

What's Next? Podcast

Mary Graham

[Snippet from Podcast] Mary: Cricket is even more sustainable than plant protein, and we just want more people to know this. If you're raising one pound of crickets, which relates to 295 grams of protein compared to that same amount of protein from a cow, it only takes one square mile of land use, and that is really about...

[Bouncy theme music plays.]

[Introduction] Welcome to the What's Next? podcast. Let me just start off by saying. Not everyone has the same background. There is no roadmap for success. Life begins at the edge of your comfort zone. Leaning into your curiosities. It does suck when you grow up. We're all still figuring out who we are. You can't just sit back and be silent. Black lives matter. It is the little stuff that makes the biggest difference. Do you have another hour? [Laughs]

[Bouncy theme music fades.]

Cody: Hello, Beaver Nation, welcome to the What's Next podcast, I'm your host, Cody Stover. Joining us today is a Beaver grad who is a food scientist and also founder of Bigger Bite's Foods, a food company focused on sustainability and thinking outside of the box with ingredients. She earned her degree in food science and technology from OSU in 2020, and we are excited to welcome her to the show. Mary Graham, thanks for joining us on the What's Next podcast.

Mary: Hi, thank you for having me.

Cody: First off, you graduated this past year, probably one of the craziest years, not just for the world, but for education as well. So, congrats, first off.

Mary: Thank you so much.

Cody: Maybe to kind of give us a little bit of background, have you always had this passion for food science or food in general, or what kind of drew you to OSU and the food science program in the first place?

Mary: Yeah, I have always loved food and in early high school, I always was set on opening a restaurant, going to culinary school and going full send on that food route. But I also really love chemistry and science as a whole. So just through a bunch of Google searches, I found that food science existed, which I didn't know that it did, and OSU is close to home. They had a really good food science program, that I had no idea about, so I looked into it, and I really thought that their program was going to be a good fit for me. And I'm super happy with my choice, I loved my time with the food science department. It's super small, so I got to really know everybody and all the professors, love them all. Yeah, I was really happy I was there with you and yeah, google searches led me to the right path.

Cody: Google is helpful sometimes. For those listening, who maybe are incoming students or maybe students or maybe folks who just are considering, like, a career change. The Food Science program at OSU encompasses a lot of different types of food science, right? Does that encompass, like, that fermentation program? And there's also the dairy, right?

Mary: Yeah. So, there's the Department of Food Science and then there are a few options that you can choose to pursue. So, I chose straight food science, so it was food science, food science. And then you could choose food science, fermentation science, and so that is going into, you know, fermentation of beer mostly. That was what most people are interested in, but I know people who are getting into fermentation of veggies and yogurts and things like that. And then there is the viticulture option and that is focusing on wine and that kind of realm. And there is some overlap in classes like I got to interact with those students, but then eventually there are specific classes that you go into that, you know, I never took a lot of the classes that the fermentation students had to take and vice versa. So, you mentioned the creamery, I forgot we do have a creamery and that isn't directly a choice or option, but you can work in the creamery and get lots of experience and that is really valuable in the Pacific Northwest for students that want to stay here and work with dairy.

Cody: Yeah, I think, I was going to say thanks for walking us through that too. At my time at OSU, that was always a program that seemed so interesting, so I'm excited to get into this and learn a little bit more from you. Maybe we can get into Bigger Bites now, too. I know that was something you started while at OSU. Give us, kind of, the origin story, how did that idea begin for the brand?

Mary: Yeah, but it's kind of funny, the idea of like blossomed in New Orleans on a like a food science trip. We were out there doing all things food science and we heard about a competition at this event that we were at that was for food science students, and you create a product, and you compete for, you know, just product development. We really wanted to have a chance to compete in that, it looked like a lot of fun. And at the time there were three of us and we were all passionate about, like, sustainability, alternative ingredients, and we wanted to do something fun and new and funky. And we had all previously had ideas about working with insects, and so we worked for months to try to figure out what we wanted to do, only knowing we wanted to work with insects. And we landed on a snack cracker that used cricket protein because crackers are easy. Everyone loves crackers because it's welcome aboard food, everybody knows it. The funny part was that none of us had ever made a cracker before, so we really went full send on very a new thing for all of us.

