

S2E5: Captured

Tanorria:

Welcome to Black Girls Eating, a conversation about justice, Black girl magic, and well seasoned food.

Girls:

We are Black Girls Eating and welcome to our podcast.

Candace:

Well, hey girl.

Tanorria:

Hi.

Candace:

How are you?

Tanorria:

I'm fabulous.

Candace:

What a day.

Tanorria:

I know, right?

Candace:

We've been lamping in luxury today.

Tanorria:

We have. I don't want this day to end.

Candace:

I know, right? It was... Yeah.

Tanorria:

Podcast guest-

Candace:

We are just-

Tanorria:

... the standard has been set.

Candace:

... Yeah, just know that if you come to Black Girls Eating-

Tanorria:

The standard has been set.

Candace:

... you've got some big shoes to fill.

Tanorria:

Yes. Yes. We feel so loved on today.

Candace:

Yeah. We've got gifts.

Tanorria:

Yeah.

Candace:

I mean...

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Tanorria:

We've gotten liquored up.

Candace:

We got liquored up. I'm going to have to make sure my girl gets home safely. Luckily she only lives seven minutes away, so that's fine.

Tanorria:

Right. Right.

Candace:

I can just follow you home.

Tanorria:

That's friendship, true friendship.

Candace:

Really, our friendship goes beyond, "Call me when you get there."

Tanorria:

Oh, yeah.

Candace:

It's, I'll put you in the car, I'll put you in the bed, I'll walk to the door.

Tanorria:

Yeah. Do I need to add you to my location? That kind of friendship.

Candace:

Share your location, that's who we are.

Tanorria:

Yeah.

Candace:

Do I need to call your mama? Yeah. It's one of those things. But that's Black Girls Eating for you.

Tanorria:

It is. Sisterhood-

Candace:

Sisterhood.

Tanorria:

... justice, and well seasoned food.

Candace:

And well seasoned food. Tell the people.

Tanorria:

It's the tagline, y'all.

Candace:

It's the tagline.

Tanorria:

I use it as often as I can and people are like-

Candace:

"I love that," yeah.

Tanorria:

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... "Oh, yeah, I love that." And I'm like, "I know."

Candace:

I was like, "Yeah, because it's a real thing."

Tanorria:

I'm well aware.

Candace:

It's not by chance. Well, ladies, gents, and everyone in between, we've got a great, great episode planned for you today.

Tanorria:

She has my whole heart.

Candace:

Whole heart.

Tanorria:

She does. She literally helped make my dreams come true.

Candace:

Yeah. I've worked with her and just-

Tanorria:

Special place.

Candace:

... to even be in her aura-

Tanorria:

Yes.

Candace:

... is like magic.

Tanorria:

The most chill person, like how is someone that chill all the time? I want that. Give me some of that juju.

Candace:

The thing is, her Instagram captions, I read them and it's like, I've been in a community with her. And so, I read them and I'm like, "She ain't lying."

Tanorria:

No. No.

Candace:

She's really...

Tanorria:

And all she needs is one word or one sentence and you're like, "Yes, I get it. I get it."

Candace:

I probably comment on her photos, I'm like, "Mood," all the time.

Tanorria:

Where I'm over here in my Instagram captions having to write six paragraphs.

Candace:

Yeah.

Tanorria:

She can make a statement with one word or one sentence.

Captured with Martina (Completed 11/09/21)

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Candace:

One word and a bomb photo, and she's-

Tanorria:

Yes.

Candace:

... Yeah.

Tanorria:

And her ability to be fly and fully in herself in a picture, I ain't got that.

Candace:

Y'all, she's dressed to the nines at the podcast recording. [inaudible 00:02:43]

Tanorria:

I don't have that.

Candace:

T-shirts, leggings-

Tanorria:

And jeans.

Candace:

... and sneaks. That's how we roll.

Tanorria:

I don't have that.

Candace:

She came in here all fly.

Tanorria:

One day I asked her, I was like, "So do you get cute just for your Insta photos?" And she's like, "Yes, yes I do." I'm like, "Wow."

Candace:

Yeah.

Tanorria:

That is commitment.

Candace:

I love it.

Tanorria:

That is dedication. Give me that kind of commitment.

Candace:

Man. Just give me that kind of willpower.

Tanorria:

Give me that kind of knowledge because I'm not that great at it.

Candace:

Yeah, no.

Tanorria:

The outfit, and the coordination, and how she always looks so snatched. I don't have that talent.

Candace:

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When were planning for Black Girls Eating Live at Butter, the day before I was like, "Hey, we're wearing our t-shirts and jeans, right?"

Tanorria:

Yes.

Candace:

It wasn't, so to speak, a question, it was more of, "No, we're wearing our t-shirt and jeans, right?"

Tanorria:

And I said, "I was thinking the exact same thing."

Candace:

So, because I just, I couldn't even think-

Tanorria:

I mean, y'all were lucky that I put on my wig and lipstick.

Candace:

... Listen.

Tanorria:

That was a big deal.

Candace:

I got a haircut. I got a brand... Hey.

Tanorria:

You get applause and admiration on that.

Candace:

That's like my first haircut since the start of the panini.

Tanorria:

Wow.

Candace:

Yeah.

Tanorria:

Okay.

Candace:

So... Well, y'all, it's season two. We told y'all we were bringing the magic.

Tanorria:

And we were not playing around.

Candace:

We're not playing around. We would love to welcome Martina Jackson to Black Girls Eating. Hey, girl.

Martina:

Hello. First of all, get you some friends that love on you. Okay, that way that Tanorria and Candace do.

Just, your friends could never. Should I... That's shade, but, hey, they can't. They just can't. Hello, y'all.

Candace:

We love you.

Tanorria:

Yeah, we... Yeah.

Candace:

We do. We really love you.

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Martina:

Ugh, the feeling is mutual. You guys are so amazing, so I'm super excited to be here with y'all and pop a couple bottles-

Candace:

Yes.

Martina:

... and just get it going.

Candace:

Yeah. We told y'all people were bringing us gifts.

Tanorria:

Gifts. Whole gifts.

Candace:

We've got the real deal champagne.

Tanorria:

And good champagne.

Candace:

Good champagne, she loves us.

Tanorria:

If you listen to our previous episode, she did not bring us cork.

Candace:

She did not. She did not.

Tanorria:

She didn't.

Candace:

She brought us good stuff.

Tanorria:

Okay, so this only makes sense that she would do this. Once again, she's always on it and always on brand, and always being mindful. The woman wrote a cocktail book-

Candace:

Yeah.

Tanorria:

... and she is coming to share the cocktail book and some bubbly.

Candace:

And some bubbly. Which, y'all, the cocktail book is beautiful, by the way.

Tanorria:

Beautiful.

Martina:

Thank you. Thank you, guys.

Candace:

It, the cover alone has a gorgeous Old Fashioned on the top of it-

Martina:

Yes, mm-hmm (affirmative).

Candace:

Captured with Martina (Completed 11/09/21)

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... and y'all know a bourbon is my drink, so.

Tanorria:

Yes.

Martina:

You can't go wrong with it.

Tanorria:

Never.

Candace:

You cannot go wrong with bourbon.

Martina:

[crosstalk 00:05:12]

Candace:

Whoever decided bourbon was the gentleman's drink should just stop.

Martina:

So, funny that you say that. So, that drink on the cover is actually called A Girl Walks Into A Bar, because it's a spin on an Old Fashioned, right?

Candace:

Of course.

Martina:

Because you always think, "Oh, it's a man's drink. It's a guys thing." No, no, no, honey.

Tanorria:

Mm-mm (negative).

Martina:

Sometimes you just want a nice, stiff drink.

Tanorria:

Mm-hmm (affirmative).

