TasteMAKERS

Episode Guide

101: Preserved:
Come along with host Cat Neville to the tiny town of Saxapahaw, North Carolina, where Ross Flynn works directly with Eliza MacLean of Cane Creek Farms and Charles Syndor of Braeburn Farm to source sustainably-raised heritage pork and grass-fed beef for his butcher shop, Left Bank Butchery. He practices seam butchery to produce whole-muscle cuts and also crafts world-class charcuterie, including 'nduja and pancetta, which he sells at his shop and also at a weekly farmers market with Cane Creek's Eliza MacLean.

102: Sweet Stuff
How do you go about changing the food system? If you're Kathleen Morgan, you make frozen custard. In this episode of tasteMAKERS, you'll travel with host Cat Neville to Houston, Texas, and meet a woman with degrees in business and animal science from Texas A & M who is educating people about the food system one sweet spoonful at a time. She sources milk and cream as well as eggs and produce locally to produce a bevy of flavors, from fig and sweet tea to pear butter and buttermilk pie, that are on offer at local farmers' markets and restaurants.

103: Not So Fast
Heliculture, a fancy word for snail farming, is on the rise here in the US. In this episode of tasteMAKERS, come along with host Cat Neville and visit a tiny greenhouse in Cutchogue, New York, where tens of thousands of snails are being hand raised on foraged greens. Almost all of the escargot served in the US is imported either canned or frozen -- Peconic Escargots' Taylor Knapp is one of a very few American farmers that produce fresh escargot and snail caviar. Chefs are taking note. Hugue Obraitis at M Wells Steakhouse and Greg Ling at Industry Standard Bar are creating dishes that highlight the mollusc's delicate flavor.

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104: Fun Ferments
In an age when we are beginning to truly understand the positive -- and negative – impact food can have on our overall health, many are turning to fermentation. This ancient preservation technique turns out to have tremendous side benefits and in this episode of tasteMAKERS, you will travel with host Cat Neville to meet the team behind Edible Alchemy in San Diego, California. They vend at more than a dozen of the city's bustling farmers' markets and source directly from local organic farms, turning the region's bountiful produce into healthful and totally delicious fermented foods, including kombucha, sauerkraut and coconut yogurt.

105: On the Vine
A biodynamic farmer approaches the farm as its own diverse organism, with each element -- plants, insects, animals and soil -- contributing to the whole. In this episode of tasteMAKERS, travel with host Cat Neville to Jack Rabbit Hill Farm in Hotchkiss, Colorado, where Lance Hanson is crafting biodynamic wines that express his biodynamic farm's high desert terroir. To make eau de vie, cider, gin and other beverages that reflect the character of western Colorado, Lance sources apples, pears and peaches from local organic orchards where the focus is on building healthy soils to produce amazing fruit.

106: Shelled Out
Over half of the proteins we eat come from the ocean, and we are harvesting seafood faster than mother nature is replenishing the supply. Farmed mussels, clams and oysters are a sustainable seafood choice and that's good for you as well as the environment, so in this episode of tasteMAKERS, host Cat Neville takes you to Coupeville, Washington, to meet Ian Jefferds. He is on the forefront of sustainable shellfish farming. He's growing and harvesting delicious oysters, clams and mussels that are beloved by the fishmongers at Pike Place Fish Market and Seattle's best chefs, like Hot Stove Society's Tom Douglas.

107: Extracted
From deep-frying to a drizzle on salad, oil is a critical component in cooking. We are all familiar with the beautiful flavor found in olive oil, but there's a world to explore beyond standard EVOO. In this episode of tasteMAKERS, you're going to travel to Pitts, Georgia, to meet Clay Oliver. His cold-pressed, unrefined oils, made from sunflower seeds, pecans, peanuts, okra seeds and sesame seeds, have become one of the South's most sought-out ingredients, with James Beard-winning chef Steven Satterfield among its fans.

108: Warm & Wooly
In the rolling hills north of Kansas City, there is a dairy that develops flavor in its cheeses from the ground up. In this episode of tasteMAKERS, you're going to join host Cat Neville and visit a farm in Weston, Missouri, that specializes in cheese made from rich and creamy sheep's milk. Green Dirt Farms' cheeses begin in the pasture, with well-tended soil that grows a range of

prairie grasses which develop seasonal flavors in the cheeses depending on what's in the field. That milk is turned into bloomy rind, washed rind, aged and fresh cheeses, which pair beautifully with local wine from nearby Terra Vox.