So, we started working on the cracker, we wanted to enter this competition and we learned about the College of Business Lunch Academy. And Michelle is a person that is involved with that, and she reached out to me, and she asked if I would be interested in joining. So, we joined that, and we just joined that in hopes of getting help on the business side of things that we were required for that competition. But we realized that we could actually maybe do something with this, with the motivation and help from all those mentors. So, we continued with the competition, but then also on the other side started forming a business. The competition came and went, and we continued on with the business, and so here we are.

Cody: Ok, so, yeah, originally it was something that was to get into that competition as kind of a one-time thing, and then you found, it sounds like, that this had more potential and more of a market. What, I guess, in this world of all kinds of different sustainable foods coming forth, what market does Bigger Bite Foods serve or who is that target customer?

Mary: Our target customer is looking... So, we had a lot of trouble with this, we had so many ideas of who we would like, who we thought would enjoy our product and thank goodness for the college of business because they helped us kind of narrow this down. And we've determined that we are pretty sure that people, starting in the Pacific Northwest, who are already focused on health and are shopping for products that value health and ingredients and clean label, but then also the other side, you know, recyclable packaging and materials that are, you know, somewhat local from this region and then even further, people who are very interested in the sustainability and lead sustainable lifestyles and who seek out those kinds of products that use novel ingredients that have like a much lighter carbon load, lighter carbon footprint, that's the word I was looking for. And so, you know, your people that shop at things like Whole Foods, New Seasons, Trader Joe's, it's that kind of health conscious, sustainable, focused person.

Cody: And for folks who are tuning in right now too, you can visit their Instagram page @biggerbitesfoods, there's a ton of really cool pictures on there, if you want to follow along with some of the stuff we're talking about. I also want to know too, why, you know, how did you determine what ingredients you were going to use? I want to dig a little bit deeper into the product itself. Take me through the process of kind of like playing with the cracker and figuring out what we can add, what we can subtract, and maybe too, why crickets?

Mary: Yeah, but I think some of our most fun nights and like our most memorable nights are the nights that we just went to one person's house and just baked for hours and just, you know, did product development, which is something that we have been learning about in our classes at OSU, and we tried to take all that knowledge and just do it at home. And it was really cool just to see everything that we've learned come to life and come in handy. So, we just started with a basic cracker recipe. We looked at a bunch online, saw what general ingredients were, and then chose what we wanted, and so that was, we wanted a whole grain cracker to get those whole wheats in there, you know, for the health aspect, and then we wanted it to be dairy free. So, we knew we needed some kind of flavoring that wasn't cheese, but cheese is the most popular flavoring, believe it or not. We knew we needed emulsifiers and something, you know, to mix our oils together with our water, and something to hold the cracker together. But we also needed it to not rise and be flat once it cooked, which we ran into a lot of issues with getting more like a biscuit than a cracker.

Mary: So, you know, we just started with a basic, very simple lift. We'd cook something, we'd all try it, and then we'd come up with a few things that we know we could fix. So, a lot of that was texture was our biggest issue, and then flavor from there, you know, trying to hone in on what exactly what we want because, you know, we're also creating a unique flavor. So, we don't want to mimic something else, we don't want to copy what existed because we want something original. And so, it was just basically a lot of trial and error and cooking and tasting a lot, we burned a lot of things. We did some bad things. But yeah, just kind of going in there and looking at what can we change and what will that change affect and how will it make this texture better and how will we make this flavor stand out as opposed to this flavor that's overtaking everything. And yeah, it's trial and error is what it came down to.