Candace:

Yeah.

Martina:

But it has some character to it that's just a little more elevated and just a little feminine. So yeah, it's pretty cool.

Candace:

I love that because-

Tanorria:

Once again, luxury.

Candace:

... luxury. I love that.

Martina:

It's a lux life.

Tanorria:

Yes.

Candace:

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Because when I go to the, a bar and, or a restaurant, order a bourbon on the rocks, men are like, "You want what?" "I'd like a bourbon, please."

Tanorria:

Mm-hmm (affirmative).

Martina:

Yes, please.

Candace:

And it's, they always kind of double look-

Martina:

Like, "Why do you want that?"

Candace:

... I'm just... Probably they're thinking, this 12 year old is trying to order a drink at the bar.

Tanorria:

Right.

Candace:

But, yeah, so.

Tanorria:

I love that.

Candace:

I love that.

Martina:

Well I think, we're going to pop this bottle, right?

Candace:

Yeah.

Tanorria:

Let's do it.

Martina:

Are we down for that?

Candace:

We're ready.

Tanorria:

We are down.

Candace:

We're ready.

Tanorria:

We're ready to pop bottles.

Martina:

Okay, let me get this going.

Candace:

Okay, let's do it.

Tanorria:

She's so fancy.

Candace:

Captured with Martina (Completed 11/09/21)

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She is fancy, bringing champagne and bubbly in here.

Martina:

What's the kind of ceiling y'all got?

Candace:

I know, right?

Martina:

Woo.

Candace:

Woo. And, you did it.

Martina:

There we go.

Candace:

There we go.

Tanorria:

Welcome to Black Girls Eating with Martina, y'all.

Candace:

I'm telling you.

Tanorria:

She don't play around.

Martina:

You never know when it's just going to totally just fly on it's own, but here we are.

Candace:

Here we are.

Tanorria:

Here we are.

Martina:

So, I'll go ahead and pour up a couple glasses for you guys.

Tanorria:

Thank you.

Candace:

Aw, thank you so much.

Martina:

Yes.

Tanorria:

So Martina, we want to know, while you're pouring, tell us when did you fall in love with creativity?

Martina:

Ooh, that is a really good question. And, you know what? Not to be cliché, but it's like it's just always been a part of me, right? But, the funny thing is so I... From an academic standpoint, I went to school for biology.

Tanorria:

Oh, wow.

Candace:

Yeah.

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Martina:

Right?

Candace:

I knew that about her, yeah.

Tanorria:

Wow.

Martina:

Yeah, so I went to school for biology, was in the lab quite a bit, just doing all of the science things. And then, I ended up transitioning into the biomedical sphere-

Candace:

Mm-hmm (affirmative).

Martina:

... worked in pharma, worked for your Eli Lilly, some of those groups.

Candace:

Mm-hmm (affirmative).

Tanorria:

Mm-hmm (affirmative).

Martina:

But, you know how it's like some people say you have a left brain and a right brain?

Tanorria:

Mm-hmm (affirmative).

Candace:

Yes.

Martina:

I feel like I have both.

Candace:

Okay.

Tanorria:

Okay.

Martina:

And so, the creative part has always been there-

Candace:

Mm-hmm (affirmative).

Martina:

... but then there's always been a little bit of a analytical side too.

Candace:

Yeah.

Tanorria:

Yeah.

Martina:

And I think that comes out in my projects and some of the things that I do.

Candace:

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I can see that in your attention to detail.

Martina:

Yup.

Candace:

But that's not a bad thing.

Martina:

Yes. Yes.

Candace:

That's not a bad thing at all.

Martina:

Right? But, it's definitely been there and I think in the last maybe, 10 years especially, it's like, okay, this needs to actually come out, right?

Candace:

Mm.

Martina:

So it's been there, I think kind of under the radar, and it would come out in little ways like in classrooms or in projects where I'm going way overboard on my PowerPoint and just doing the most. Or I'm taking tons of pictures on my cell phone, just going ham, doing the most. And then I finally said, hey, let's get a DSLR-

Candace:

Mm-hmm (affirmative).

Tanorria:

Mm-hmm (affirmative).

Martina:

... let's start taking photos more formally, more on the regular, actually showcasing my work.

Candace:

Mm-hmm (affirmative).

Tanorria:

Yeah.

Martina:

And then getting to a point where I'm like, okay, hey, this is something I love to do and I want to provide a service.

Tanorria:

Mm-hmm (affirmative).

Martina:

And then transitioning that into Drea & Co. But the creativity, it's always been there, but it just had to kind of flourish a little bit.

Candace:

Yeah.

Tanorria:

Do you feel like you were restricted in letting that creativity out, especially as a Black woman?

Martina:

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I do and I think what kind of restricted that was the need to feel like I need something that's a sure thing, in terms of a career, in terms of making sure that everything is okay, I'm provided for, my family is good, whatever.

Tanorria:

Mm-hmm (affirmative).

Martina:

So it's like, okay, sure, I like to do these things, I like to take photos and whatever, but I have bills to pay.

Tanorria:

Yes.

Candace:

Right.

Martina:

And, we just got things to do. So, that definitely has been a thing that's kind of, not diminished, but just slowed down the process.

Tanorria:

Mm-hmm (affirmative).

Martina:

You know?

Tanorria:

Mm-hmm (affirmative). Because it's impossible for Black women to get paid what they're worth.

Candace:

Right.

Tanorria:

And so, there's always some need to supplement something.

Candace:

Right.

Martina:

Yes.

Candace:

And even if you make good money, but there's that whole idea that you have to more than one stream of income and-

Tanorria:

Mm-hmm (affirmative).

Candace:

... don't put all your eggs in one basket.

Tanorria:

Mm-hmm (affirmative).

Martina:

That part.

Candace:

So, all of those things.

Martina:

Yes, the eggs... And so, then you up having a million baskets.

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Candace:

Right.

Tanorria:

Yes.

Candace:

Right.

Tanorria:

Yes.

Martina:

Because you're like, mm, lets just make sure-

Candace:

Right.

Martina:

... that we're good.

Candace:

That whole rainy day and what if, and all the things.

Tanorria:

Mm-hmm (affirmative).

Candace:

And-

Tanorria:

Even in entrepreneurship, the whole concept of picking one thing and just focusing on that, making it the best you possibly can and maximizing that, that is a challenge as a Black woman because so many people don't see you as the expert in that one thing.

Candace:

... Right.

Martina:

Mm-hmm (affirmative).

Candace:

Right.

Tanorria:

So you have to find something else that's going to appease people.

Candace:

Yeah.

Martina:

Yup.

Tanorria:

Yup.

Martina:

Absolutely.

Candace:

Yeah.

Martina:

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And it's interesting... Transitioning into the field, especially into photography, in a, just a lot of fields that are male dominated-

Candace:

Yeah.

Tanorria:

Mm-hmm (affirmative).

Martina:

... not only kind of hard for women to get into, it's... You really have to stand your ground and show a lot of confidence, and kind of go, we always say it, above and beyond in a level of expertise. So, not only am I, do I know that I'm good and my peers know that I'm, I can do it, you have to go another level just to demonstrate that like, "No, I really know my shit."

Tanorria:

Yeah.

Candace:

That twice as hard for half as much is not a- [crosstalk 00:10:39]

Tanorria:

Yes.

Martina:

Yeah.

Candace:

... It's, yeah, it's something that probably has been ingrained in us as, especially little Black girls, since from going to school for the first time and, "Don't be so extra," and it's all the things.

Tanorria:

Oh my word.

Martina:

That part.

Candace:

It's all the things.

Martina:

But how can you not be extra when it's just innate?

Candace:

It, that's the thing. It's like, it's-

Tanorria:

You are extra. You are worth the extra.

