those stores?

V: I like Trader Joe's because it's more affordable. So things that are commonly expensive elsewhere, like olive oils and nut butters, they have a more consistent price. And I like outposts because their produce is just really good quality. I find that when I go there, I don't have to dig for something that looks really nice. And then I like Whole

Foods because I'm vegan, and they have a lot of good vegan, junk food that I can't get anywhere else. So I go there for the fun things.

IN: That's great. So I'm wondering, do you have a garden at your place?

V: I do not have a garden, nor do I have the space for it. But I have some people in my life that have gardens, and on occasion, they will share some of their harvests with me in the summer.

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

V: I would grow herbs like basil, cilantro. I would also grow tomatoes and jalapeños.

IN: That's a good choice. And could you describe your dream garden plot if you have a chance?

V: Wow, I kind of like urban gardening. I really love seeing how people have managed to create gardens on like rooftops and such, or even just like plots that are really kind of in city centers that are really accessible. I love the growth that I've noticed in community gardens. Like I know there's one at Cupertino Park here in Bay View, and there's one on the south side like on sixth and Howard. So I love that. It's like different people all gardening together. And I imagine you probably could learn from fellow people as well, but that would be nice.

IN: So next question will be, when you think of trust, what is the taste or recipe you have in mind.

V: When I think of the word trust?

IN: Yea, or comfort? Yeah.

V: Yes. Um, my ultimate comfort dish that always makes me feel like just really satiated and definitely makes me feel really like comforted and warm. It's probably rice and beans and fried plantains. So that is my favorite dish. I ate that a lot growing up, and I'm still not sick of it today.

IN: Okay. And there's any other food that's also special to you and why?

V: I imagine there is. Pupusas. It's a Salvadorian dish. That one is probably another favorite food of mine. And there's a Salvadorian restaurant here in Milwaukee and a new one that just opened up. So seeing that become more common, like food staple, is really exciting. But I love pupusas.

IN: Nice. Thanks for the time.

V: Yeah. [End transcript 01:09:55]

\*\*\*Ambiance of South Shore Farmer's Market begins at 01:10:00.\*\*\*