Cody: Right. I'm thinking of myself in the kitchen and I'm kind of the type of person who maybe I'll glance at a recipe to start and then I'll just want to put it away and I want to just freestyle, and sometimes that works, sometimes it doesn't. But through this, are there moments, where you one of those baking nights, where you're going, you're going, oh my gosh, that we made something good. And then how do you make sure that you're always writing down what those little changes were in each one? Because I could see myself totally getting inspired and going for it and baking it. It's so awesome, and then I never get down the proportions I do. Do you just have a very strict process of always writing things down, always label.

Mary: No, that's what we needed. We'd have like maybe five bowls going at one time and everything was maybe we had to only change one thing and maybe that was just the salt ratio simply. But like, ok, did I already put salt in this bowl? Ok, but then how much salt were we supposed to put a bowl and then, you know, three of us in the kitchen doing. Like maybe it was one person, they could have kept track of things but with three different people working on five different bowls. Yeah, some things got mixed up and we would try something and say, oh, that's actually pretty good. And we were like, what did we do for that? So, we did run into that issue, and we just kind of guessed and did it again. I think that made it take more time in the end, but I mean we were having fun, so we didn't mind. But eventually, yes, we had like a we started a Google doc and started recording like, you know, like 2.0, 2.3, 2.4 of what versions were working, and then what we were changing. We did get the hang of keeping track of

things online because paper got covered in oil and yeah, right away the mess. But yeah. Oh, and then I never answered about why crickets.

Cody: Yeah, tell me more. I was going to say not everyone, you said earlier, you were kind of like, we all wanted to incorporate bugs. That's not necessarily, I think, a thought that goes through every North American's mind. But I know bugs are used around the world for a lot of things. So, talk to me about that. Why did you land on bugs, and crickets specifically?

Mary: Yes, OK. So separately, I was in a program where I was working with mealworms to create a protein-packed food and I loved it. I thought it was so cool. I loved learning about it, I wrote presentations on it and read books and was super into it. And then separately, Alex and our other partner, they were in another class that had some students that had brought that idea to the table and that was new to them, as it was new to me. And they started working on a product that used crickets. And that product didn't really go anywhere. That was just for a one term class, it was just kind of to do some learning how to do product development.

But that was both right before our trip to New Orleans, and we ended up talking about them on accident and realized we're all interested in that, which I didn't know anyone else would be interested in, as interested in bugs as I was. So, yeah, we just got talking about it. And Alex is really into sustainability, he's doing a double major at OSU and his double major is the sustainability degree that he's added on. And so, he's been in those classes, and he knows a lot about it, and he's been really focusing on that for our business. But yeah, he that's why he was so into insects as well. And so, crickets are like a cheaper a cheaper bug is why we ended up going at that. Mealworms are not as common in the US, it was harder to get access to those in terms of like a good sustainable supply, sustainable in the sense meaning long term. So yeah, crickets are actually sold at a few different places in the U.S. and were available and even better in the Pacific Northwest. So, they were a local product that we could feel good about buying. Yeah, we ended up going with crickets. They have really good nutritional panel - They have really high protein, they're 60-70% protein once they're dried, and they have no fat once they're dried because all the fat, you know, evaporates out while they're being roasted. And yeah, great dietary fiber. I love cricket, they're just great for your health. People all around the world eat them, and we just really want to be the forefront

of the Western market and we need that. You know, insects are going to be popular. They're the future, so we just want to be on it.

Cody: There's a really cool graphic, too, on the Bigger Bites Food site, and I believe maybe on your Instagram, too, if folks scroll down, but kind of an infographic that shows a little bit of the efficiency of crickets or how they provide protein, but then also what kind of resources as far as water and land they use. How much did that go into the decision to, and why are crickets so special as far as like, you know, when you compare them to grains and to, you know, beef or meat, those type of proteins, like how are they able to, you know, be so hearty when they're such little creatures?