Martina:

Right, right. And what is extra, really?

Tanorria:

Mm.

Candace:

Right.

Martina:

You know what I mean? Are we just talking about like, hey, I'm exceptional, I just do a really damn good job. I just-

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Tanorria:

And I know it.

Martina:

... and I know it.

Tanorria:

And I claim it.

Martina:

Exactly. I'm not afraid to say that.

Candace:

Yeah.

Tanorria:

Mm-hmm (affirmative).

Martina:

Is that extra? Well, okay then.

Tanorria:

Yes.

Candace:

And, I think how I learned it is watching little kids. It's because little kids are like, "I'm so great at this."

They can- [crosstalk 00:11:23]

Tanorria:

Mm.

Candace:

... "I am so great at this," and they don't think twice about telling themselves that- [crosstalk 00:11:27]

Tanorria:

It's a factual statement.

Martina:

Right.

Candace:

... Yeah. They know that. But I think once you get older, you're taught to dim your light.

Martina:

Yes.

Tanorria:

Especially as women, as Black women, but also as women, that whole idea of bragging on yourself. The idea of standing in your power, the idea of challenging back someone that's challenging you, it's like, no, you're supposed to sink back, be modest. That's how people define femininity.

Candace:

Yeah. Be humble.

Martina:

Yup.

Tanorria:

And it's so inaccurate.

Martina:

It's exhausting.

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Tanorria:

Yes, it is.

Candace:

It is exhausting.

Martina:

Exhausting, like I've, there's literally times where... And I feel like I see more people talk about it now. But just, even in an email, where it's like, let me not put too many exclamation points or maybe I should add another, or is the tone too assertive or aggressive? How's it going to come across? Do I need to be more cordial and friendly? It's too much. I just want to talk.

Tanorria:

Yes.

Candace:

Yeah, I just want to be me. And, especially in the corporate world-

Martina:

Yes.

Candace:

... when you have to code switch. And like now, how I am now at my age, I don't have the time to code switch.

Tanorria:

Mm-hmm (affirmative). Mm-hmm (affirmative).

Martina:

Correct.

Candace:

I don't have the energy to code switch. What you see is what you get.

Tanorria:

One hundred percent.

Martina:

Yes, yes.

Candace:

So...

Tanorria:

And you're getting the best of me because that means I am being fully myself.

Candace:

Right and I'm being present.

Tanorria:

That is the best of me. So, to expect to sink back or reduce myself, you're, there's going to be a lot of animosity in that. There's going to be a little less effort in that because it's like, all right, that's what you asked for, that's what you get. But if you want the best of me, let me be me.

Candace:

Let me be me.

Martina:

Absolutely.

Tanorria:

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Just let me be me.

Candace:

Yeah.

Martina:

And you know? I've kind of experimented with the code switching, I'd say in the last... Because I'm just tired as well. I think that could just be the title of the show, Tired. The truth is I'm tired.

Tanorria:

Yes.

Martina:

So I'm like, what would happen if I just stopped trying to... I mean, obviously I'm going to speak the way I speak, I'm articulate, whatever. But I'm not going to go beyond measure to just change the way I speak and to feel uncomfortable.

Candace:

Right.

Tanorria:

Mm-hmm (affirmative).

Martina:

And, truthfully, nothing happened. I didn't get any less bookings, I didn't get any less jobs, I didn't get unfair treatment.

Tanorria:

Yeah.

Martina:

So, I think taking that power back can be really refreshing and just, hey, I can by myself and it's okay.

Candace:

And I think that's one of the things that I love about you the most is how authentic you are-

Tanorria:

Mm-hmm (affirmative).

Martina:

I appreciate that.

Candace:

... and how true to yourself you are. And, with all of the things that you do, you are you and you show up as you-

Tanorria:

Yup.

Candace:

... every single time. I think that's the one thing we get a lot from people. "Oh, you guys are really like this."

Tanorria:

Yeah.

Martina:

Yes.

Candace:

Because I'm done.

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Tanorria:

Because the moment we met, we gave each other permission and freedom to be who we were.

Candace:

Yeah. Yeah.

Tanorria:

And that is so important among Black women to give that permission and to-

Martina:

It is.

Tanorria:

... create that space for other Black women to know they can come in and be that way.

Candace:

Yup.

Tanorria:

Martina, so we know you're tired. Is part of that you're tired because you do so many things, when do you sleep? And, tell us about all those things.

Martina:

Sure. So, funny you ask, and you're like... So, I say tired but it's almost, it's a blessing to have the opportunities that I have right now. So I say that with a little asterisk like, "Woo Lord, I'm tired." Because I could definitely take a nap at any moment.

Tanorria:

Mm-hmm (affirmative).

Martina:

But, yeah, so I've been working on... Number one, I still have a nine to five.

Tanorria:

Mm-hmm (affirmative).

Candace:

Yeah.

Martina:

Okay.

Tanorria:

Mm-hmm (affirmative).

Martina:

Dre & Co. is on and popping, so there's a big focus right now on food photography, lifestyle portraiture, just all of the things there. And then, also just launched or in the midst of launching CaptureNoire-

Candace:

Yay.

Martina:

... which is a photography editing suite-

Candace:

So amazing.

Martina:

... that is coming soon and it's all about just displaying melanated skin-

Tanorria:

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Yes.

Martina:

... in the best way possible.

Candace:

Oh my gosh.

Martina:

So, it's literally for us.

Candace:

I love that.

Martina:

So, that's my baby.

Tanorria:

Yes.

Candace:

That makes me so happy because I hate when I see photos of Black people that are, the lighting is terrible.

Martina:

Mm-hmm (affirmative).

Tanorria:

It's just not what they look like.

Martina:

Out here ashy. We're not going to do that.

Tanorria:

Yes.

Candace:

Yeah.

Martina:

We're not going to do that.

Candace:

And you just haven't captured all of our negro nose-

Martina:

Yes.

Candace:

... and our, all that.

Tanorria:

The radiance-

Candace:

Our radiance.

Martina:

Yeah, all of it. All of it.

Tanorria:

... that comes off of melanated skin, yes.

Martina:

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Those undertones-

Candace:

The undertones, yeah.

Martina:

... I need all of it to come through.

Candace:

Give me all of that.

Tanorria:

Yes.

Martina:

The shadows, I am OCD about skin tone and color, and color grading. And so, when I'm working with my clients and doing portraits, I'm very particular about making sure that they look like themselves. But just, and just really radiant, and letting the light and the sun hit them in the right way.

Tanorria:

Mm-hmm (affirmative).

Candace:

Mm-hmm (affirmative).

Martina:

And so, it's, to me, I can... It's pretty clear... Excuse me. If we're looking at SnapChat filters or Instagram filters that just don't match us.

Tanorria:

Yup.

Candace:

Mm-hmm (affirmative).

Tanorria:

Yup.

Martina:

You end up looking really crazy because they're not made for us.

Candace:

No.

Tanorria:

Mm-hmm (affirmative). Mm-hmm (affirmative).

Martina:

They're just not, so this is all about making something for us.

Candace:

I love that.

Tanorria:

That is- [crosstalk 00:16:32]

Candace:

And that project just won in the pitch contest-

Martina:

Yes.

Tanorria:

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Yes.

Candace:

... so tell us all about that and how that experience totally just changed your life.

Martina:

Oh my gosh. It was amazing. Amazing. So, Be Nimble is a foundation based in Indianapolis and they're all about providing minority groups, and tech founders especially, with the resources they need to just grow their businesses, to gain capital, and just to really accelerate what they're doing.

Candace:

Yes.