109: Pucker Up
Vero Beach, Florida, is a town that is bisected by the Indian River Lagoon, which takes up more than 30% of the state's oceanside and spans 156 miles. That lagoon is what makes this part of Florida one of the world's best citrus-growing regions and in this episode of tasteMAKERS, you'll come along with host Cat Neville to meet Alden and Val Bing. This couple is crafting sour beers that celebrate Indian River County's farming history and make the most out of Florida's humidity by pulling water for their beers from the air using condensing units.

110: Out Of the Box
As global populations increase and the pressure on farmland to produce more and more food rises, hydroponics are being considered as one way to efficiently and sustainably grow more fruits and veggies. In this episode of tasteMAKERS, host Cat Neville heads to Boston, Massachusetts, to meet the team at Freight Farms. They are building self-contained hydroponic farms from cast-off shipping containers that can be controlled with an app and make growing food anywhere, in any climate, possible.

111: In the Wild
Hunting is a time-honored tradition throughout much of the United States and in an era when we are seeking out free-range meat from animals that lived their best life, wild game should be on the menu, but it frequently isn't. From his home base on Broken Arrow Ranch in Ingram, Texas, Chris Hughes travels across the state, harvesting game on Texas ranches in a humane, sustainable way. Those animals are processed on site using a mobile processing unit that was pioneered by his father. Strap yourself in. In this episode of tasteMAKERS, you're on the hunt with host Cat Neville.

112: Soy to the World
People have been turning soybeans into tofu for about 2000 years. It originated in China and is made by coagulating soymilk and pressing the curds, much like making cheese. In this episode of tasteMAKERS, you'll head to Chicago with host Cat Neville to meet Jenny Yang, the woman behind Phoenix Bean Tofu. While the country's third largest city may seem disconnected from Illinois, a highly agrarian state, it's not. In fact, Illinois produces the highest volume of soybeans of any state and some of those beans make it to Phoenix Bean, whose tofu you'll see on the menus of some of the city's best restaurants.

113: Grounded
Back in the day, America was dotted with mills. Many people grew their own corn and grains and just about every town had a mill on site, but as food became industrialized and centralized,

those mills shuttered and flour processing was shifted to big processing plants. Today, freshly milled grain is making a comeback and in this episode of tasteMAKERS, you'll head to Louisville, Kentucky, with host Cat Neville to meet Tom Edwards of Louismill and MozzaPi. He works directly with grain farmers to source wheat, rye and corn and that he stone grinds into flour and grits, some of which he bakes into breads and tosses into pizzas that are baked in his wood-fired oven.

Season 2

201: Atlantic Sea Farms // Portland, Maine
Atlantic Sea Farms partners with lobstermen up and down the rocky coast of Maine to farm kelp in the region's icy waters. The cultivation of this fast-growing, highly nutritious sea vegetable is creating new economic opportunities for fisheries in Maine while also benefiting the ocean: as kelp grows, it pulls in carbon, nitrogen and phosphorous and outputs oxygen, creating a halo of remediated water around every farm. Plus, it's delicious and chefs are finding creative ways to incorporate kelp into their menus.

202: Smoking Goose // Indianapolis, Indiana
At Smoking Goose in Indianapolis, Chris Eley is taking centuries-old meat preservation techniques and making them his own, creating unique charcuterie that reflects what's coming from Indiana farms. In his aging room, beneficial bacteria and yeast work their magic over a span of weeks -- and sometimes years -- developing complex flavors and textures that only patience paired with superlative ingredients can produce.

203: Barton Springs Mill // Dripping Springs, Texas
Just outside of Austin, James Brown has created a grain hub that connects the region's bakers, chefs, brewers and distillers with organic heritage grains grown on Texas farms. The rise of artisan baking and craft brewing has spurred a resurgence in locally-milled stone-ground grain, and Barton Springs Mill is the conduit that gets unique varieties of wheat like Rouge de Bordeaux and ancient types of corn like the colorful Oaxacan Green into the hands of Austin's culinary artisans.

