

## Simplified Speech #217 – Veggie Tales (ad free)

### Episode description

In this episode of Simplified Speech, Andrew and Kassy talk all about vegetables and how they buy them. They compare shopping at local markets with going to big grocery stores. Kassy shares her experience getting fresh produce from a local market near her house and tells us about a fun new vegetable subscription box she signed up for. Andrew talks about the kinds of vegetables he misses from back home and why he sometimes grows his own herbs and veggies. You'll also hear about the benefits of shopping local, supporting small businesses, and trying farm-to-table food.

### Fun fact

The oldest farmer's market in the world opened in 1730. It's called the Lancaster Central Market in Pennsylvania, USA, and it's still operating today! Local farmers and vendors have been selling their goods there for nearly 300 years.

### Expressions included in the study guide

- To roll off the tongue
- A haul
- To stretch my dollar
- To go ahead with [something]
- To go about your business
- To be behind [something/someone]



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## Transcript

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Note: The words and expressions that appear in **bold text** within the transcript are discussed in more detail in the Detailed Explanations section that follows the transcript. The transcript has been edited for clarity.

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**Andrew:** Simplified Speech episode 217, "Veggie tales." Featuring Andrew and Kassy.

And joining me now to talk about all things vegetables. Should we call this episode the "All things vegetables" episode, Kassy? I don't know if that really **rolls off the tongue** too much. But yeah, it's my co-host, Kassy.

**Kassy:** Hi, we could call it Veggie Tales. Did you ever watch that when you were a kid?

**Andrew:** Veggie Tales. Yeah, I did. For listeners who don't know too much about Veggie Tales, what is that series?

**Kassy:** It's a Christian biblical series, but they tell Bible stories. Not they, a bunch of vegetables tell Bible stories. So, there's like a tomato and a cucumber and they all talk to each other. It's, it's cute.

**Andrew:** So anyways, Kassy, let's call this episode Veggie Tales. That's a cute title for it. We're going to talk all about vegetables and not necessarily our preferences for the kinds of vegetables that we like to eat, but more about shopping for vegetables, procuring vegetables. Maybe we'll even get into talking about growing vegetables. And I think let's start with shopping. Kassy, you mentioned to me today that you went to a local market, and you got a great **haul** from the market. And could you tell us about your veggie **haul** that you got this morning?

**Kassy:** Yeah, sure. So, there is a market literally right down the street from my house. It takes two minutes to walk there, and it stretches for several blocks. And it is amazing, Andrew. I can find local, fresh produce of any variety. To name a few today, I got tomatoes, onions, bell peppers, bok choy, bean sprouts, beets, and broccoli. Did I mention broccoli?

**Andrew:** I don't think so. And broccoli.

**Kassy:** And broccoli.

**Andrew:** And how much did that cost you?

**Kassy:** It cost me a little over 20,000 won, which in U.S. dollars is, I don't know, \$17? It was so affordable.

**Andrew:** Compare that to going to one of the popular grocery stores in the country or the supermarkets in the country. What would be the difference in price? Do you think you saved a lot of money by going to the local market instead of the grocery store?

**Kassy:** I think I saved a ton of money. To be fair, grocery stores do have convenience for single family homes or maybe a couple because you can buy smaller amounts of produce. You know, like maybe you only need one onion instead of ten onions. However, I have been cooking a lot more now, so the farmer's markets just make way more sense for me in terms of **stretching my dollar** as far as I can.

**Andrew:** **Stretching your dollar.** I like that expression. That's an expression that just means to try and buy as many things as possible for the lowest amount of money, right? For the lowest cost possible. Really efficient shopping. Yeah, I love that. One nice thing that sometimes happens when you go to a local market as well is that sometimes the

people who are selling the vegetables will be kind and give you a little extra, right? Maybe you'll get an extra apple or an extra onion or, I don't know, something like that. Has that ever happened to you at all?

**Kassy:** Yeah, it happens to me a lot, especially if I bring my baby along. They're like, so cute. Here, have another one.