Martina:

And so, they do an annual pitch and this was the first year that they did a summer program. So this was where idea stage businesses, so meaning, literally from it's infancy, we're teaching to how to pitch, how to just do all of the things to make sure that your business idea is foundationally sound.

Tanorria:

Yes.

Candace:

Mm-hmm (affirmative).

Martina:

And then, I think there was about 12 of us in the program this summer.

Candace:

Wow.

Martina:

And so, we worked with the team, worked with Be Nimble weeks preceding the Pardi Gras event.

Candace:

Mm-hmm (affirmative).

Martina:

So, this was the Garden Pardi, the summer event, which was... If you guys saw the photos from Garden Pardi for, side bar-

Candace:

Oh my god.

Tanorria:

Yeah, I saw photos- [crosstalk 00:17:42]

Candace:

Understood the assignment.

Tanorria:

... a hundred percent FOMO.

Candace:

Do you hear me?

Tanorria:

FOMO all up in my life, just that one day.

Candace:

I don't even want to talk about the-

Tanorria:

S2E5: Captured

I was like, I'm just going to swipe all these people that I know were there because I can't.

Candace:

... I don't even want to talk about-

Martina:

It was beautiful.

Candace:

... just the level of beauty.

Tanorria:

Yes.

Martina:

Yeah.

Candace:

The looks.

Tanorria:

So vibrant.

Candace:

Oh my... Yes.

Tanorria:

Yes.

Candace:

And again, that whole Black people in color-

Tanorria:

Yes.

Martina:

Luxury.

Candace:

... again, luxury.

Tanorria:

Yes.

Martina:

It was giving ROC Nation. It was just giving all of that.

Candace:

It was giving festival. It was giving everything in-

Tanorria:

Yes.

Candace:

... just, ugh, magic.

Martina:

Yes. So, it was amazing. So, we pitched that week of the events and I won the grand prize.

Candace:

Yes.

Tanorria:

S2E5: Captured

Grand prize. Now did you know that you won before you went to the, to Pardi Gras?

Martina:

No, so they announced it that day.

Candace:

So it was live?

Martina:

Yeah- [crosstalk 00:18:27]

Tanorria:

Oh wow.

Martina:

... Which was even more fun. And so the other cool thing that they did, they didn't tell us leading up to, but everybody won a cash prize that day.

Candace:

I saw that. I saw that.

Tanorria:

Yes.

Martina:

So we had no idea, yeah. And that was awesome to know that everyone's walking away. So when that happens- [crosstalk 00:18:41]

Candace:

12 businesses changed.

Martina:

... Yeah, literally.

Tanorria:

That's huge.

Candace:

That's... Listen, they understand the assignment.

Tanorria:

Mm-hmm (affirmative).

Martina:

They got it right.

Tanorria:

Mm-hmm (affirmative).

Candace:

I love what they do there. I just, I love it and I was so sad I didn't get to go.

Tanorria:

Mm-hmm (affirmative).

Martina:

Next year.

Candace:

Yeah. I'm in there. I was online getting tickets and I just, refresh, refresh.

Martina:

Yes. Next year, dear Be Nimble, please make sure there's some extra tickets. We love you.

Captured with Martina (Completed 11/09/21)

S2E5: Captured

Candace:

For creators like me.

Tanorria:

Dear Be Nimble, call Black Girls Eating.

Candace:

We'd love you to have you on the show Kelli and crew.

Tanorria:

Come on. Come on.

Martina:

But yeah, it was a really cool experience. It was dope.

Candace:

I love that. Well, congratulations grand prize winner.

Martina:

Thank you.

Tanorria:

Yes.

Martina:

Thank you.

Candace:

So what do you get to do with your funds that you win? Do you have to do specific things with it or can you just allocate it to where you want it to go in terms of your business?

Martina:

I can do anything with it, which is amazing, right?

Tanorria:

Huge.

Candace:

Unrestricted funds? Oh, man.

Martina:

Unrestricted.

Candace:

That's awesome.

Martina:

So we're spending it wisely, we're investing immediately.

Tanorria:

Yes, yes.

Martina:

We're investing immediately in just getting things up and going. Again, getting the foundation right, getting things just in the swing so that we can start marketing and start development, and just all of that.

So, I can't tell too too much.

Tanorria:

That's all right.

Candace:

No, that's okay.

Captured with Martina (Completed 11/09/21)

S2E5: Captured

Martina:

But, it is coming.

Candace:

I've already on Instagram.

Martina:

It is coming. So yeah, make sure y'all follow at CaptureNoire on Instagram.

Tanorria:

Yes.

Candace:

Yeah, yeah, we following.

Martina:

It's going to be good.

Candace:

Stalking. I love that.

Tanorria:

Nothing provides peace of mind like a well stocked pantry. Staples +5, 100 simple recipes to make the most of your pantry is my first cookbook and I am so excited to get it in your hands. Learn how to make the most of the things in your pantry that we take for granted. Get Staples +5 at Tanorriastable.com/books. Order multiple copies and get some swag.

Candace:

Is your food bland, tasteless, unseasoned? Well, let me get you Be Ye Seasoned. Season your food well with Food Love Tog seasonings. Order online at Foodlovetog.com/spiceslanger. Happy eating, friends.

Tanorria:

Martina, tell us about After Hours, your cocktail book, because it is stunning.

Candace:

It's beautiful.

Martina:

Thank you.

Tanorria:

It is so beautiful. And, this effort came out of the panorama.

Martina:

Yes, ma'am.

Candace:

Yes.

Tanorria:

Tell us about it.

Martina:

Because mama was home-

Candace:

Yes.

Martina:

... with some time on her hands-

Candace:

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Yes.

Martina:

... And, yeah, it was a great time to just really get a lot of the passion projects that I had been thinking and dreaming of for a long time.

Candace:

Mm-hmm (affirmative).

Martina:

And fortunately, I had the ability to kind of stay home and focus on that.

Candace:

Mm-hmm (affirmative).

Tanorria:

Mm-hmm (affirmative).

Martina:

So, food photography's been a thing for me for a very long time. Food in... I just like to eat, so I need to-

Tanorria:

Mm, mm-hmm (affirmative).

Candace:

See. See.

Martina:

... Right. Food, drinks, all the things, that's all I do.

Tanorria:

It's what we all have in common, food.

Martina:

Yeah.

Candace:

Food connects us.

Tanorria:

We all got to eat.

Martina:

So it's like, okay, perfect, I can start documenting some of the recipes that I work on and just things that I make at home. And one of the big things was with the panini, it's like, okay, I can't go out and get all the food and drinks that I like to get, but I still want to have a really elevated experience at home.

Candace:

Mm. Mm-hmm (affirmative).

Tanorria:

Mm-hmm (affirmative).

Martina:

So, why not teach myself and others, okay, if you want a nice martini, if you want a nice Manhattan, or whatever that is, it's actually really simple.

Candace:

Yeah.

Tanorria:

Mm-hmm (affirmative).

S2E5: Captured

Martina:

Once you kind of stock your bar and get everything, and understand how drinks work together, and how the ingredients go together, it's very easy, guys.

Candace:

I love that.

Martina:

But-

Candace:

I love that.

Martina:

... So yeah, that's kind of how After Hours came to be. And so, yeah, it's been awesome.

Candace:

It's beautiful.

Martina:

Thank you.

Tanorria:

My favorite cocktail, I'm going to get the name wrong so I'm not going to say it, but it's the pink one.

Martina:

Oh, wait, which one?

Tanorria:

It's...

Martina:

Ooh.

Tanorria:

I'm going to open the book-

Martina:

Yeah, go for it.

Candace:

Yeah.

Tanorria:

... and show you, it is the most beautiful picture and it's pink, and it's in a fancy glass. And it's...

Candace:

Because the fancy glass always makes it better.