204: Union Kitchen // Washington DC
Everyone knows it's tough to succeed in the food business. Union Kitchen's Cullen Gilchrist is working to help launch and nurture culinary startups in Washington DC, offering business guidance, a communal kitchen, distribution services and even a string of grocery stores to help ensure success. In this episode, you'll meet three entrepreneurs who have leveraged Union Kitchen's assets to launch and grow food brands that have gone national.

205: Den Sake Brewery // Oakland, California
Yoshihiro Sako uses time-honored Japanese techniques to brew small-batch sake using single-origin rice grown on Rue & Forsman ranch in the Sacramento Valley. With a focus on crafting sake that is meant to pair with northern California's renowned cuisine, Yoshi works with the region's sommeliers and shop owners to bring the beautifully ephemeral flavor of sake to the American table.

206: Marshallberg Farm // Lenoir, North Carolina
Through sustainable aquaculture, Marshallberg Farm is raising thousands of Russian sturgeon, producing environmentally-responsible osetra caviar and smoked sturgeon in North Carolina. Simply cured with salt, this osetra caviar is a buttery, briny indulgence. The fish is critically endangered in the wild, and farmed sturgeon is categorized as a "Best Choice" on the Monterey Bay Aquarium Seafood Watch.

207: Bløm Meadworks // Ann Arbor, Michigan
Mead dates back to 7000 BC in China where honey was fermented with fruit and rice. From the ancient Greeks to Medieval monks, this nectar has been enjoyed wherever honey bees thrive. At Bløm Meadworks in Michigan, honey from local apiaries is turned into dry, session-style mead. Working in partnership with farmers and beekeepers across the state, Lauren Bloom and Matt Ritchey are creating ferments that capture the essence of the region's flavor, shifting to reflect fruit, hops and herbs that are ripening each season.

208: Roots Kitchen & Cannery // Bozeman, Montana
Back before refrigeration, in order to preserve food for the winter months, meat was salted, dried or smoked, and fruits and veggies were dried, fermented, pickled or turned into jams. Today, the team at Roots Kitchen & Cannery preserves the flavor of the Montana harvest by turning fresh, organic produce into pickles, preserves and canned goods that have earned a Good Food Award. From classic dill pickles to Earl Gray-blackberry jam, summer-fresh flavor is captured in these artisan preserves.

209: Kô Hana Rum // Kunia, Hawaii
Almost a thousand years ago, the first Polynesians brought sugarcane to the Hawaiian islands. Today, heirloom varieties are being preserved and cultivated on Oahu by the team at Kô Hana Rum. Unlike most rum, which is made from molasses, Kô Hana's Agricole-style spirit is made with the juice, capturing the sweet essence of the sugarcane and preserving the unique flavor of these ancient varieties.

210: Ramona Farms // Gila River Indian Community, Arizona
Just outside of Phoenix, the Button family is cultivating a bean that nourishes the soul as well as the body. Ramona Button was urged by her community's elders to bring back the tepary bean, a nutrition-packed legume that has been cultivated by the Akimel O'odham people for centuries,

but it was all but wiped out by the 1970s. Ramona and her family are cultivating tepary beans, heritage wheat and heirloom corn, sharing traditional food ways that feed their community spirit and help to revive the culture, reconnecting people to their culinary history and heritage.

211: Custom Foodscaping // St. Louis, Missouri
As we become more aware of our dinner's carbon footprint, many are seeking to grow as much as possible close to home using environmentally-sensitive methods. In St. Louis, Matt Lebon of Custom Foodscaping builds permaculture food forests, focusing on native plants and resource management to create bountiful urban harvests. From restaurants to churches to schools, his food forests fulfill a range of needs, feeding bodies as well as spirits with his innovative edible landscape designs.

212: Food Building // Minneapolis, Minnesota
At Food Building in Minneapolis, makers focused on transparency, quality and sourcing are working side-by-side, supporting each other and working to build a better food system. Here, Red Table Meat Co., Baker's Field Flour & Bread and Alemar Cheese craft products using locally-sourced ingredients and the chefs at Kieran's Kitchen pull these artisan creations together on the plate, completing the circle by connecting the makers with consumers.

213: Jacobsen Salt Co. // Portland, Oregon
It's easy to take salt for granted, but there's a lot more to this essential mineral than you might imagine. In Portland, Oregon, Jacobsen Salt Co. harvests salt from the cold, clean waters of Netarts Bay on the Oregon Coast. In this episode, we explore exactly how flake sea salt is made and then follow the salt to see how local chefs and makers are utilizing the briny crystals in unique and delicious ways.