**Andrew:** Alright, so the cute baby is the secret.

**Kassy:** Yes. Another exciting thing that happens at the markets is that sometimes I can buy things that one, I didn't even know they sell here in Korea, or two, if I try to buy it in a regular store, it costs so much money. For example, Andrew, I found a box of Brussels sprouts at the market the other day for only 4,000 won. That's about \$3. While... it was a big box, like several hundred grams. While if you buy a tiny box of Brussels sprouts in the local big chain grocery store, it costs a crazy amount of money, like five times the price.

**Andrew:** Yeah, wow, that's a great find. I'm a little bit jealous because, to be honest, Korea is a great place if you like Korean food, right? If you like eating the kinds of vegetables that are easily grown in Korea, then you're going to love going to the local market here in Korea. But when you are searching for some of the vegetables that maybe we grew up with back home, Kassy, then it can be a little difficult if they're not really grown here in Korea. Brussels sprouts, that's an example. From time to time, when they're in season, you'll be able to find them. But like you said, they're often very expensive, but sounds like you got a really great deal there at the market. But some of the other vegetables that perhaps we grew up with back home in North America, from time to time, it is a little sad that I've had to give up on some vegetables. For example, cauliflower. I love cauliflower. Red onions. Sometimes I can't find red onions very easily.

**Kassy:** And fresh herbs like dill, basil, oregano, mint.

**Andrew:** They do sell them, but they cost an arm and a leg. They're very, very expensive. So yeah, I've grown my own basil at home. I've grown my own cilantro at home. Just because it's, yeah, too expensive. If you want to buy these herbs in any great quantity, like the quantity that you would actually need to make a basil pesto, it would probably cost you like 30 American dollars to buy that amount of basil at the supermarket. Kassy, are you like me? Have you ever tried growing your own vegetables? Is that something that you're into at all?

**Kassy:** When I was a kid, we did a little bit. And my sister now is hugely into it. She grows a giant vegetable and flower garden in America. But here I've just never been able to because I've always lived in an apartment or there was no space to grow things. I don't know. I've never been a plant person. So, I don't even have plants at home. I know you do that, but yeah. In the future, I think I might want to try even a little bit. Just like maybe one little plant of mint or something like that.

**Andrew:** One of my buddies who lives in the same city that you do, Kassy, down in the southern part of the country, he's got a wonderful vegetable garden. And he grows lettuce and tomatoes and peppers and just all sorts of stuff. And last year, he came up to Seoul to visit me and he brought me just this big **haul**, this big basket of lettuce and tomatoes and onions and potatoes. And I said to him, I was like, I didn't know you were a gardener, man. How did you grow all this produce? This is amazing. And he said, I'm not really a gardener. We just have a good spot, just sort of put the little seedlings in the ground because he doesn't start the plants from seed. He actually goes to the local market and buys the seedlings and then plants them.

**Kassy:** Cool!

**Andrew:** But he said, you know, I don't really have to do too much at all. I just water it. And then after a few months, voila.

**Kassy:** Wow. He must have perfect soil.

**Andrew:** Yeah, I think he's got good soil and a good location with good sunlight as well. So yeah, I'm thinking about doing that this year, making my own little vegetable garden. And I would really like to grow some of those vegetables that we talked about earlier, cauliflower, purple onions, the ones that are hard to buy here in Korea. But I think they're also hard to grow in Korea. That's my gut feeling that maybe that's why we don't have them here. So, I don't know. We'll see. If I **go ahead with the garden**, I'll update everybody.

**Kassy:** Yeah, let us know.

**Andrew:** Kassy, you had also mentioned to me a little bit before we started recording that you recently signed up for a vegetable subscription box. Could you tell us what that's all about?

