



Our Hen House

CHANGE THE WORLD FOR ANIMALS

a 501(c)3 nonprofit organization

Interview with Marisa Miller Wolfson and Brian Flegel

By OUR HEN HOUSE

Published July 27, 2013

*Following is a transcript of an interview with **MARISA MILLER WOLFSON** and **BRIAN FLEGEL** conducted by **JASMIN SINGER** and **MARIANN SULLIVAN** of [Our Hen House](#), for the [Our Hen House podcast](#). The interview aired on Episode 185.*

JASMIN: We are about to have on a few of our darling friends over at *Vegucated*, which you can find out more about at [getvegucated.com](#). Even though we had Marisa Miller Wolfson on when the film came out, it's been a while now, especially since the filming stopped. It's been seven years since the filming stopped and much longer than that, about eight, since it began. So we're going to get an update from Marisa and from Brian Flegel, who of course is one of the stars of *Vegucated*. They're joining us together.

I'm so excited for you to hear from Marisa Miller Wolfson and Brian Flegel. I think you're going to love what they have to say. They are giving us *such* an insider look at what's been happening with *Vegucated* since it's become a world famous documentary about changing the world for animals and veganism.

Marisa Miller Wolfson is the writer, director, and editor behind the award-winning documentary, *Vegucated*, which you can find online at [getvegucated.com](#). *Vegucated* follows three meat- and cheese-loving New Yorkers who agree to adopt a vegan diet for six weeks. This entertaining documentary showcases the rapid, and at times comedic, evolution of these three people who discover that they can change the world one bite at a time. One such person is Brian Flegel, who is joining us today alongside Marisa to give us an update on where he is now, eight years after *Vegucated* was filmed. Marisa will also update us on Telsa and Ellen, the other subjects of the film. And what you learn might just surprise you, leaving you hungry for more.

Welcome to Our Hen House, Brian and Marisa.

MARISA: Thanks for having us!

BRIAN: Hi!

JASMIN: I'm just annoyed because Brian keeps making us laugh and I said no funny business until we press record.

MARIANN: Now that you've said that he's not going to say one funny thing for the whole thing.

BRIAN: It's just gonna be nothing. There's a lot of serious shit I need to talk about.

JASMIN: So, I just want to start with the most important thing. Brian, I hear that Marisa was an incredibly abusive director.

BRIAN: She was! I have a pending lawsuit right now. She's been ignoring all my phone calls, so...

JASMIN: I hear that Mariann is actually representing you in that lawsuit.

BRIAN: Yes, she is.

MARIANN: That's where I'm going to get the big bucks.

MARISA: Thankfully I have David Wolfson on my side.

JASMIN: That's true.

BRIAN: One big dysfunctional family, we're all.

MARISA: That's right.

JASMIN: So, Marisa, you were saying that, when I kept saying, "Brian, stop making us laugh" -- I don't even know how you're making us laugh because as we're recording this it's like dawn in LA, where you are.

BRIAN: Yes. Yeah.

JASMIN: How you've managed to actually be funny this early, I don't know how it's possible. But Marisa, you said this is basically what filming *Vegucated* was like?

MARISA: Oh, it was nonstop. "Stop! Stop talking! Shut up! Just wait for the camera, just wait! Just wait! Stop talking!" And then it was always -- every other hour it was "Brian, you're ruining the movie!"

JASMIN: Yeah, Brian --

MARISA: It's just what you were doing Brian. But he's like a little toddler who you just can't - - you have to run after -- "Brian! Brian! Brian! Brian! Brian!"

BRIAN: I keep picking up things in the ShopRite and dropping and breaking them.

JASMIN: I feel like there needs to be an entire feature-length follow-up to *Vegucated* that's just the outtakes.

BRIAN: Yes! I totally agree. We need -- that's actually what I wanted to discuss, was making that happen. We're having a reunion get-together. And Jasmin, are you going to be there?

JASMIN: I'm going to be at the Hoe Down that weekend!

BRIAN: Oh shoot, darn.

JASMIN: I know.

BRIAN: But yeah, we're getting everyone together and that's a big thing. I want to push that idea that we like do a *Vegucated 2.0*, like add a bunch of stuff.

JASMIN: Well, let's start with this being the *Vegucated 2.0* 'cause I love that idea. And well, Brian, why don't we start with you? You did ruin the film.