Mary: Yeah, so the most common protein source in snacks like crackers or just snacks in general is whey, and whey comes from milk, which comes from cows. So when we do all of our sustainability, you know, facts and looking into, we compare, you know, how much resources it takes to raise a cow, because that is where your whey is coming from. So just to clarify what proteins we're comparing, and plant protein is a great alternative and I consume plant protein. I mean, because cooking protein isn't all that available unless I'm cooking it myself. But it is a great alternative to animal protein, but cricket protein is even more sustainable than plant protein and we just want more people to know this. If you're raising one pound of crickets, which relates to 295 grams of protein, that number might not mean a lot to people, so I'm just going to I'll just related largely. But yeah, if you're raising that much protein compared to that same amount of protein from a cow, it only takes one square mile of land use, and that is really about one small bedroom. You could raise so much protein in one small bedroom as compared to 115 square miles of land use, and that is more and a little looking out vastly on the land kind of land. So, you know, people could raise crickets in their backyard, you could do them in your in your room, and we we're really looking forward to creating our own cricket farm in the near future, as near as we can, because we would really love to be our own source of cricket.

Mary: Yeah, and then they require a very little amount of water because they don't need to consume water to get their water intake. They get all the water they need from their food and their food, you can use food compost, so food scraps and food waste mostly, you know, fruits and vegetables like, you know, skins and things like that. They'll eat those, which also breaks down and reduces food waste, and they get all nutrients they need from there. And, you know, fruits and vegetables are all vitamins, minerals, fibers,

all of that, and they're consuming that and that is retained in their exoskeleton. Then, these crickets are there are freeze-dried so that their death is quick, that's like the cleanest way to say that. So, they're freeze-dried really quickly and then they are roasted, and so the roasting process brings out all the liquid and the fat, which leaves us with just their fibrous exoskeleton, which is great dietary fiber and all of the protein that is left within the cricket as well. Yeah, and so the water that is required and that is on that diagram is for cleaning and keeping the spaces clean and all that goes into animal production. But yeah, I don't know if I explained that incredibly well, but yeah, no, I love this fact here, if you choose one pound of cricket protein versus one pound of protein from cows, so potentially whey, if you could save the same amount of water as skipping 271 showers.

Cody: That's just, that's why you're substituting less. That's one pound to one pound.

Mary: Yes, exactly.

Cody: That's amazing, and that sounds like crickets are kind of these little super creatures.

Mary: Yeah. We call them little powerhouses - they require less feed to convert the same amount of protein. And because they are smaller, you do need more of them, but they're lightweight, they're small, they take up space. You can grow more of them using less resources.

Cody: Wow, is there a world out there in the future where we all have a small cricket farm in our backyards and we all are just sustainably feeding them our food waste and then eating the crickets, then later, too, and having a completely sustainable cycle?

Mary: Yes, in my dreams. I mean, that's not really that far-fetched, because most of the rest of the world is already consuming these bugs. I mean, not in that fashion that you had that you mentioned. People aren't directly doing that, and I know some people might be, but I don't think that's that farfetched.

Cody: Well, yeah. So, like, I'm sure some listeners right now are like, oh, my gosh, like, I could totally do that. I value sustainability, that would be my thing. What do crickets taste like or like the consumption of them, how do we wrap our minds around that?

Mary: Good question, and it's a question we get a lot. And that is, I think, one of our biggest barriers, given all things, is the “yuck” factor that people have and that they associate with bugs that might get people to not even want to consider our product. But, for our products specifically, we wanted to present crickets and the sustainability of crickets in a way that was easy for people to want to try, that was inviting, you know, it's familiar, a cracker is familiar to people. So, you can't taste, smell or see the cricket in our product because they are ground, so when we get them and when we use them there, it looks just like one of our other seasonings, like a lot of, I don't know, it just looks like a seasoning. It doesn't look like a flour, but, kind of like, we call it cricket flour, but yeah.