**Kassy:** Yeah. So again, I heard about this from my sister because she's really into this kind of stuff. But in the U.S., she would, you know, contract with a local company or farm, I'm not sure, that had subscription boxes. So, they would put random produce that they'd grown recently into a box and then they'd ship it to you like once a week or twice a week or once a month. And you would receive this box of produce, not really knowing exactly what's inside. And then you can use it throughout the week. It's kind of like a fun vegetable present, mystery present. I haven't gotten my first box yet, but I just signed up for a vegetable subscription service yesterday. And the company is called Ugly Us. And they send produce that's like totally fine. It still tastes amazing, very fresh. But it might look a little uglier than the stuff that they would sell to, you know, the normal big markets and grocery stores.

**Andrew:** OK, so ugly vegetables. The ones that maybe, you know, it's like a carrot that has two stalks instead of just one long carrot, that kind of thing?

**Kassy:** Yeah, or maybe like a really weird tail at the end.

**Andrew:** Right, but if you chop it up and put it in a salad or something, you won't know it at all. It's just the sight. It's unsightly, but still tastes delicious.

**Kassy:** Yeah, so you can get vegetables at a really good deal because, you know, you're getting the ugly ones.

**Andrew:** Now we should go back and explain what these subscription boxes are because they're actually quite popular these days. And there's so many different ones that you can sign up for. I know when I listen to podcasts, I often hear them advertised on podcasts. There's one that I hear advertised often and it's for razor blades. And that kind of makes sense to me because that's something that a lot of people need to get on a regular basis. Unfortunately, razor blades don't last forever. And if you have to shave your face or shave your legs or something quite regularly, then you're going to need razor blades. So, you can sign up for a subscription. You could probably, I don't want to speak for this company. I'm not sure, but just my guess is that you could probably sign up for a six-month subscription or a one-year subscription. And then at regular intervals, maybe every month or every six weeks, this company will send you razor blades. And they also boast that they have a cheaper price than having to buy them in a store. So that's the kind of subscription box, right? You can subscribe to the service and then they'll regularly send you razor blades. But here, Kassy, you had a vegetable subscription box and regularly, how often did you say it's once a month?

**Kassy:** It depends on what you sign up for, but I signed up for once every two weeks.

**Andrew:** Once every two weeks. OK. So bi-weekly, then you'll get that fun vegetable surprise.

**Kassy:** Yes, exactly. There are so many subscriptions that I would love to sign up for. Like you mentioned razor blades. There's also a book box subscription. You can get new releases of famous titles and you can also get skincare product subscriptions. So yeah, listeners who are interested in this, they should think about what they like in their everyday life and see if there's a subscription box for it.

**Andrew:** Yeah, I'm sure there is. I think there's services and companies to cover all different sorts of products these days. And I actually subscribe to a similar service to you, Kassy, this ugly vegetable service back when I lived in Montreal. Now, I guess that was about 10 years ago now. It was a long time ago. But at that time, there was even subscription boxes. And the only thing that sounds a little bit different was that I had some selection. Like I could go to their website and say, I couldn't choose exactly what I wanted, but I could say, oh, I want more greens this week. And you wouldn't really have a choice of both the kinds of greens. And guys here, when we're saying "greens," we mean like the green leafy vegetables, like different lettuces or maybe cabbage, something like that, right? That green leafy vegetable, spinach or what have you. And also, the box wouldn't be delivered to my home. They would deliver all of the boxes to a convenience store in my neighborhood. And so, everybody who subscribed to that service in my neighborhood would all have to go to the convenience store at the same day, each week, or each month. And I remember I would go to the convenience store and there'd just be these like plastic stackable boxes and they'd be just piled up in the back of the convenience store. And I'd have to go and try and find my box and then take my box out. And I thought, well, this service is really cool because we're eating these kind of ugly vegetables. We're saving them from the landfill, essentially. I also thought it was great for the environment that all of these boxes were just going to one centralized location, and they wouldn't have to drive



the mail truck to every house. I thought that was great for the environment. But it was also a little bit inconvenient at the same time. I felt like I was doing the work when I went there.