BRIAN: I ruined it, pretty much.

JASMIN: You were just not at all the star of it. You completely ruined it. So, what's been going on since the conclusion of the filming of *Vegucated*? At the time, I think, when they filmed it, you were definitely one of the ones we were hopeful for. So where are you now, Brian?

BRIAN: Wow. I pretty much -- how many years has it been now, seven?

JASMIN: 47!

BRIAN: 47 years! Yeah. My helper has to wheel me to this computer. I think it's been seven, right? Isn't it like a --

MARISA: No, longer. Let me think. Wait. No, 2013. No, you're right, seven years.

JASMIN: Since you concluded, but the actual production of *Vegucated* was a 30-year process.

BRIAN: Yeah, pretty much.

MARISA: I was seven when we started.

JASMIN: Right, you were seven. That's what I thought.

BRIAN: So there's been a lot of stories between then and now. Consistently, though, I kind of went vegan I think kind of like about six years ago, maybe like five and a half years ago, since doing the film. I really dedicated to it during the process and then shortly after, and then I kind of dropped off for really lame reasons. I was dating a girl who wasn't vegan and I kinda started eating fish and that was -- it just never sat right with me, even though I made the choice to do it. And when that relationship dissolved I was like, "This is ridiculous; I'm getting back on that train." And I've been vegan ever since.

JASMIN: Well, that's incredible. It's so exciting. You're such a powerful force to be vegan and we love having passionate people like you.

BRIAN: Well --

MARIANN: It absolutely just shows -- 'cause I know you were selected somewhat randomly for that film. Did you have any idea going in?

BRIAN: No. I just -- I kinda knew it was about food and they were gonna interview me at this place. It was somewhere like around 43rd street or something.

MARISA: Yeah, Eighth Avenue, that's right.

BRIAN: Sixth -- yeah, Eighth Avenue, Sixth Avenue or something?

MARISA: Yeah.

BRIAN: Yeah, so that's about it. That's all I knew. I mean, I had a lot of things going on at that time. And the preface was just like, oh, go and be funny or be yourself and she's going to ask you a bunch of questions. And that's really how it happened.

JASMIN: So Marisa, I know that you've been working for so long in trying to get people to go vegan. And you and I of course used to do workshops around town and we've known each other for -- I'm not going to admit how long. So when you're trying to get people vegan, is making a documentary one of your tactics? Like, how do you get people to go vegan? Give them delicious cupcakes or show them *Peaceable Kingdom* or put them in a documentary. Is this just like one of the tools in your arsenal?

MARISA: It is. It is one of my tools in my arsenal. The vegan cupcake thing is always a great idea, but I've found in shooting -- it's so funny to use the word "shoot" 'cause it has double meanings, doesn't it? -- shooting Brian!

BRIAN: Now that you've killed your first carnivore...

MARISA: When I was shooting Brian, Tesla, and Ellen, before then they had sampled vegan food. Like, Fuhrman had some stuff that he made and they had had food, and they enjoyed it. It was enjoyable. But it wasn't until we sat down and watched *Peaceable Kingdom* that it started to really make sense and sink in. Brian, do you agree with that?

BRIAN: Absolutely, absolutely. I think my reaction -- it was very smart to interview us right after, and my reaction has stayed with me. That's definitely the switch, and there was nothing I could walk away from with that.

JASMIN: I had a similar reaction to *Peaceable Kingdom* as you know, Marisa, so it was definitely a very powerful film. So Marisa, you've done -- it's just amazing to see how far *Vegucated* has come. Can you talk a bit about the reaction that you've had to *Vegucated*, including what kind of festivals you've been at and where *Vegucated* is now?

MARISA: Sure. When we started doing the whole festival application process, I was so hopeful. I was like, "We're going to be in lots of festivals!" 'cause the *Tribe of Heart* and *Peaceable Kingdom* had and I was like, this is kind of similar. And we did not. We spent like \$1200 on submission fees. But then we finally got into Toronto Independent Film Festival, which is like the indie offshoot of TIFF, which is like the huge one. And then once you're in one film festival, other film festivals start to take notice, so I think that made a big difference. Also, when we got accepted into the Environmental Film Festival in the nation's capital, all the enviro-fests started just asking us for screeners or not even telling us that we were in the festival! I think we had one in Florida where they never even told me. I found out from a Google Alert. But anyway, yeah, we've been in like a dozen film festivals all around the world, some in Brazil and yeah, all over the US. And digitally is where it's exploded the most. We have -- we're on Hulu, we're on Netflix, we're on Amazon Prime, Netflix Instant, Amazon Instant. And as of this past weekend we have over 200,000 ratings on Netflix, which, I don't know how many people rate it, so I don't know if we have --

BRIAN: Besides you scrolling through everything at four o'clock in the morning.

