



## Do things local

*Transcript 032*

*September 2007*

Linda: Hi, I'm Linda

Craig: And I'm Craig

Linda: And this is the Indie Travel Podcast episode 32 at [www.indietravelpodcast.com](http://www.indietravelpodcast.com). Hello and welcome from St Martin, in Austria.

Craig: We normally bring you an interview at this time of month, but we haven't managed to get our act together in time. It's not that we haven't spoken to any interesting people, but none of them wanted their voice and their views podcasted around the world.

Linda: Fair enough. But we're excited about doing things local this week: local food, local drink, and local stuff in general.

Craig: We're in a little Austrian town. And it's little.

Linda: Very little.

Craig: Unless you have a car you probably won't get here, and even if you do you might miss it. But that's not to say it isn't a great place.

Linda: And we've had a fantastic week: the trick is - go local.

Craig: As we record we're sipping on beer from the local brewery, Hofstettner. Cheers!

Linda: Cheers.

Craig: It's about 500 meters up the road.

Linda: Or maybe a k.

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Craig: Yeah OK, if I walk to the street corner I see it. I mean, it's local.

Linda: Yeah, it's local. And it's the oldest brewery in the country, which is pretty cool.

Craig: Not only that, this beer's seasonal too. It's pumpkin season here in Austria and we're downing kurbisbier - or pumpkin beer. Um, apparently it's only released around September.

Linda: Yeah, and it's good.

Craig: Yes. Indeed it is.

Linda: So, here's the point: Drink local. Drink ouzo in Greece, sauvignon blanc in New Zealand, coke in America, Irn Bru in Scotland, Lassi or chai in India.

Craig: Or Grass Jelly drink in Malaysia. Eh? Eh?

Linda: Eh ... When I was in Malaysia, I was eleven years old and my dad had bought a can of grass jelly drink. He decided that it would be good for our development to all try this grass jelly drink. However I was 11 and the campaign in school was "Don't share drinks because you'll get germs" I mean, completely forgetting that they were my family, I didn't want anyone's goobers. Anyway, so, everyone had a sip, and I didn't want to, so I ended up with the last fifth or so of the can, which is the worst, because a, it had all of the germs in it and it had the grass and the jelly in the bottom of it. So there I was sitting on the steps outside this train station crying because I really didn't want to drink the rest of this awful, awful, awful, awful drink. Shudder.

Craig: Don't you love travel? Sometimes it's the experience that counts, rather than the taste.

Linda: It wasn't a good experience! I found a can in the local Asian supermarket back home and bought it for my dad, a couple of years ago, and he was delighted! He was so excited that I'd bought him this drink. And I had meant it as a horrible slight to him, to say "remember how you made me drink this drink?" but he was quite happy with it. And I was annoyed. I'm still annoyed.

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**Craig:** Calm, calm. Well anyway, I was going to talk about Caroline in Turkey and her food theory.

**Linda:** Ah yes, Caroline has this great theory. She reckons that what the land produces where you are at any time is what the body most needs. So, if it's time for watermelon, eat watermelon.

**Craig:** It sounds a bit too much like pop-psychology to me, but I have to admit, the watermelon tasted good!

**Linda:** It was really good, and we ate a lot of it. It does make sense to eat what's in season. It'll taste better when it's fresh. And also, I'm thinking of spargals menus a little while ago. Asparagus was in season here in Austria and there were whole menus of asparagus dishes. Seriously, pages and pages of options in addition to your regular menu.

**Craig:** And it was good.

**Linda:** It was very good.

**Craig:** Eating seasonal stuff has to be better for you; I mean it's fresher so you'll get more goodness. And it has a much lower carbon footprint.

**Linda:** Yeah. Environmental issues are important. And economic ones too; I think good travellers invest in the area they're in. I mean, if you're visiting a place, you should make sure you spend there; especially in the smaller towns. I don't think you should spend more than normal -- I mean, most of us, especially travellers like us, we're just scraping by -- but do buy local wherever you can. You'll feel good.

**Craig:** Well, that's us for now, we're off to drink more pumpkin beer: Buy local, eat local, drink local and have a great time this week. If you've had something local and fantastic, let us know about it in the comments - I'm going to kick things off with the best Italian food I've ever had.

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Linda: And I might mention baklava in Turkey, or Almdudler in Austria, or gyros in Greece, or maybe something else. I don't know.

Craig: Your going to have to choose one for the comments, Linda. Our first email newsletter's coming out on October 1st. So if you're interested drop by [www.indietravelpodcast.com](http://www.indietravelpodcast.com) and sign up.

Linda: And don't forget the facebook and flickr groups. And until next week, travel well.

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