So, it goes in there and it our flavors and seasonings, they cover up anything that might have been I mean, yeah, you can't taste them, but we have made crackers with and without them and we think so, ... sorry, my fault, my thoughts are all over the place, I apologize. But OK, so by themselves, which we have tasted them by themselves, they kind of have like a nutty, earthy taste, which is not bad in my opinion. And in the cracker, we think it gives the cracker like a round flavor, and we've tried it, the crackers with and without, and we just think that the crickets complement our flavors, and the flavors complement the crickets. And yeah, so it kind of gives it a rounder flavor, but by themselves - yeah, nutty and earthy. And people do always ask that, like what it is like.

Cody: That's so interesting too. And I'm thinking of like when I don't know, baking things with just regular flour or something that is normally in everyone's pantry. I'm thinking if I took a spoonful of that flour and just put it in my mouth, it's not a great experience anyway. So I'm just thinking through, like no matter what ingredients you're using or what, you know, what animal or bug or plant they're coming from, a lot of times it's the combination of things that make something taste so good. And so, yeah, that that's cool. Thanks for taking us a little bit behind the scenes of how that cricket process works.

Mary: Yeah.

Cody: Ok, so I want to also, the cracker itself is called Crick-itz right, with a z at the end. Is that that your flagship product currently?

Mary: Yes, Crick-itz crackers.

Cody: k, what else is on the horizon? Do you have more products lined up or are Crick-itz crackers coming to the market soon or how can folks get their hands on them?

Mary: Yes. So right now, we're selling only online, just to kind of get a feel for how our product is going to do. We did a pre-sale, we are doing production in the next 1-2 weeks to fulfil all those orders. And we actually were so happy with how pre-sales went, we had a lot of support from just people that we didn't expect to get support from, it was awesome. So, we launched with two flavors, we have a third flavor we'd like to add online soon, and then we're hoping to start selling in stores. So, Co-ops we're coming for you, the Co-ops in Corvallis, we'd like to we'd like to start there first and start selling in-store there. And our goal is to just keep building from there, selling in those kinds of stores, so those local sustainable sustainability-focused stores that have, you know, health food products and things like that. So, for now, online soon, hopefully the market near you and then as for other products, we have so many ideas and I think going forward is going to work on where to start with those ideas, but it's so easy to add crickets into anything.

So, we've tossed around like baking mixes, so like protein packed cookie mixes, protein packed biscuit, you know, just things like that, because they do add such a, you know, such a high protein value to anything that we put them in, so it's great you can use that as a substitute for what you would normally need to get your protein in. Oh, we talk about like dried noodles, like protein noodles, and protein bars. But then we've also talked about other sources of protein like algae and mushroom protein. So just other maybe untapped-in resources of protein that we want to, you know, start expanding. But we've talked about so much, so we'd love to start opening new lines and new products. So, yes, stay tuned.

Cody: I love the creativity. I can see or just imagine the wheels turning right now as you're describing all those. And yes, back to you, talking about your baking nights where you're throwing ingredients together and trying stuff. I love hearing that, that's really inspiring. Is the best place for folks who are listening to start and start following, is it by going to biggerbitesfood.com, or you can also visit their Instagram @biggerbitesfoods? Are those the best places for folks to follow?

Mary: Yeah, we also have Facebook for the people who don't have an Instagram. We post the same on those two, so either of those can be a great resource. We're still learning how to, you know, have a social media game, you know. So yeah, that's still new to us, so, we're hoping to maybe start posting recipes. We have lots of ideas on our other social media as well, but yeah, that's definitely the best place to stay tuned on new products or new flavors or promotions and things like that. Yeah, and online we just have more information, so more data, more sustainability facts, you know, nutritional facts, panels on our products. So, yeah, you can find lots of that.