MARISA: Don't out me there, Brian. I'm a little bit ashamed of how obsessed I am with checking that.

BRIAN: "You jerk! Did you even watch it?"

MARISA: Yeah, so we've had the most impact digitally. And gosh, every week we have so many people either writing into the website -- there's a little place where you can write in a comment -- or writing on our Facebook page, or tweeting us, or just straight up emailing us with saying how much they've changed their lives as a result. That's so rewarding and I am blown away with what an impact it's had because, as Brian knows -- well, as you know, Jasmin, being Creative Consultant on the film -- we set out to make a little activist film, not the kind of film where my brother's at a bar in Evansville, Indiana and someone says they've gone veg 'cause they watched this movie.

JASMIN: Oh, my God!

MARIANN: Wow!

MARISA: He's like, "That's my sister!" and the girl's like, "Shut up, no it's not." And he had to find someone to prove who his sister was.

JASMIN: Oh, my God.

MARISA: Yeah, and I went home also to Evansville, and I went to a little co-op there, a veg-friendly little neighborhood co-op and I was recognized. It's just like, what? So it's made a bigger impact than I ever would have thought.

MARIANN: It's so exciting and I agree with you. We were there kind of at the beginning and I knew it would be wonderful but I just never imagined it would be this big. And so we've had an update on the film and an update on Brian. Marisa, can you fill us in on what's going on with the other subjects of the film?

MARISA: Sure. Well I'll get the up-to-the-minute update in a couple of weeks during our reunion, but the last I know from Tesla is she's in law school. It's kicking her butt but we know Tesla. She's stubborn and she can make it through with flying colors and --

BRIAN: She's close. She's close to finishing.

MARISA: She's really -- yeah she is. She's close to being done. She did fall off the wagon after filming for a while. She ended up being with Harry long-term. He's the guy at the end of the film, and he was not at all on board, not at all supportive, and neither was her family. Then he worked for Con Edison or Verizon or something, somewhere where he goes out to strange locations and hooks stuff up. Anyway, he visited a live slaughterhouse, or was near one, you know, those live markets? And he heard the sounds of the animals screaming, and came home to Tesla and he was like, "I don't want to eat this meat lasagna" that she had cooked. So that was one seed that was planted, but then he went back and forth a little bit. Then when the film came out, God bless Tesla's family, they drove all the way from New York City to Toronto to attend the world premiere. And once they saw the film, it was like the light bulb went off and they're like, "okay, this is for real, now I understand why she was doing this" and they've been way more supportive. Tesla ended up marrying Harry and now he's super veg-friendly. I don't know what he's doing now but for a while there he was mostly vegetarian, and vegetarian at home but out of the house like once a week not, or something like that. So I don't know what he is currently, but that's great.

JASMIN: That's a big shift for him.

MARISA: That's a huge shift.

BRIAN: Yeah.

MARISA: And I think it gives hope to women who are with men who eat a lot of meat, that even if they're opposed to it now, it doesn't mean that down the line they're not going to have a bit of a change of heart.

JASMIN: I have seen, even just recently, so many people who were totally, totally hostile to it and just making fun of it and so defensive and unsupportive, I have seen people like that shift. I have, so I do not put it past them.

MARISA: Well you kind of wonder if the vehemence and the vitriol and the mocking comes from a place of defensiveness. Certainly it did for me. I used to make fun of vegetarians when I was growing up in Indiana.

JASMIN: Yeah, it's radical, so radical.

MARIANN: Anxieties rising. You know, I love these stories too because they show that there are so many different routes that people take to change and so many different influences. And I think Tesla's story shows how important family is and having that support, and when that support grows people make changes. And there are just so many ingredients for people in whether they make change.