**Kassy:** Digging through all the boxes to find your specific one.

**Andrew:** Yeah, exactly. But it was a great service, and it was affordable and high-quality produce. So, I was into it.

**Kassy:** Andrew, I think all the things we've talked about today, the farmer's market and this vegetable subscription service, I think one thing that's so great about both of these things is that they're supporting local businesses. I'm sure listeners can agree the last few years, pretty much ever since COVID, inflation has been out of control around the world and the prices of groceries are just getting higher and higher and higher. And the people who control the food chain, these big grocery businesses, are owned by just a few companies that can, you know, raise the prices because they don't have competition. And I think listeners can agree that if we try to shop more local, not only can we get great deals and help the environment, but we can also support our small businesses.

**Andrew:** Yeah, absolutely, Kassy. And I can talk a little bit about the situation in Canada because it's kind of funny. In Canada, there are several different grocery store chains, but they're all run by, I think it's two companies or perhaps three companies. But all of the different chains in Canada are operated by just a few companies. So, the branding makes it feel like an independent small grocery store, but it's actually owned by one of the big guys. So, you have this total control over the Canadian grocery market by some of these companies. And they've actually gotten in trouble in Canada before. There was this big scandal about price fixing over the price of bread. This was, like, a huge issue in Canadian politics. It really angered a lot of people. And a lot of people said, I'm never going to support this company again because they've been price fixing, which is where they agree to artificially set the price of bread at higher than market rates. So, you're paying more for

the bread, and it's just a very greedy thing for a big company to do, especially for such a basic daily staple food like bread, right? So many people are angry about this. And as a result, a lot of people have resolved to never shop or to shop as little as possible at some of these big grocery chains or even some of the smaller grocery stores that are owned by the big boys.

And so, as a result, you see a lot of people trying to go to local markets more often. And in Canada and North America, we usually call that a farmer's market, right? In my hometown, there's a farmer's market that unfortunately doesn't operate during the winter, from spring to late autumn, I suppose. But during that time, you can go and buy directly from the farmers. And it's not just produce. There are also baked goods. So probably some bakers will, you know, make bread, and then you can go and buy it directly from the baker. And a lot of people just think that this is a better way to do things. Instead of giving all of your money to these big greedy corporations, we can support each other. We can use our money to support other local small businesses in our region. And I really like this idea. Unfortunately, sometimes it does cost a little bit more, but I feel like my money is going to a good cause, right? I want to support the farmers in my town. I want to support the bakers and the artisans in my town. I'm really into it. I love the idea of the farmer's market. And whenever I'm back in Canada in the summer, and the farmer's market is running, I love to go there and get some of the local produce.

**Kassy:** I agree with you, Andrew, especially that last part you said about, you know, things might be a little bit more expensive, but you know that that produce is so fresh. And you also know that the baked goods that they make are homemade, and they don't have those weird preservatives in it that you might get from things coming from a factory. I don't know. Anytime I come home from a farmer's market, whether it's here in Korea or in the US over the summer, I always just feel so happy and excited by all of the little treasures that I find whenever I go there.

**Andrew:** Absolutely. And it's funny. I was talking with my wife just about this the other day, and maybe I've even mentioned this on Culips before. Sometimes I record so much, I can't remember what I've said and what I haven't. So, if I'm repeating myself, everyone, please excuse me, but you have to ask yourself, what kind of city do you want to live in? What kind of neighborhood do you want to live in? And in our neighborhood here, we have some local independent coffee shops. We have some local independent restaurants and bookstores and these kinds of local businesses. And it's so easy just to pass by them day in, day out, and, you know, just **go about your business**. But I say to my wife, we have to go to these local businesses sometimes. We have to go to the local coffee shop. We have to go to the independent bookstore. We have to go to that restaurant that just started up because I want to live in a neighborhood and in a city where these kinds of things exist. For example, in Kelowna, my hometown, where the farmer's market exists. And if you don't go to the farmer's market, if you don't spend your money there, then this kind of thing is going to disappear. So, I think that's another aspect of it, is that by supporting local businesses, we can create the communities that we want to live in. I kind of want to live in those places where these local businesses and the local economy is thriving. And if we don't visit, if we don't spend our money in these places, then they're not going to exist. And we're just going to find ourselves living in a place with only franchises and with only big businesses operating everything. And that's a little bit sad to me, a little bit bleak, I think. So yeah, **I'm fully behind the go local movement**.