Cody: We'll go ahead and post those links too, in the show notes. So, if anybody wants to follow along, find out when they do hit stores. Of course, we all want to know that so we can go find them too. But you can always order online on their eCom shop as well, so we'll post those links. I was going to ask too, based on scrolling through your Instagram, there's some beautiful photos of charcuterie spreads with the Crick-itz crackers. I was going to ask what some of your favorite pairings with the crackers – spreads, dips, or what's your favorite?

Mary: So, that charcuterie board shoot, we chowed down on that as soon as the shoot was over and then we just kept making more over the summer, not even to get content just because it was so delicious. I was living with some really supportive roommates, every time I made a batch, they jumped on them. And so my favorite, so before I went, you know, vegan, but I loved them with cheese, I just think with a brie. And I know that goes against, like, the sustainability factor of wanting to be dairy free, but with the cheese, it's just so good. But, wanting to go for a diet that are vegan or dairy free, hummus is amazing. Hummus, throw some pomegranate seeds on there, oh, jam. Yeah, I'm very passionate about charcuterie boards, but yeah I think hummus is my favorite.

Cody: The Crick-itz crackers seem like they're pretty versatile. You could put them with sweet, you could put them with salty, you could put them with savory.

Mary: Yeah, our balsamic or herbs and balsamic is my favorite flavor and it has a little bit of sweet in there, so if you pair that with something a little savory, it's delicious.

Cody: That's so interesting. Yeah, my mouth is starting to water. Also, when you mentioned that after that photo shoot you went ahead and devoured the charcuterie

board, that's awesome. Because I always see, like, you know, these beautiful, like, spreads of food for folks that I follow on Instagram or whatever and I'm always like, man, I really hope that that wasn't just for the camera, that they actually ate that afterwards. So, I love to hear that y'all downed that because it looks amazing.

Mary: Absolutely, yeah.

Cody: Well, Mary, I appreciate you sharing everything about Bigger Bites up to this point. It sounds like a really exciting point in the business, as well, as you launch and get your product into more hands and get more feedback and iterate and launch new products. So, I appreciate you taking us through all that.

[Bouncy theme music plays.]

Hey Beavs. The What's Next podcast is a production of OSU Next, an alumni community of recent Beaver grads. If you've been listening to the podcast, it's obvious that when it comes to life after college, the possibilities are limitless and we all have to find our own path. But you're not alone. We're here to support you along the way. Join us at osualum.com/osunext. Now let's get back to the show.

[Bouncy theme music fades.]

Cody: Before we end the show here, though, we have to jump to our fun segments, which is how we have been ending all the all of our guests here on the What's Next podcast. Just for a little extra look under the hood on who you are. OK, so if you're ready, I can throw those three fun segments at you.

Mary: Ok, I'm ready.

Cody: This first one is called New Year's Resolution. So, 2020 was a year unlike any other. And a lot of our resolutions that we thought we were going to accomplish in 2019 didn't necessarily come to fruition exactly how we thought they would. What's your New Year's resolution for 2021?.

Mary: I would say this to continue what I've been doing and not lose motivation, because some things have been feeling overwhelming and sometimes, I just don't know where to start on things, especially with this business. So, my goal is just to continue with the strong force that we've been going, moving forward. I just don't want to lose that motivation and that determination. So, yeah, my goal is to try to keep doing what I'm doing as best I can.

Cody: Yeah, one follow up question, actually, too, if I can jump back in here. I know that like developing a food product, you know, like as you're talking about the baking nights and those type of things, but then actually turning it into a business and getting, you know, ingredients, sourcing and production, it's a whole different ballgame to do it at scale, right?

Mary: Absolutely, yes.

Cody: How have you found it to be as far as like being passionate about the food production, but also passionate about the business side? How do you balance those two kinds of competing priorities?