MARISA: Yeah. So much of it is social and Tesla's experience speaks to that. So much is social. And Ellen also, sometimes she feels a little lonely. She says "Hey, you want to go out to dinner?" I'm like "Sure." I'm trying hard to get her to go to the meet-ups and stuff. It's funny 'cause she's really outgoing on stage and on camera, but she's a little more shy behind the scenes. But she is so delighted that she has Debbie's support. Debbie is vegetarian.

JASMIN: Her daughter, right?

MARISA: Her daughter, yeah. And her daughter's in college now. I mean, that's kind of --

BRIAN: Unbelievable.

MARISA: I know! And she goes to a performing arts conservatory in Boston, and her first week there, she got recognized by people, which --

MARIANN: Oh my god!

MARISA: So cute! And she posted pictures of the cafeteria on the *Vegucated* online community. She posted pictures of the veg offerings in the cafeteria. So Boston's a pretty veg-friendly place and she's doing well there. Ellen is vegan as far as I know, or almost totally vegan with the exception sometimes of like creamer on the road.

BRIAN: Yeah, dairy creamer.

MARISA: What'd you say?

BRIAN: I just said, yeah, dairy creamer.

MARISA: Dairy creamer, that's right. But she actually -- her lovely house on the water in Coney Island got hit by Sandy and was destroyed.

JASMIN: Oh, God.

MARISA: It's destroyed, so she's been reeling from that still, you know, whether she should rebuild or what. But she now -- her main hub is in Chelsea, right around the corner. And she goes to Blossom and eats the veg-friendly offerings around here.

JASMIN: Well that -- I mean, it's funny to me how everyone has really, really shifted in a way that is probably representative of like a much larger group. So you were dealing with three people, but if you were dealing with 300 people you might have a similar type of reaction. Maybe a third of them would be Brian, a third of them would be Tesla, and a third of them would be Ellen. I don't know.

Now, if you happened to be driving around Los Angeles looking for stars, I think you might be able to easily spot Brian driving around. Brian, what's going on with your new license plate, and can I please make fun of you for the rest of my life?

BRIAN: Yes, I want you to! Are you kidding me? I had to get it. It was like a no-brainer. My license plate is just a spelling out of *Vegucated*, but it's got the "8" in there, so it's "VEGUC8D." And it actually looks cool. If you see my Facebook page it's my cover photo. And it's just something that I was thinking about, and one night I just wrote it out and I'm like, "This is perfect." And I did a quick search for whether or not anybody else has gotten it and I had to claim it.

JASMIN: That's amazing.

MARISA: I have a question for you, Brian. We have people on the *Vegucated* page say, "Oh, I want that license plate in Florida" or whatever. Is that how it works? Is it per state?

BRIAN: I think so. I know, I was making some jokes like, "I'm the only one that can have it." I think I'm the only one that can have it in California. But I think other people can get it, I'm pretty sure. But I don't really know. This is my first venture into getting a vanity plate. I feel like there's a bunch of other stuff. It's a slippery slope. Now I'm going to start with the jewelry and everything. But yeah, I don't know. People should go and figure it out.

MARISA: Brian, if someone -- back at Vegetarian Summerfest in 2005 when we were shooting, remember when we were in the parking lot and there were all those license plates, all those vegan license plates?

BRIAN: Yes.

MARISA: If someone had told you then "Okay, Brian, in 2013 you are going to be one of these people!"

BRIAN: Yeah! Oh my gosh. Yeah, that is the biggest eye-opening experience for me, is to actually just sometimes have those moments of like, "What the hell is going on?" But I -- the reason why the film, I think, translates so well is that it is a transformative experience caught on film. And for me it's something that -- it was completely life changing. I mean, pretty much -- I have like zero friends, but they're all *Vegucated* friends on my Facebook page. And everybody else can't stand me. But yeah, the realities of how every path that I'm on currently in my life is got something to do with this film in terms of friends of mine, in terms of all the daily choices I make, things that I find myself doing during my free time. It's mind-boggling. So yeah, looking at one of those cars in the parking lot, it would just seem ludicrous that I would turn into this.

JASMIN: And you've also turned into quite a stud. The last time I saw you I was like, "Wow, you really have changed!" You've undergone not only some kind of spiritual shift but also a physical one, haven't you?