**Kassy:** I completely agree. And I think you described that beautifully. So, listeners, if you take anything from this episode, buy local.

**Andrew:** Buy local. Kassy, we'll wrap things up here in just one second, but I wanted to ask you about another trend these days, which is called farm to table, farm to table. And I think essentially there's two different ways that this could operate. I've seen before where farmers actually will start offering meal services or restaurant services at their farm. So, you could visit the farm or in my hometown, we have a lot of orchards and vineyards and

farms. And so sometimes they'll have like a meal right at the vineyard. You can go to the vineyard. You can actually eat in the vineyard. They'll set up some nice tables and often there's like a beautiful lake view as well and maybe drink some of the local wine and have a locally prepared meal as well. And I've also heard about restaurants who will source all of their vegetables and their meats and all of their ingredients from local farms. So, the food is just all local, right? It's coming from a local farm, and it's being prepared locally by a chef in the region. I'm curious, have you ever experienced any of this farm to table cuisine before?

**Kassy:** Honestly, I don't think I really have, or if I did, I didn't register it, but I've watched YouTube videos about it, and I am really interested in the movement. I think it's a great way to get fresh food and feel like you're eating at a restaurant that is one, sustainable, and two, locally friendly and it's building a strong community while also filling your stomach with yummy goodness.

**Andrew:** Yeah, I think it's a great idea as well. To be honest, I don't think I've ever specifically gone to a farm to table restaurant. Whenever possible, I do like to eat local, right? So, if I'm in Canada and I see maybe salmon on the menu and it says BC salmon or oysters from BC, then I'm much more likely to order that than something I know is coming from a long way away. And same in Korea too, like you could go to the butcher, and they'll have meat from Korea versus meat from Australia or the USA. And yeah, whenever possible, I think I'd rather eat the Korean local option instead of, you know, something that's been shipped halfway around the world. So yeah, **I'm fully behind this go local movement.** I love it.

**Kassy:** Let's make it our goal for this summer. As local as possible.

**Andrew:** As local as possible. Let's do it. Well, everyone, I think this is a good place for us to end this episode here, but of course we would love to hear your opinion as well. And I'm

really interested, Kassy, maybe we can challenge our audience here to answer this question on our Discord community. Guys, how do you feel about spending a little bit more money to A, buy a local product and also B, support your local economy at the same time? Kassy and I are willing to make that sacrifice, but I realize that it's not for everyone and so I'd love to hear different opinions from around the world. And I'm going to throw this question out to our amazing Culips audience. Guys, you can leave your response on our Discord server and Kassy, and I will look forward to reading what you have to say about this.

All right, well, Kassy, thank you so much, and we'll catch you next time. Take care, OK?

**Kassy:** Yep, see ya.

**Andrew:** Bye, everybody.

## Detailed Explanations

### To roll off the tongue

#### Idiom

In the episode, Andrew says, “Should we call this episode the ‘All Things Vegetables’ episode, Kassy? I don’t know if that really **rolls off the tongue** too much.” Here, he is talking about the title of the episode and how it sounds when spoken aloud. He feels that “All Things Vegetables” is a bit awkward or clunky to say. When someone says that a phrase doesn’t **roll off the tongue**, they mean it doesn’t sound smooth or natural when spoken. It may feel too long, hard to say quickly, or just not pleasant to hear.

The expression **roll off the tongue** means that something is easy, smooth, and pleasant to say out loud. We often use it when talking about names, titles, or phrases. If a word or phrase **rolls off the tongue**, it sounds nice and feels easy to pronounce. For example, “Luna” is a name that many people think **rolls off the tongue**. It’s short, sweet, and easy to say. On the other hand, something like “All Things Vegetables” might not **roll off the tongue** because it has too many syllables or doesn’t sound catchy.

