

# Episode 6 - Thanksgiving

Fluff this. Let's eat, drink and be merry.

**Mell:** Hello and happy Thanksgiving, everyone! This is another quick episode for the upcoming holiday, Thanksgiving. It's a traditionally American holiday, but I think we all have something that we can say we're thankful for. Even in our darkest hours, there is always something to be thankful for. Today's episode is about gratitude and sharing the love.

So this Thanksgiving is going to be a little tricky because of my mom's dietary restrictions. We're still on purees and liquids, but we did hit a milestone where she was able to have some brioche bread, and so cheers! I'm thankful for that.

We're not going to be doing a big turkey this year, so I'm going to get super creative with ground turkey. I have some thoughts and ideas with some cranberries and some fried sage leaves, so that's going to be exciting for me. Of course, have to have stuffing mashed potatoes and gravy, so she's not going to miss out that much.

Actually, I think she's going to love it. I'll let you know how it goes in the next episode. So what are you thankful for? What do you have gratitude about? Do you have gratitude about your family, your job, the roof over your head? I hope so because those are very simple things to be very grateful for. I am very grateful for my family.

I don't get to see them as much as I would like to, but I hope they know I love them and I'm thankful for them. I'm thankful for my sister. I'm thankful for my dog and I'm mostly thankful for my mother. But I'm also thankful for you, for all of you that inspire me every day to speak and speak my truth.

And my truth is wine, food, laughter, and joy. In the face of adversity, we all must stand up to it and laugh. Laugh at it. And we must grab each other's hands and say thank you when we have the opportunity. So this Thanksgiving, when you gather around the table, or your TV tray, or you plop on the couch, whatever it is that you're going to do, Whether you're eating Chinese or you're having the full feast with the sweet potato pie, candied yams, corn, stuffing, gravy, whatever it is you're going to be cooking, or not cooking, take a moment to observe some gratitude.

It's good for the soul. It grounds you. It connects us to our spirit. Take a look at the trees or the bushes or the sidewalk, whatever, if you're living in a concrete jungle, take a look at it. Today, as I'm recording this, it's the first rain of the month. It's very exciting and it's beautiful. I'm actually enjoying it for the first time.

I'm not a big autumn fan. There's all kinds of things that happen this time of year in my past that kind of make it a gloomy time. My personal belief system has a lot of folklore to it and this is where the sun disappears and we all know that because of the time change. It gets dark so early now. It's a tough time, you can't go out and enjoy the sunshine as much and you can't do all the things that you... You would have liked to have done. It's pitch black by eight o'clock. So it's what we call or what I call the growing of the dark time of the year. I see the year in a wheel. I'm a nutter. We all know this by now, but I see it in a wheel. It's the wheel of the year. And so this is a real shift.

I feel it in my bones. I feel it in the atmosphere. I'm a little prone to pretty bad headaches. The way that the light shift, it messes with me. So I'm a hot mess. Wait, no. I'm not supposed to say that anymore. I'm not a hot mess. I'm a spicy disaster area. That's it. But this season, I'm thankful that my mother is here and that my dog is here.

But no matter what you do this Thanksgiving, if you celebrate it or not, there's always room for gratitude. So take a look at the trees and the sky and just be thankful for breathing because that's a big bonus. I think so. For me it is anyway. As I mentioned, I will be doing a twist on the traditionals, just a few of them.

I'm going to be doing mashed potatoes, stuffing, and a twist on some ground turkey, and I'm excited about it. I see this as a wonderful challenge, and I think it's going to be delish. As far as wine for the feast, I may have mentioned before that I'm a huge fan of the Brothers Miller. If you ever get an opportunity, please check them out, because anything these guys put out is delish.

They have a gorgeous unoaked Chardonnay that I think is divine. But what I'm serving for Thanksgiving is actually called Thankfulness Red. It's a 2020 Central Coast blend of Pinot Noir and Barbera. It's really a lovely, easy drinking red. It's got bright, fruity notes. It balances super well, especially when you've got a kind of a heavy, greasy game bird like turkey. It's beautiful with it. I just enjoy it so much.

Nicholas and Marshall Miller are really quite genius. Everything that they put out is divine, so again, I'm going to recommend them highly. I think that they might be exclusively through Naked Wines. It's worth filling your glass with one of their wines. I guarantee you won't be disappointed.

They just are quite masterful at what they put out and should get more acclaim. But that's just me. I have my own little niche favorites. That's what I will be drinking. I can't wait. Let me know what you had, post in the comments, send me an email, give me a shout out, let me know how your Thanksgiving was, what you're grateful for.

Right now it is a quick, quick, quick podcast. I know that I said that I was going to do oils, I still want to do that, so I want to devote more time to that, but given the holiday, and how much gratitude I have. I felt it important to take a pause and talk to you all and let you know that I am grateful for you.

Thank you for listening. Thank you for inspiring me. Thank you for not throwing tomatoes at me as I walk by. I wish you the very most peaceful, non hectic, non chaotic Thanksgiving you can have under the circumstances. I hope that we have far more to be thankful for as the holidays are rolling on top of us like a steamroller.

I can't believe how fast it has gone. It's just every year goes by quicker and quicker. So it's all the more important for us to take a breath and pause and take every opportunity that we can to really reflect on our gratitude and our blessings and feel some joy and laugh a lot. Once again, my motto, eat, drink, and be merry.

And if you can only do that on a holiday, which would be really sad, I hope you do that every day or at least a few times a week, please do. It's important. It's important for the spirit and the soul to take some time and acknowledge things. Take time to prepare your meal. Enjoy it. Have fun with it. Get the kids involved if you've got kids or kick everybody out and use it as your meditation spot, like I do.

I have a lot to be very grateful for. Another year that my mother has kicking cancer's ass and man, I'm so grateful for that. I hope to enjoy many, many, many, many more. I'll take my blessings where I can get them and be grateful for them all. So, if you have a loved one that you haven't told you love them lately or you haven't told them that you're grateful for them and how thankful you are for them in their life, please do me a favor.

Make that a point this week. Take some time to reach out to someone you haven't talked to in a while and let them know you love them. We have to do these simple things, simple gestures, grab on to our community where we can. Our tribe. Wait a minute! I'm Irish. We're a clan. Reach out to your clan and enjoy your holiday.

It's gonna be a fun one. I think so. Make it the best ever. I'm thankful for you. I'm thankful for my dog. And I'm thankful he didn't bark for this episode. Woohoo! Made it. Happy Thanksgiving to one and all. Eat, drink, and be merry. Sláinte!