Mary: Yeah, I'm passionate about the product and getting it, you know, for people to enjoy it and getting it out there, but sometimes things just seem so hard, like the new things. So, you know, that's talking to suppliers and talking to commercial kitchens and just the communication aspect which the communicating, like talking with people is not new, but it's like the formality and trying to keep on track of all the emails they need to send. And I don't know how this side of the business works. And, you know, I've learned so much about food and food science, but now I'm trying to put it to the test.

And so, yes, I think I just try to keep my motivation for wanting this to bloom, my motivation for doing the things that I don't want to do. And that's like going through and trying to find the best prices for all the products. Like I'll give you a fun fact that I haven't told Alex yet, I ordered all of our material for our production, which is way bigger than I thought. I got home and these boxes are huge, and I accidentally ordered 28 pounds of rosemary instead of 14 pounds of rosemary because I have so much rosemary. It's overwhelming, it's so much stuff. So yeah, it's been a lot, and just to try and keep that motivation, like knowing that it'll be worth it in the end, doing all these things that I don't

want to do, that are hard and like seem too hard to do to even start. Yeah. I don't even remember the question you asked, but that's my answer.

Cody: No, yeah, just balancing the business side versus the, you know, passion for the product. I think as we've had entrepreneurs on here, OSU grads who are entrepreneurs, some of them say, you know, yes, I always wanted to be an entrepreneur and some of them say, no, I didn't actually, like, know that I was ever going to be an entrepreneur. I just became passionate about a certain thing and then suddenly made it a business, but then all those business pieces of it are learning steps and things you have to go through. So, I really commend you and it's awesome that you're diving into it and leaning into those areas of unknown. So I just totally, like, jumped in on one of our fun segments here with the follow up question, so apologies there, but that was really interesting insight. This second fun segment is if I weren't a blank, so food scientist, I'd be a blank. And so, the idea of this question is, you can take it as a fun way, in a realistic way, whatever. But if I didn't go down this path of my career, I'd be and then fill in the next blank.

Mary: Ok, this might not be all that different, but I think if I weren't a food scientist, I think I'd be a chef. I think I would have gone down that food route full food, no science, cooking, chefin' it up. I think that's what I would have wanted to do.

Cody: Yeah, I love it. That's interesting. This final one is called Dinner for Four. So, this one, if you could have dinner with any four people, past, present, future, could be anybody for any reason, who would they be and why? And also, we always clarify this, it wouldn't have to be, imagine non covid time. So, you could be around the dinner table together. Who are those four people be?

Mary: Well, OK, I'm not going to go that broad or crazy wild in the past, I'm going to go pretty current, I would love to have dinner with my two partners, I haven't seen them in forever. We have been super social distance, I moved out of state. I miss them. And then I'd also like to invite my advisor from OSU, I love him, Ben Smith. He has gotten me so far in the four years that I was there, and I love him and I miss him. I'd invite him too, I just, yeah, I think so. Since I moved out of state, and I've graduated, and in COVID, I haven't seen all the people that I miss. So, I would choose them.

Cody: Yeah, that's a great answer. I have to ask, would there be Crick-itzcrackers on that dinner table?

Mary: Of course

Cody: With cheeses and hummus.

Mary: Yeah, that would be our appetizer.

Cody: Another charcuterie board, love it. OK, awesome. Well, yes, thanks for going through those fun segments with us, I think it provides the listeners a little extra insight into who you are and a little more of your personality. So, I appreciate you taking us through that and then also through the whole journey from your time at OSU, where Bigger Bites is now, and where it could go. So, thanks so much for coming on the show.

Mary: Yeah, thank you so much.

Cody: And to all our listeners out there and Beaver Nation, we will catch you on the next episode.

[Bouncy theme music plays.]

Cody: Hey, listeners, our goal at OSU next and the alumni association is to build community, and that includes creating connections and sharing these unique stories with the rest of the nation. If you found this episode of the What's Next? podcast valuable, you can help us achieve this goal by writing a quick review, leaving a rating and subscribing to the show in your preferred podcast player. We're thankful for your support.

[Bouncy theme music fades.]