The phrase likely comes from the way your tongue moves when you speak. If something “rolls” off your tongue, it means your mouth moves smoothly, without difficulty. You can remember this expression by picturing your tongue like a slide—if a word slides off easily, it **rolls off the tongue**. This is a fun and visual way to understand how some words feel easier to say than others.

There are a few things to keep in mind when using this expression. It only refers to how something sounds when spoken, not how it looks or how it is written. Also, we don’t usually use this phrase for long sentences—just short words or phrases. Some similar expressions include “easy to say,” “flows well,” or “sounds smooth.” The opposite might be “clunky,” “awkward,” or “a mouthful.”

Here are a couple more examples with **to roll off the tongue**:

**Larry:** How about we call the app “TaskMaster Pro Deluxe”?

**Tiffany:** Hmm... that’s a mouthful. It doesn’t **roll off the tongue**. What about just “Taskly”?

**Richie:** We finally picked a name for our puppy—Lola.

**Eve:** That’s perfect! It **rolls off the tongue** so easily. And it fits her personality.

## A haul

Noun

In the episode, Andrew says, “You mentioned to me today that you went to a local market, and you got a great **haul** from the market.” Here, he’s using **haul** to talk about the large amount of vegetables Kassy bought. When someone gets a **haul**, it means they got a lot of items at one time, usually after shopping. It’s often used when people are happy or surprised by how much they bought, especially if they got a good deal.

**A haul** is a noun that means a big group of things that you collect or carry home—often after shopping, fishing, or even traveling. For example, if you go to a clothing store and buy ten new shirts and pants, you might say, “Look at my **haul**!” People often use this word when they feel proud, excited, or happy about what they got. You can also use it for food, like “a veggie **haul**,” or other things, like “a book **haul**” or “a makeup **haul**.”

The word **haul** comes from a verb that means to pull or carry something heavy. Long ago, people used it to talk about dragging or moving big loads. Today, we still use it in that way (like “a truck haul”), but in casual conversation, it often means “a big group of things I just got.” You might hear people say, “Check out my **haul**!” on YouTube or social media when showing off their purchases.

A fun way to remember **haul** is to think of a big shopping bag that’s so full, you almost have to **haul** it home because it’s heavy. You can also think of **haul** like a “hallway full” of stuff—it’s that much!

Here are a couple more examples with **a haul**:

**Will:** Is that an entire bag of books?

**Amanda:** Yeah! The used book fair had everything for one dollar.

**Will:** That’s a great **haul**! Looks like you’ve got your reading list for the year.

**Rudy:** Wow, your kitchen table is covered! Did you go shopping today?

**Jess:** Yeah, I hit the Saturday market

**Rudy:** That’s a serious **haul**!

## To stretch my dollar

Idiom

**To stretch my dollar** is an expression that means to make your money go further. It means trying to get as much as possible with the money you have—spending it wisely, finding deals, and getting good value. In the episode, Kassy says she has been cooking more at home, so going to the farmers' market helps her **stretch her dollar**. She means she can buy a lot of fresh vegetables for a low price, instead of paying more at a regular grocery store.

People use **stretch my dollar** when they are trying to save money or shop smart. For example, if someone says, "I'm trying to **stretch my dollar** this month," it means they are being careful not to spend too much. Maybe they are shopping during sales, using coupons, or cooking at home instead of eating at restaurants. It doesn't always mean they are poor—it just shows they want to make their money last longer and be used well.

The word stretch means to make something longer, like stretching a rubber band. When you **stretch your dollar**, you are imagining that your money can be pulled or extended to cover more things. It's a creative and visual way to talk about smart spending. You can remember it by picturing your dollar bill being stretched like stretchy gum to cover more items at the store.