Martina:

So, you have to have a fancy glass. I mean, here's the thing, I will definitely drink my cocktails out of a solo cup, don't get it twisted.

Tanorria:

Yeah.

Martina:

The Pink Drink.

Tanorria:

The Pink Drink.

Martina:

Captured with Martina (Completed 11/09/21)

S2E5: Captured

The Pink Drink, of course.

Candace:

It is beautiful.

Tanorria:

That's what it's called.

Martina:

Yes, with elderflower.

Tanorria:

I love elderflower. I feel like elderflower is under used ingredient.

Candace:

Oh my gosh, I have some elderflower syrup.

Martina:

It's so good.

Tanorria:

Girl.

Candace:

Yeah.

Martina:

Put it in everything.

Tanorria:

Get on that.

Candace:

Yeah.

Tanorria:

Get on it.

Candace:

Mm.

Tanorria:

It's good stuff.

Martina:

A little lime juice, a little gin or vodka... I mean, honestly, anything.

Tanorria:

Mm-hmm (affirmative).

Candace:

Mm.

Martina:

It'll work.

Candace:

I've had more cocktails than I have had in a long time. Look at me. I love that.

Tanorria:

Here at Black Girls Eating we don't hold back.

Candace:

S2E5: Captured

We do not hold back. Just pull up a chair, bring some snacks. So, when you were creating your cocktail book, did you have a certain audience in mind just besides the people that were at home? Or... I have a feeling you were creating for us.

Martina:

I was being very strategic, Candace.

Candace:

Absolutely.

Martina:

You already know it, you already know this.

Candace:

Absolutely.

Tanorria:

It was that analytical side going on.

Martina:

So there's a couple people... For, number one, the foodies, right?

Candace:

Yeah.

Martina:

So, the foodies and you guys know this, working in the food industry there's a certain type of person that really loves instructional how-to recipe books. They're going to go to your blog and they're going to look at the recipe, they need the measurements, and they want to replicate it, because it's helpful and it's inspiring. So, that's first and foremost who the book is for.

Candace:

Mm-hmm (affirmative).

Martina:

Secondly, it was for myself to exercise my photography.

Tanorria:

Mm, mm-hmm (affirmative).

Martina:

And I did want to have some form of outlet of documenting the process, working on my skill, honing in on my craft a little bit more, so that was very intentional. And just being able to have a body of work to look back and say like, hey, from start to finish, I have now published this book, designed it, photographed it, developed the recipes, tested, and just really went through that whole process so that I understand how it works. For other creatives, because I work with other-

Candace:

Right.

Martina:

... food industry peeps.

Tanorria:

That's why Martina is on the Staples +5 team as the food photographer.

Candace:

Absolutely.

Tanorria:

S2E5: Captured

Every photo of food that is in my cookbook was photographed by Martina and I got to watch her genius for a whole week. A whole week, I just got to sit back and be like, "Wow."

Candace:

Listen, I worked with her-

Tanorria:

Wow.

Candace:

... on one project and I'm just like, this is one small, little minuscule, but the time and care that she put into the project. It's, the thing is you can tell when people give a damn about their work.

Tanorria:

Yup.

Candace:

And you can tell-

Tanorria:

Yup.

Candace:

... in how they treat the work-

Tanorria:

Yes.

Candace:

... but also how they treat you in the experience.

Tanorria:

Yes.

Martina:

Yeah.

Candace:

So, just having that communication, and saying, "Hey, do you feel okay with this?" Or, "You know what? Let me go one more step here because I really need to,"-

Tanorria:

Mm-hmm (affirmative).

Candace:

... just, yeah. And I love that because I watched your analytical side play out, but I watched how you merged the two with creative.

Martina:

Definitely.

Tanorria:

Yeah.

Candace:

It was beautiful to watch.

Martina:

I appreciate that. And that's the thing too, working with creatives like you guys where we can feed off of each other.

Tanorria:

S2E5: Captured

Mm-hmm (affirmative).

Candace:

Yes.

Tanorria:

Mm-hmm (affirmative).

Martina:

And also, I mean, I just have to be transparent, being able to sample all of this amazing food... Come on. I got to eat. Tanorria, your recipes are amazing.

Tanorria:

Thank you.

Martina:

I wish I could talk about them more.

Candace:

Yeah.

Martina:

But-

Tanorria:

You can.

Martina:

... Okay.

Tanorria:

You can. The book will be in the people's hands, I think, by the time your episode comes out.

Candace:

Oh, yeah.

Martina:

Oh, perfect. Well let me tell y'all something, this woman right here made the best, some of the best desserts. The pies, the biscuits, the just everything.

Candace:

I keep telling her the biscuits just automatically need to be her seller. I say, "Listen, there are two things you need to say people when you introduce yourself. Gordon Ramsey loved my shrimp and grits, and I make the biscuits and apple butter you've ever tasted."

Martina:

The best.

Candace:

Leave it with that, just leave it with that.

Martina:

The best. It's a fact.

Tanorria:

It's who I am, it's what I do.

Martina:

No hyperbole, this is a fact.

Candace:

Yeah.

S2E5: Captured

Tanorria:

I think one of the things... And I'm sure you experienced this too. But there was this special little nugget that I took away from working with Martina for a week, and that was that from day one, she was gassing me up and speaking into me.

Candace:

Yes.

Tanorria:

She knew that this is Tanorria living out her dreams-

Martina:

Yes.

Tanorria:

... and I'm going to make sure that recognizes that while we're here.

Candace:

Yeah.

Tanorria:

Which is really valuable to me because I am terrible at living in the moment.

Candace:

Mm-hmm (affirmative).

Tanorria:

My word of the year has been savor for the last five years and I failed at it every year.

Martina:

Mm.

Tanorria:

To sit in the moment and savor the moment. And my therapist is constantly reminding me, just sit in the moment. I'm like, "What... How do you even do that? I don't understand. Why are you telling me to do that?" But Martina made sure that I recognized the moment that I was in the entire time we were working together.

Martina:

It's a big deal.

Tanorria:

Yeah.

Candace:

Yeah.

Martina:

It's a really big deal.

Candace:

And there's beauty in just standing in it and just letting yourself be in it, and revel in it.

Tanorria:

Mm-hmm (affirmative).

Martina:

Yes.

Tanorria:

Mm-hmm (affirmative).

S2E5: Captured

Martina:

Yes.

Candace:

Because, again, that whole Black people deserving thing is we don't allow ourselves the space and energy to just be.

Martina:

Yup.

Tanorria:

Mm-hmm (affirmative). Mm-hmm (affirmative).

Candace:

We're constantly thinking of, okay, well, yeah I know I have this, but I got to be somewhere at eight, and I got to do this, and I got to get... It's just like-

Martina:

Yes.

Candace:

... own that moment and sit in it, and just revel. Rest in it. It's okay to enjoy it.

Tanorria:

And Candace, you know how bad I am at that.

Candace:

I know.

Tanorria:

We were reveling in our excitement from the Butter event Labor Day weekend, and that same day, I was like, "But we need to get this. Can you remember that?" Because I'm terrible at it.

Candace:

Yeah. Yeah.

Tanorria:

So...

Martina:

It's natural. No, it's funny you guys bring that up because I literally just had this conversation this week on how sometimes I think there's a mindset shift where you're looking forward to an event, say the Butter event, but what about the process getting to it? And literally enjoying, "Okay, I'm getting ready, I'm getting dressed, I'm putting on my perfume," I'm enjoying, and savoring that moment.

Candace:

Mm.

Tanorria:

Yeah, that's good.

Martina:

I'm on my way in the car, I'm listening to my music and taking it in-

Tanorria:

That's good.

