



New Podcast Episode:

Breaking the Mold with Rapper Eligh

Greetings!

We are very excited to break the mold this week by featuring a special person you would not usually hear on a podcast about food and farms.

The Southern California rapper, [Eligh](#), is a living legend. In fact, he was a member of the Living Legends rap group that was huge in the 1990s. Today, Eligh is doing mostly solo work and periodic dates as part of the duo [The Grouch and Eligh](#). He has recorded dozens of releases and has a wide and dedicated audience across the globe.



During my underground hip hop days, I produced an album with Eligh. I saw then he was a special person, a thoughtful man, with an interesting story. Not long after joining the Roots of Change team, I shared with Michael that Eligh might be a great person to engage in a conversation. Intrigued, he listened to Eligh's work and also heard the many references to nature, justice, healing and integrity that resonate with the themes central to Flipping the Table. So I asked Eligh if he'd join us for an interview to talk food. He said yes, because it is a topic close to his heart.



I was really surprised and excited by the way the conversation revealed parallels between

independent musicians and small organic farms and food businesses. Like many of us, Eligh was not taught about good nutrition, he has learned the hard way. His story of recovery from addictions and how food is part of his healthy lifestyle is timely given the nation's opioid crisis. He credits one of our sponsors, [Whole Foods Market](#), as his primary source of healthy food while on tour. I trust you'll find this [honest conversation](#), both refreshing and inspiring.

Join us for a Special Live Podcast Event, July 12th: Our Restaurant Mecca is Becoming a Wreaka!



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Tickets

If you live anywhere near San Francisco, join us on Friday, July 12th, 6:30-8:00 pm at [Manny's](#). We're going to explore the restaurant crisis underway in the Bay Area, a Mecca of culinary talent. Chef Anthony Myint of Mission Chinese, Commonwealth and The Perennial fame will be joined by Chef Duskie Estes of Next Iron Chef and Zazu fame in conversation with Michael. They will try to unpack the challenge of maintaining our great culinary scene in the face of outrageous costs for housing and leases, tech company competition and insane immigration policy, not to mention the continuing loss of small farms that provide the great ingredients chefs need. Their conversation will seek to uncover a path to keep our fabulous restaurant scene intact.



July 16th, We Spotlight Another Powerful Female Leader

[Kat Taylor](#) is a next generation banker, grass-fed beef producer and disruptive philanthropist, and she is married to the guy seeking to impeach the president, Tom Steyer. Kat's interview is fascinating and gives us real hope for the future. Watch for it.

And check out our dope line up into October [here](#).

We're on a Roll

We have a fantastic list of [past episodes](#) with amazing people doing incredible things to heal our world, all available through your favorite podcast app or our website.

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Thank you!



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