Some synonyms for this expression include "get the most bang for your buck" and "shop smart". Be careful not to use **stretch your dollar** when talking about something that has nothing to do with money—it only works when talking about finances or budgeting.

Here are a couple more examples with **to stretch my dollar**:

**Dan:** Your apartment looks so cozy and stylish!

**Isabella:** Thanks! Believe it or not, most of this furniture is second-hand. I love decorating, but I also want to **stretch my dollar** and not go into debt.

**Nate:** I really want to go to Italy, but flights and hotels are crazy expensive.

**Tom:** Try going in spring or fall instead of summer. You'll get cheaper prices and **stretch your dollar** much further.



## To go ahead with [something]

Phrasal verb

**To go ahead with [something]** is a phrasal verb that means to start or continue doing something that was planned, even if there were delays, doubts, or problems before. In the episode, Andrew says, “If I **go ahead with the garden**, I’ll update everybody.” He’s talking about the idea of planting a vegetable garden. He hasn’t started yet, but he’s thinking about it. If he **goes ahead with it**, it means he will make the decision to do it and actually start planting.

You can use **go ahead with** in many situations. It works when talking about plans, projects, or ideas—especially when something might not happen but then finally does. For example, “Even though it was raining, they **went ahead with the picnic**,” or “I decided to **go ahead with my travel plans**, even though flights were expensive.” This expression is often used when someone has to make a choice to move forward after thinking or waiting.

The word ahead gives the feeling of forward motion—like walking ahead or moving ahead in a line. When you **go ahead with something**, it’s like stepping forward and saying, “Let’s do this now.” You can remember it by picturing someone standing at a starting line, thinking for a moment, and then finally taking a step forward—they’re **going ahead with their plan**.

Some common synonyms include “proceed with,” “move forward with,” or “follow through with”. Be careful not to confuse go ahead with (which means to start doing something) with just go ahead (which can also mean giving permission, like “Go ahead, take a cookie”).

Here are a couple more examples with **to go ahead with [something]**:

**Maya:** I’ve been thinking about studying in Germany next semester.

**Matt:** That’s huge! Are you actually going to **go ahead with it**?

**Maya:** Yeah, I submitted the application yesterday. Fingers crossed.

**Alex:** After reviewing all three proposals, we need to decide today.

**Susie:** I’ve considered the feedback, and I say we **go ahead with the second option**. It’s the cleanest layout, and it tested best with users.

**Alex:** Alright, I’ll inform the team.

## To go about your business

### Idiom

**To go about your business** means to continue doing what you normally do, especially when something surprising or unusual is happening around you. In the episode, Andrew says, “It’s so easy just to pass by them day in, day out, and, you know, just **go about your business**.” He is talking about how people often walk past small local shops or cafés in their neighborhood without stopping. They just **go about their business**, meaning they continue with their daily routines—like going to work or running errands—without paying much attention to the things around them.

We use **go about your business** to describe someone doing regular or everyday tasks. For example, if you’re cleaning your house, walking your dog, or working at your desk, you’re going about your business. It can also be used when someone doesn’t get involved in something dramatic or strange nearby. For example, “Even though the fire alarm went off by mistake, most people just **went about their business**.” This means they didn’t panic—they just kept doing what they were doing.

The phrase comes from the idea of business as not just work, but any kind of activity or task. So, when you **go about your business**, it means you continue with your usual activities, like shopping, walking, or working. You can remember it by thinking of someone walking through a town, doing their errands or chores, calmly and steadily—they’re just “**going about their business**.”

Some similar expressions are “carry on with your day” or “go on as usual.” A word of caution: while “mind your own business” can sound rude, **go about your business** is neutral or even polite. It’s about yourself, not telling someone else what to do.

Here are a couple more examples with **to go about your business**:

**Bill:** That guy just dropped his entire tray of drinks right in the middle of the café.

**Mary:** Yeah, and I thought everyone would stop to help, but they just **went about their business** like nothing happened.