Martina:

... every moment leading up to it is a part of the experience as well. Not just that... You know what I mean?

S2E5: Captured

Tanorria:

Yeah.

Candace:

No, that is perfect. That is perfect because on the way to Butter, I was going there and me and my partner were in the car, and we're listening to music. And I'm like, "Let's turn on my playlist, let's,"- [crosstalk 00:28:43]

Tanorria:

Mm, mm-hmm (affirmative).

Candace:

... for the day. So, I'm getting my mental ready and just leading up into that moment, and preparing myself, and thinking like, "Wow, I've been talking about Butter for a long time."

Tanorria:

Right.

Martina:

Yeah.

Candace:

It's here and just seeing all the work that was putting into... But, again, enjoying the journey is a big part of it, being a creative.

Tanorria:

Yeah. Yeah.

Candace:

Because we see all the things that we do and sometimes we're just, "Oh, I did that this year. I did that this year." We don't think about, "Wow, I wrote a cookbook."

Martina:

Right.

Candace:

And, "Wow, I tested these recipes," and, "Wow, I shot those recipes," and, "Wow, I got chase the..." I mean, it's all the things leading up the the big moment and sometimes we forget that those little nuggets along the way really matter.

Tanorria:

That's why I still hold my cookbook now and I'm like, "Holy shit, I wrote this."

Martina:

Right.

Tanorria:

I did this. All these words are mine. It is hard for me to fathom that because I don't remember half of it.

Candace:

Right, that's another thing too.

Martina:

That's a good point. And that's why you have to-

Tanorria:

I don't remember half of it.

Martina:

S2E5: Captured

... cherish that because you don't want it to be a blur and you look back, and you're like, "No, you wrote a whole manuscript." [crosstalk 00:29:45]

Tanorria:

Yeah.

Candace:

Yeah.

Tanorria:

That... Wild.

Martina:

You better.

Tanorria:

Wild.

Candace:

Yeah.

Tanorria:

And I imagine you do that every time you cook with your seasonings. You're like, "This is mine."

Candace:

Yeah.

Tanorria:

I own this.

Candace:

Yeah.

Tanorria:

I created this.

Candace:

And the, I mean, their... And that's a lot of the reason why I have a notebook with me all the time and because I'm constantly writing on like, "Okay, I did that," or, "I tested that with this," and just to remember. Because, especially when we're not taking pictures, having been in the photography world and being in food, we're so quick to take pictures of our food, right?

Tanorria:

Yeah, yeah.

Candace:

But sometimes, I'm like I just want to enjoy this frickin' meal.

Tanorria:

Yes.

Martina:

Yes. And you should.

Tanorria:

Yes.

Candace:

I just want to enjoy the process. I just want to revel in this moment. I always say if I didn't take any pictures it's because I was having too much fun for my phone to be in my hand.

Tanorria:

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Mm-hmm (affirmative).

Martina:

And that's the best.

Candace:

That's the best.

Martina:

I love that when you're like, "I didn't even take no pictures because I was just living and loving it."

Candace:

And enjoying the moment. Some of our best times together, we did not pull out our cameras. And we'll say, "Oh, we forgot to take a picture."

Tanorria:

Oh, well.

Martina:

Yeah, it's fine. It's okay. You'll live.

Candace:

Yeah.

Tanorria:

That's good.

Martina:

Yup.

Tanorria:

It's good.

Candace:

This is really good. This is good stuff today.

Tanorria:

I mean, we have some of the greatest guests ever.

Candace:

We do. You guys, y'all don't understand, when we plan out our podcast, we talked about who we wanted to have, what we wanted to say, and what we wanted to showcase in this season. And, we know so many amazing creatives-

Tanorria:

Yes.

Candace:

... so the list got longer and longer-

Tanorria:

And longer.

Candace:

... and longer, but it's because we know so many amazing people. And it would be a shame for us to not have this platform and not bring them on to share them with the world.

Tanorria:

And as much as we get feedback that people love an episode where Candace and I are just ranting, we had to find ways to fit that in.

Candace:

Captured with Martina (Completed 11/09/21)

S2E5: Captured

Yeah.

Tanorria:

Because we were like, "Bring on the guests."

Candace:

We have so many guests. Yeah.

Martina:

Yeah.

Tanorria:

We love all of the guests. We love our time together just she and I, but at Black Girls Eating, we are going to center Black people.

Candace:

Period.

Tanorria:

We are going to amplify Black voices.

Candace:

Period.

Tanorria:

And so, the more the guests, the better.

Candace:

Yeah.

Martina:

Yeah. And Indy has a really dope community of creatives. The talent is there.

Tanorria:

Mm-hmm (affirmative).

Martina:

It's here.

Tanorria:

Mm-hmm (affirmative).

Candace:

And it's so crazy to me because I hear people say all the time, "There's nothing to do. There's," I'm like, "You all..." If...

Martina:

How?

Candace:

How?

Martina:

How?

Candace:

Even if you're sheltering place still or even if you're just being very conscious-

Martina:

There's always something.

Candace:

... there's still things to do on Zoom. There's still-

Captured with Martina (Completed 11/09/21)

S2E5: Captured

Tanorria:

Outdoors.

Martina:

Yeah. Yup.

Candace:

... Outdoors. I mean, there are tons of... Labor Day weekend alone.

Tanorria:

Yeah-

Martina:

There was so much going on.

Tanorria:

... there was a lot.

Candace:

There was a lot going on. I was actually a little overwhelmed.

Tanorria:

Yeah. I mean, I could've went to Butter three more times-

Candace:

Yeah.

Martina:

Definitely.

Tanorria:

... but even after Butter, there was still one more thing happening and then another thing happening.

Yeah.

Candace:

There's so much stuff, but I think there's this great creative energy in this city right now.

Tanorria:

Yeah.

Martina:

[crosstalk 00:32:27]

Candace:

I mean, I think about Be Nimble, I think about Gang Gang Culture, I think about all the different groups that are doing stuff and wow.

Martina:

I love it. And I love that I think we're getting to a place where everyone feels comfortable doing this concurrently, as opposed to that competitive nature. Like, hey, there's an art fair here today. There's another event here. There's a mixer over here. And you can, they can all be happening and we can attend as much, as many as you can.

Candace:

Exactly.

Tanorria:

I think a lot of that has do with the shedding of white supremacy.

Candace:

Yeah.

S2E5: Captured

Tanorria:

And realizing that as a culture, we're on the same team.

Candace:

Mm-hmm (affirmative).

Martina:

Hello.

Tanorria:

And, we have been conditioned to not think we're on the same team-

Candace:

Right.

Tanorria:

... and to feel like there's only one opportunity for one person, and we have to literally cut throats to get there.

Candace:

Right.

Martina:

Yup.

Tanorria:

And, that is no longer. We're like, "No, we don't want your opportunities. We're going to go over here and create our own."

Candace:

Create our own, for our own.

Martina:

Right.

Tanorria:

For our own, and we're going to bring as many people along as we can for those opportunities so that the opportunities go far and wide.

Candace:

That's the thing. That's the thing. It's no longer this whole crab in the barrel mentality.

Tanorria:

Yeah.

Martina:

Mm-hmm (affirmative).

Candace:

And, I see it just because, the three of us, we each do something creatively, right?

Martina:

Right, right.

Tanorria:

Mm-hmm (affirmative).

Candace:

And, we're doing that every day in different ways. But at any given moment, we can be at five different events.

Tanorria:

S2E5: Captured

Yup.

Candace:

You know what I mean? There's just that-

Tanorria:

Yup.

Martina:

Yup.

Candace:

... kind of culture right now and I love to see that because you see people creating opportunities for each other.

Tanorria:

Mm-hmm (affirmative).

Martina:

I love that.