BRIAN: Yeah. Yes, oh definitely. I've lost a ton of weight. And I think from the film itself, the process that Marisa took us through in terms of just like the type of junky food that we're used to and then like getting all those things to make life easier and more palatable when you're transitioning is kind of what I did in the larger arc of my life as well. And now I'm eating way more just whole, plant-based foods. And when you make that decision or when you've really kind of graduated to that, your body responds pretty quickly. I mean, and same thing with you Jasmin, you're like, wow! And it's like, this happens with people. It's like, that

more ideal person comes out. It's just -- it was already there. You're just teasing it out through plants.

MARIANN: I think that's really well said. And actually, thinking of that more ideal person coming out, Marisa, you had an ideal person come out. Was that the best transition we've ever had on Our Hen House?

BRIAN: That was good!

JASMIN: That was amazing.

BRIAN: Prop 8!

MARIANN: So tell us, what is it like having the perfect vegan baby?

MARISA: Oh, I don't know about perfect. I don't know.

MARIANN: Aw, he looks pretty perfect to me.

BRIAN: Are you raising your baby vegan?

MARISA: Yeah. Vegan but a little bit of meat. No, just kidding.

BRIAN: A little bit of meat...

JASMIN: Well, you feed your baby milk from an animal but you are the animal!

MARISA: I *am* the animal, yes. And you know what? I'm going to make an argument that I *am* oppressed. I'm going to make that argument.

JASMIN: I've seen you. Listen, I've seen you hooked up to that boob machine where you're --

MARISA: Oh my god, the pumping.

JASMIN: You look -- it's unbelievable. Like, it's a whole contraption.

MARISA: No. It looks -- it's like those -- I mean, thank goodness I only have the two nipples and not like eight or 12 or however many cows have. How many nipples do cows have? It's embarrassing that I don't know that.

JASMIN: Don't know. Isn't that -- that's actually the sequel to *Why Do Men Have Nipples?* It's the sequel book. Should be.

BRIAN: Can I just get a copy of just this segment of the interview?

JASMIN: Yes, no problem. But yeah, I call him "Babriel" and I keep forgetting his name is actually Gabriel because I call him Babriel, so I'm just going to do that anyway. So Babriel is your new little project and you've been quite the advocate while walking around with him.

And someone will just like wave at him, you know, “aw, cute baby.” And you’ll be like, “and he’s vegan!” and then you give them a brochure practically.

MARISA: That is our day, more or less. Yeah, I do kind of add it here and there. I’m also on these baby boards, these mommy forums and stuff, and I make plugs. And it’s funny. I actually have seen some, “I saw this movie *Vegucated* and I want my daughter...”

JASMIN: Wow, that’s amazing.

MARISA: And I’m like “What?! Are you kidding me?” Yeah, so I wrote, I’m like, “Hi, I’m the director.” Her baby was also born in October. I’m like, “I can’t believe we both have babies born in October. Anyway, here’s what I’m doing.” And she was like, “Oh my god, what?” So that was pretty cool, but yeah, he’s a pretty cute advertisement for the vegan lifestyle. What’s hilarious is he has no idea he’s vegan. Today for lunch he’s having silken tofu with some mango peach puree and some kale and blueberry and banana smoothie.

JASMIN: Sounds amazing, I’m coming over.

BRIAN: Yeah!

MARIANN: You’re not putting breast milk in that, right?

MARISA: Actually, no. But he’s going to have a side of breast milk.

JASMIN: Okay. So this is -- there’s just a lot going on for you. I don’t want to put you on the spot by asking you this next question, but you probably know where I’m going with it, and I’m sure our listeners are wondering also. Do you have any plans for another project? Is there anything you could tell us about, or is it all top secret? Or do we need to get Babriel in college before we can even think in that direction?

MARISA: Well, let’s start with preschool. I hear that once they reach age two they’re a lot less of a handful, or rather they’re more of a handful but at least they can entertain themselves a little bit. Right now it’s all about just helping him not fall down while he’s trying to stand up and just kind of being in his face all the time, even though I try to give him independent play time. But anyway, the point is, yeah, he’s my project for the next couple years. But I do want to combine the idea of children and veganism in a movie or a book or something. I know Alicia Silverstone has a book coming out. I think it’s called *The Kind Mama*, so I’m really looking forward to that.

BRIAN: Just put an HD camera around his neck.

JASMIN: The Babriel cam.

BRIAN: Yeah, a little Babriel cam.

JASMIN: I do think that makes -- what’s great about *Vegucated* is that, just like syphilis, it’s the gift that keeps on giving. Like, even when --

BRIAN: That needs to be on the back of the DVD.