Season 3

301: Triple J Shrimp
Shrimp is America's favorite seafood, but most are produced unsustainably. Luckily, there is a rise in aquaculture producing Earth-friendly shrimp close to home. At Triple J Shrimp, Pacific white shrimp are raised sustainably thousands of miles from the ocean. Join Cat Neville for this eye-opening episode and then get into the kitchen as she cooks up Spanish-style chile-garlic shell-on shrimp.

302: Hildebrand Farms Dairy
By looking to the past, the family behind Hildebrand Farms Dairy is ensuring their farm's future. Four generations work side by side to provide milk and cream bottled right on their own bottling line in reusable, sustainable glass, just like great grandpa. Join Cat Neville on the farm, get in the kitchen to make lasagna with from-scratch Mornay sauce, sausage, red peppers and spinach.

303: Dale Hollow Winery
Winemakers only have one chance each year to get it right. From bud break to bottling, every step is critical in creating a great vintage. At Dale Hollow Winery, a young couple is focused on making regional wines one harvest at a time in a region that may surprise you: the Ozarks. After visiting the winery, you'll get in the kitchen with Cat Neville to make wine-poached pears with sugared walnuts.

304: MO Hives
Mom, doctor, inventor and now a beekeeper, Dr. Marion Pierson installs apiaries in abandoned urban lots, protecting bees, building community and creating green STEM opportunities for young people through her non-profit, MO Hives. After buzzing around the hives, head back to host Cat Neville's kitchen and make fried chicken with hot honey, peanuts and scallions.

305: Homie Hospitality
Everything's better when you collaborate. At Homie Hospitality, two couples work side by side, one running the farm and the other hosting wood-fired feasts made with the bounty that's grown just outside the kitchen door. Visit this unique diversified farm and then head into the kitchen with Cat Neville to make honey-brined heritage pork porterhouse chops.

306: Bold Spoon Creamery
Born of an overabundance of mint, Bold Spoon Creamery's Rachel Burns left a finance career to pursue a passion for ice cream. On her "ice cream farm," Rachel grows herbs and fruit and welcomes school groups, using the math and science of ice cream to engage young minds. After a visit to the farm, head to the kitchen with Cat Neville to make an ice cream layer cake with red wine-chocolate ganache.

Season 4

401: Adam Puchta Winery
Founded in 1855, Adam Puchta Winery is the oldest, continuously-owned family farmed winery in the US. Seven generations have worked this land in the Hermann, Missouri, AVA. In this episode, you'll meet Parker Puchta, who, after his father's sudden passing, is at the helm of this historic winery. Today, he is building its legacy for his own son and the generations to come.

402: Yoli Tortilleria
In this episode, you'll meet a woman born and raised in Sonora, Mexico, who is honoring her history while crafting James Beard-winning flour and corn tortillas in the heartland. At Yoli Tortilleria, they use local ingredients and traditional techniques like nixtamalization, where dried

corn is cooked and soaked in an alkaline solution, creating masa, the dough that's pressed into corn tortillas.

403: Foeder Crafters of America
Foeders have been used to store and age beverages for centuries. They are traditional, large-scale wooden casks typically used to age beer, but can be used for wine and spirits as well. At Foeder Crafters of America, they handcraft these massive barrels out of Missouri white oak, customizing each one for makers across the globe, from Japan to St. Louis.

404: StilL 630
In the shadow of the Gateway Arch, Dave Weglarz, a river-guide-turned-bonds-trader-turned distiller is hard at work, hand crafting Missouri bourbon, rum, brandy and thoroughly unique botanical-forward gins that have been ranked among the top spirits in the country.

405: Castor River Farms
Rice is one of the most widely cultivated crops in the world, and most is grown using a massive amount of water. At Castor River Farms, they sow the rice directly into the soil and focus on regenerative practices to care for that soil above all else. No tilling, no burning, no flooding, no chemicals and cover crops are key to this unique farm's approach.

406: Askinosie Chocolate
At the heart of Askinosie Chocolate's mission, aside from hand crafting bean-to-bar chocolate, is the desire to impact the lives of cacao farmers across the globe. Through direct trade, the team at Askinosie is helping to create economic opportunities for farmers, who are seen as not simply suppliers, but partners.