Candace:

And, I think it makes us work harder-

Tanorria:

Yeah.

Candace:

... for each other to bring each other to the table. Because, again-

Martina:

That's a good point.

Candace:

... with you, with your cookbook-

Tanorria:

Mm-hmm (affirmative).

Candace:

... you knew I wanted this person to shoot my cookbook.

Tanorria:

Yup.

Candace:

Period.

Tanorria:

Yup, I was adamant. There will be Black talent and there will be female talent just dripping all over this book.

Candace:

Yeah.

Martina:

Mm-hmm (affirmative).

Candace:

It's important. It's important to honor that-

Martina:

Yup. I love that.

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S2E5: Captured

Candace:

... and I love that. I love that. So, when you're thinking about fun cocktails and fun food, what is your go-to cocktail and what is your go-to meal to accompany that cocktail?

Martina:

Hm. Okay, go-to cocktail, if I'm at home, I'm going to probably do some kind of a sour, maybe a whiskey sour. Because I love a good whiskey, but mixing that with a little bit of floral. If I'm out and about, I'm, nine out of 10, I'm ordering a Manhattan.

Candace:

Mm.

Martina:

Because, let's... It gets you there and we don't have play around. We don't have to waste no time. It's good. So, yeah. But now, food.

Candace:

Yeah.

Martina:

So, favorite kind of, hm... I'm really eclectic. I, my taste buds are all over the map.

Candace:

Yeah.

Martina:

So I'm not a very particular girl. There's a, I can name a few of my favorite restaurants in the city-

Candace:

Yeah, for sure.

Martina:

... where I go for apps, so a Livery. I am such a Cunningham restaurant group stan.

Tanorria:

I know.

Candace:

Because they get it right.

Tanorria:

They do.

Martina:

But they get it right.

Tanorria:

They do. They are great at what they do.

Martina:

I'm just not mad at a Patachou-

Tanorria:

Yes.

Martina:

... they do it right. I just love really well thought out food.

Tanorria:

Mm-hmm (affirmative).

Candace:

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Mm-hmm (affirmative).

Tanorria:

Mm-hmm (affirmative).

Martina:

Period.

Candace:

And good food at that.

Martina:

Yeah.

Candace:

I've been ordering my meal at Patachou for 10 years.

Martina:

What's your go-to meal at Patachou?

Candace:

So, I pretty much always get a Hippie With A Benz.

Martina:

I love The Hippie With A Benz.

Candace:

But I also get a side of the pesto.

Martina:

Mm.

Tanorria:

Mm.

Candace:

Oh my god, I drink the pesto.

Tanorria:

I don't like omelets because most people's omelets, the eggs are overcooked. I'm real big on not having overcooked eggs.

Candace:

Mm-hmm (affirmative).

Tanorria:

But Patachou always gets their omelet right.

Candace:

It's perfect every time.

Martina:

Yes.

Tanorria:

Every time.

Martina:

And that toast?

Candace:

Oh my god- [crosstalk 00:36:06]

Tanorria:

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I was just about to say that.

Martina:

That cinnamon toast, honey.

Tanorria:

The cinnamon toast, game changer.

Martina:

Honey.

Candace:

Game changer.

Tanorria:

So nostalgic, but also so elevated. Cinnamon toast is from your childhood, right?

Candace:

Right.

Martina:

Right, exactly.

Tanorria:

But it's like the adult cinnamon toast.

Martina:

Yes.

Candace:

Yeah.

Tanorria:

So good.

Candace:

And I eat a whole order, smash.

Tanorria:

Yes.

Candace:

Smash.

Tanorria:

Yes.

Candace:

I remember they used to have a piggy omelet and it was all these different kind of bacons.

Martina:

Ooh.

Candace:

Y'all.

Tanorria:

Because they get their bacon from Smoking Goose.

Candace:

Exactly. When they took that dag on omelet off the menu-

Martina:

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Right.

Candace:

... I cried.

Martina:

And that's when you know, like when, it's like, "Wait a minute, no, I know the menu."

Tanorria:

Right.

Martina:

Don't go changing my menu now.

Tanorria:

Right.

Candace:

They're like, "No, Candace, we don't have that." I was like, "But wait, I was here yesterday and you had it."

Tanorria:

Right. I appreciate your seasonality-

Martina:

However-

Tanorria:

... but meat is forever.

Candace:

Yeah, I'm like, "So y'all don't have any of the bacon?" They're like, "We can put some bacon." I'm like, "But you have the [inaudible 00:36:57] bacon?"

Tanorria:

So, that's specifically though-

Candace:

I want what I want.

Tanorria:

... Mm-hmm (affirmative).

Candace:

So, yeah, like that. And I think we talked about Northside Social too.

Martina:

Yes.

Tanorria:

Oh, Northside Social.

Candace:

It's a gem.

Martina:

They don't miss.

Candace:

It's a gem.

Martina:

They don't-

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Tanorria:

That potato crusted fish...

Candace:

Oh my god. The cornbread.

Martina:

... Now they have a good shrimp and grits too.

Candace:

Do they?

Tanorria:

I've not had their shrimp and grits.

Martina:

Now, theirs is seasonal. They'll change it up a little bit.

Tanorria:

I'm a shrimp and grits- [crosstalk 00:37:16]

Candace:

Yeah, they do. Yeah.

Martina:

Yeah.

Tanorria:

... I've not had their shrimp and... I've not had anyone's shrimp and grits other than when people realize who I am and then they bring them to me.

Martina:

Right.

Tanorria:

And then I'm forced to eat them.

Candace:

Yeah.

Tanorria:

But, I am, I switched my New Orleans trip because of Hurricane Ida to Charleston.

Candace:

Oh.

Tanorria:

The home of shrimp and grits.

Martina:

Mm.

Tanorria:

So, I'm going to crack the code, y'all.

Candace:

Oh my gosh.

Tanorria:

I'm going to do it.

Martina:

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Oh, I can't wait.

Tanorria:

I'm going to be a snob. But I'm going to do it.

Martina:

Yes.

Candace:

I'm okay with that.

Martina:

Yes, please.

Candace:

Oh, man. Oh my... Will travel for food. Like, that's me.

Tanorria:

One hundred percent.

Candace:

That's me.

Tanorria:

That's the only reason why I travel sometimes is to eat.

Candace:

Yeah. The first thing I think about when I'm going to a city that I haven't been in, okay, who do I know there and where can you tell me about the food?

Tanorria:

Yup.

Candace:

That's what I want to know.

Tanorria:

Yup.

Martina:

Where we brunching at?

Candace:

Where we brunching at? Yeah.

Martina:

Where we getting some appetizers?

Tanorria:

Mm-hmm (affirmative).

Candace:

Yeah, who has a good lounge?

Martina:

Are we cooking? Yes. Yes.

Tanorria:

Mm-hmm (affirmative).

Martina:

All of that.

Candace:

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Yeah. That's why I love Nashville so much-

Tanorria:

Yes.

Candace:

... because it's just, it's my favorite city.

Tanorria:

It's a little bit of everything, Nashville.

Candace:

It is. Apparently they're calling it Nash Vegas, I didn't know that.

Tanorria:

Okay.

Martina:

Oh.

Tanorria:

All right.

Candace:

Because I guess it kind of has that vibe, which I can totally see that. Yeah.

Tanorria:

Yeah.

Martina:

Oh.

Candace:

Yeah, but I've got this whole little spot of Black-

Tanorria:

Mm-hmm (affirmative).

Candace:

... locations I'm going to hit up.

Tanorria:

Mm-hmm (affirmative).

Martina:

Oh, please share.

Candace:

Absolutely will.

Martina:

I need to do Nashville. I haven't really done Nashville as an adult.