**Bill:** I guess people are used to little accidents here.

**Charlie:** That woman was yelling at the airline staff, did you see?

**Ellie:** Yeah, but the crew stayed calm and **went about their business** like pros.

## To be behind [something/someone]

### Idiom

**To be behind something** means to support an idea, a person, a project, or a decision. You agree with it, believe in it, or help make it happen. In the episode, Andrew says, “I’m fully **behind the go local movement**.” He means that he strongly supports the idea of shopping locally and helping small businesses instead of large companies. He believes it’s good for the community and wants to do his part.

You can use this expression in many everyday situations. For example, if your friend wants to start a new business and you say, “**I’m behind you 100%**,” it means you support them fully. Or if someone makes a new rule at school or work and you agree with it, you can say, “**I’m behind that decision**.” This shows that you are not against it—you are helping or cheering it on.

The origin of the phrase comes from the image of standing behind someone to support them. If someone is in front and you are behind them, it’s like you’re backing them up or pushing them forward. That’s why it means support. You can remember this by imagining a friend giving a speech, and you’re standing behind them with a hand on their shoulder, saying, “You’ve got this!”

Some synonyms are support, stand by, back up, or agree with. Be careful not to confuse this with the physical meaning of “behind” (like “The school is behind the park”), which just shows location. In this case, behind is about support, not place.

Here are a couple more examples with **to be behind [something/someone]**:

**Brittany:** I think I want to start a podcast about books.

**George:** You totally should! **I’m behind that 100%**. You’ve got great taste and you’re a natural speaker.

**Brittany:** Aw, thanks. Now I just have to learn how to edit audio!

**Emily:** I think we should ban all cars in the city center.

**Jake:** I mean, **I’m behind the idea** of reducing traffic, but maybe a full ban is too much.

**Emily:** Maybe we could start with weekends only and see how it goes.

## Expressions Quiz

1. What does the expression "to roll off the tongue" mean?
  - a) To say something very quickly without thinking.
  - b) To say something that sounds smooth or easy to pronounce.
  - c) To say something quietly.
  - d) To repeat something many times.
  
2. After a big trip to the outlet mall, Kayla posts a video showing all the clothes, shoes, and accessories she bought. What is this called?
  - a) A hall.
  - b) A hole.
  - c) A haul.
  - d) A whole.
  
3. Which of the following would help you stretch your dollar?
  - a) Shopping with coupons and discount codes.
  - b) Buying only name-brand items.
  - c) Ordering expensive delivery food.
  - d) Eating out every day.
  
4. What does it mean "to go ahead with something"?
  - a) To stop doing something.
  - b) To ask someone for help.
  - c) To walk in front of someone.
  - d) To start or continue with a plan.
  
5. True or false? If someone just goes about their business, they are calmly continuing their usual activities.
  - a) True.
  - b) False.

## Comprehension Quiz

6. Where did Kassy go shopping that morning?
7. What special deal did Kassy find recently at the market?
8. What does Andrew do to get herbs like basil and cilantro?
9. What kind of subscription box did Andrew use in Montreal?
10. What final message do Andrew and Kassy share with listeners?

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## Writing and Discussion Questions

1. Have you ever shopped at a local market or farmer's market? What was the experience like? Did you bring home a big **haul** of groceries?
2. Would you ever try a vegetable subscription box? Why or why not?
3. What's one way you try to **stretch your dollar** when shopping for food? Do you use coupons, shop at markets, or buy in bulk?
4. If you had the chance to **go ahead with a plan** to grow your own vegetables at home, would you do it? Why or why not?
5. **Are you behind the idea** of buying local food, even if it costs a little more? How about the "farm to table" movement?

## Quiz Answers

1.b    2.c    3.a    4.d    5.a

6. A local market near her house.

7. A big box of Brussels sprouts for only 4,000 won (~\$3).

8. He grows them at home.

9. A vegetable subscription box that delivered to a convenience store.

10. Support local businesses and try to buy local.

### Episode credits

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