



**STATE OF MISSISSIPPI
DEPARTMENT OF AGRICULTURE AND COMMERCE**

ANDY GIPSON
COMMISSIONER

PRESS RELEASE

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Contact: Paige Manning, Director of Marketing and Public Relations
(601) 359-1163 / cell: (662) 312-5897
Paige@mdac.ms.gov

Hannah East, Marketing Specialist
(601) 359-1179
HannahE@mdac.ms.gov

MDAC Hosts Freshly Picked Podcast Featuring Special Guests from Jackson, Madison and Rankin Counties

JACKSON, Miss. – The Mississippi Department of Agriculture and Commerce (MDAC) continues promoting specialty crops in Mississippi through its popular, new podcast series, Freshly Picked. The specialty herbs themed episode “Herb Your Enthusiasm: Pick and Savor Specialty Flavors” airs today at 9:30 a.m. at www.msfreshlypicked.com and on all major podcast platforms.

Nick Hartley, owner of Compass Point Blend in Ocean Springs; Caroline Warner, owner of CW Body Organics, Herbal Apothecary in Ridgeland; and Nan Moak, owner of Dandelion and Crow in Brandon, joined the podcast to share their insights on specialty herbs.

Moak shared her knowledge on plant-crafting, or herbalism, which she describes as free knowledge that “connects us with the earth” and allows people to have fun and utilize plants for herbal remedies. Warner discussed the growing popularity and interest in herbs amongst the public. She has accumulated approximately 250 herbs and teas and plans to open the first herbal apothecary tea room in the state of Mississippi this year. Hartley delved into the vast world of seasoning and the best methods to spice up your favorite foods. He also talks about naming some of his favorite custom-blended seasonings after his children. Hear all their unique stories and more by visiting www.msfreshlypicked.com.

The Freshly Picked podcast series, developed by MDAC, will feature 24 episodes and include specialty crop farmers, experts, entrepreneurs and/or chefs as they tell the stories behind their farms, businesses and the unique products they offer. Listeners can find new episodes every Thursday through February 2025 at www.msfreshlypicked.com, Spotify, Apple Podcasts or other major platforms.

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Photo attached.



MDAC's Freshly Picked podcast series released the specialty herbs themed episode "Herb Your Enthusiasm" airs today at 9:30 a.m. Pictured L-R: Caroline Warner, owner of CW Body Organics, Herbal Apothecary in Ridgeland; Nan Moak, owner of Dandelion and Crow in Brandon; Nick Hartley, owner of Compass Point Blend in Ocean Springs; and Claude Nash, podcast host and editor of the *Mississippi Market Bulletin*.