Candace:

Oh.

Martina:

I've got family there, but I haven't... You know how you just go and see family but you're not out and about.

Candace:

Yeah.

Tanorria:

Captured with Martina (Completed 11/09/21)

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Yeah.

Martina:

I need to really do it up.

Candace:

It's so, ugh, so amazing.

Tanorria:

So, my parents used to live in Murfreesboro, which is right outside of Nashville, and when I would go visit them, I have a cousin and a godsister who went to college around there and never left. And so, I call them and I'm like, "Okay, I'm doing my parental time. But I just need two places. Both of you give me one place that I can go." And, every single time, I'm just elated because it's so good.

Candace:

Yeah. I was thinking about one of my favorite restaurants there and it's kind of like a family style restaurant, Monell's.

Tanorria:

Oh my word. Girl.

Candace:

And I pray that they could sustain through the pandemic because they-

Martina:

I love how excited Tanorria gets about food.

Tanorria:

Monell's is next level.

Candace:

... It is, oh my god.

Tanorria:

My parents took me there one time after church, for the first time, and I sat down and I'm like, "Why are we sitting at the same table with these people?"

Candace:

Right.

Tanorria:

But the moment the food came out, I was like, "Other people who?" Who cares?

Candace:

The fish, the chicken-

Tanorria:

Pass me the cornbread random white person at my table, I don't care.

Candace:

... Yeah. I just hope they could sustain through the panini because that whole style of community.

Tanorria:

Yes.

Candace:

But again, that goes back to just us being who we are, right? We are so community driven, as a people.

Tanorria:

Oh.

Candace:

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But it's because we have to be.

Martina:

Agreed. Agreed.

Tanorria:

Monell's. Lord have mercy, Monell's.

Candace:

I love- [crosstalk 00:39:47]

Martina:

Okay, adding that to my list.

Candace:

... Yeah.

Tanorria:

I'm going to be dreaming about Mo-... You know what? On this book tour, we going to make a stop at Monell's. Okay.

Candace:

Yeah and I'll be there. I'll be there. I'm just the page turner. Mm-hmm (affirmative), yup.

Tanorria:

Right.

Candace:

That's my job.

Tanorria:

Come to my Tennessee stops, okay?

Martina:

We got you. We got you.

Tanorria:

Lord.

Candace:

I love that.

Tanorria:

Lord have mercy. Okay, Martina, we have one more question for you.

Martina:

Okay.

Tanorria:

What would you tell little Black girl Martina today?

Martina:

Ooh. Oh, we're going to go inner child work.

Tanorria:

I know we are.

Martina:

Is that what we're doing?

Candace:

We are all about mental health over here.

Martina:

Captured with Martina (Completed 11/09/21)

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Is that what we're doing right now?

Tanorria:

Yes. Yes.

Martina:

Truthfully, I think I would tell her to lean into her confidence as much as you can. And then, we hit on kind of the dimming and the humbling, and I think that a lot of the things that we do growing up. I was quiet when I was younger, not that that's a problem.

Tanorria:

I can see that.

Candace:

Mm-hmm (affirmative).

Martina:

Right?

Tanorria:

I can see that.

Candace:

Mm-hmm (affirmative).

Martina:

But I really grew into my confidence and being able to articulate myself, and not feel like I need to be a little more subdued, right?

Candace:

Mm.

Tanorria:

Mm-hmm (affirmative).

Martina:

And so, I wish I could tell myself back then, "Honey, you are it, number one."

Candace:

Yes.

Tanorria:

Mm-hmm (affirmative).

Martina:

And, just don't be afraid to show that and don't be afraid of just being your full self.

Tanorria:

You guys need to follow Martina-

Candace:

Yeah.

Tanorria:

... on social media because her social media absolutely communicates that. And it communicates it in a way that you can believe it about yourself too.

Candace:

Yeah.

Martina:

That's- [crosstalk 00:41:09]

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Candace:

It's a-

Martina:

... that's literally what it's about.

Candace:

... She's like a walking affirmation.

Tanorria:

Mm-hmm (affirmative). Yeah.

Candace:

Yeah.

Martina:

That's, truthfully, I'm glad that you guys said... That's part of why I share what I share because, I mean, for me it's like, okay, I can post pretty pictures.

Tanorria:

Right.

Martina:

That's cool. But it's really about inspiring other people and letting you know that, hey, you can literally do whatever you want.

Tanorria:

Mm-hmm (affirmative).

Martina:

If you work at it, it sounds so cliché. But you can do these things, and just feel confident and comfortable with yourself.

Candace:

Because authenticity, it's... People-

Martina:

That's it.

Candace:

... pick that up.

Tanorria:

It takes you far.

Candace:

It takes you far. It really does.

Tanorria:

It takes you far.

Candace:

It really does. And I love that for you.

Martina:

Thank you.

Candace:

I love that for you.

Martina:

You guys are awesome.

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Candace:

I wish I would've known little girl Martina.

Tanorria:

Yeah.

Martina:

She was funny.

Tanorria:

I would've not been confident enough to be her friend.

Candace:

No, I totally would've been like-

Martina:

I don't know.

Candace:

... "I want to be her friend. I hope she wants to be my friend too."

Tanorria:

Yeah.

Martina:

I was so goofy, y'all.

Candace:

That's me.

Tanorria:

But I would've just thought that you were so cool and that I wasn't worthy.

Candace:

Yeah. Yeah.

Tanorria:

Yeah.

Candace:

I was not a cool kid.

Tanorria:

Yeah.

Candace:

I was not.

Martina:

I wouldn't say... I was the shy girl.

Candace:

Really?

Martina:

Yeah and kind of awkward.

Candace:

Oh, I'm still awkward.

Martina:

I relate to Awkward Black Girl so much.

Candace:

Oh my gosh.

Tanorria:

Mm-hmm (affirmative).

Martina:

And Insecure, I'm like-

Candace:

Issa?

Tanorria:

Mm-hmm (affirmative).

Martina:

... "Are you reading my life right now?"

Candace:

Issa. She-

Martina:

Yeah.

Candace:

... she got us.

Martina:

Yeah.

Tanorria:

Yeah.

Martina:

She nailed it.

Tanorria:

She's a path maker.

Candace:

She is.

Tanorria:

She's a path maker.

Candace:

She is.

Martina:

Mm-hmm (affirmative).

Candace:

She is. I love that. What an episode.

Tanorria:

Yeah.

Candace:

What a joy.

Tanorria:

Thank you-

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Martina:

Thank you guys.

Tanorria:

... for being a part of our lives, being on this episode, and sharing your confidence with everybody.

Candace:

Yeah.

Tanorria:

If you guys didn't walk away a little bit more confident in who you are and what you're capable of, and your worth, then listen to this episode again, okay?

Candace:

Yeah, just rewind. Rewind.

Tanorria:

We are going to drop all of Martina's social for CaptureNoire, for Drea & Co. We're going to drop the link on where you can buy her cocktail book. And, Candace is going to make a list of places to eat for Black owned businesses in Nashville and we're going to put that on too. And I just put her on the spot, but I do that often.

Candace:

I got it.

Tanorria:

So-

Candace:

I got you.

Tanorria:

... thank y'all.

Candace:

Thank you for listening and thank you for being here, Martina.

Martina:

Thank you for having me.

Candace:

You were wonderful.

Martina:

Appreciate y'all.

Candace:

Yeah. Yeah.

Tanorria:

'Til next time.

Candace:

'Til next time. We'll see you later.

Martina:

Bye.

Candace:

Black Girls Eating, the podcast, is sound engineered and produced by David [McKissek 00:43:34]. It's recorded at Nexus Impact Center, Creative Suite. Follow Black Girls Eating the podcast on Instagram at

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