JASMIN: That's right. I was chatting with Colleen Patrick-Goudreau. We were hanging out and I was saying, oh, it's really hard to take time off and blah, blah, blah. And she was saying how she feels the same way, and her husband was telling her that at any given point someone's listening to her podcast. And I loved that way of looking at it. It's a great thing with *Vegucated* because you have a forum, a *Vegucated* forum that is very active and you have a very active social network and people are still doing screenings of it all the time. If someone is listening to this and they want to get involved with spreading the word about *Vegucated*, should they host a screening? Like, what should they do?

MARISA: Hosting a screening is a fantastic idea for a few reasons, the first being you can connect with other veg-conscious folks in your area, just by hosting it. The people who show up are the ones who are interested in the topic, and if they're not veg before they come, the likelihood is that they'll be veg or more veg once they leave. So it's a great way with connecting with other people. It's a great way with connecting with businesses if you want to get some sponsors on board. It's a really fun event.

I mean, this is what I used to do. I used to host screenings of other people's documentaries, and I couldn't fall asleep at night after a screening that I hosted 'cause I was so excited by the reaction and the potential transformations that were happening as a result. And we do try to make it as easy as possible. Co-producer Demetrius Bagley is the community screenings manager, and he makes it really easy by -- when you buy a screening kit, it's not just a screening license to show the film, but it's also promotional materials. So Demetrius will design you a custom flyer with your event details and email that to you. He will make you a Facebook invitation so you can invite your friends. We'll post the screening on Facebook. So it's a great way of raising awareness in your community and connecting with other people. I can't recommend it enough.

BRIAN: You might get one of us for a talk-back too.

MARISA: That's right! And if you're not -- we'll even sometimes do a Skype -- we've done some Skype-ins -- to your Q&A. And there's no extra charge for that. If we're available, we can do it.

JASMIN: Oh, it's so great.

BRIAN: Wait, you said no extra charge?

MARISA: Uhh, / don't charge people, Brian. I wonder what kind of show you put on and what --

JASMIN: Seriously.

BRIAN: What are you talking about? I'm lining my pockets.

JASMIN: "And for an extra thousand dollars Brian will come over and he will just wear an apron and make you tofu scramble."

BRIAN: Yeah. Daddy needs a --

MARISA: No, he'll wear his motorcycle jacket.

JASMIN: Oh yeah.

BRIAN: He has a vanity plate. But yeah, I did a talk-back via Skype in a movie theater in Florida, and I thought it was gonna be this little tiny iPad or something that someone was holding up. It wasn't until later that I saw pictures that my face was like 20 feet by 20 feet. You talk about nose hairs at that point. I mean, it's ridiculous. And good thing I had no idea because I was just being small and funny and everything else in all my actions, but yeah.

JASMIN: That's amazing. That's so great.

BRIAN: Yeah. I will gladly do that again at no extra charge.

JASMIN: Well, people should go to getvegucated.com to find out more about that. I mean, this is just the best film that's come, not only to our movement but to the social justice world as a whole. And people love it because it's a social commentary and you don't even necessarily go in knowing that you're watching a film about veganism and about animal rights. You think you're just watching the story of three extremely compelling characters and some like blonde hippie who wants to just change the world. And you leave and oh my god, suddenly you want to change the world too. I love *Vegucated*. And I'm so excited, Brian, that in addition to changing the world, you and I have become friends as a result of this.

BRIAN: Yes, yes.

JASMIN: I mean really all the other stuff is fine and good but that's what it's all about. It's the friendship.

BRIAN: It is. And I mean, that's the main thing that talking about looking at that -- cars in the parking lot and who are these people? And the friends I have now are going to be my friends for the rest of my life. And in terms of this whole -- 'cause there's been kind of a divide between conscious women and then somewhat conscious men. And I feel like we've kinda turned the corner, and any part that I can play in that to bring my brothers up in this process, I try to do. The amount of like tough guys that try to contact me on Facebook because they just want to talk and ask more questions about the film because they have all these things now floating in their head, very similar to what I went through, stuff like that keeps me connected and keeps me going. And I have like two or three really solid guy friends and we're all vegan and we do vegan stuff all the time. So I think that like at the base level it's about these little community relationships. And you know this through just being in New York, but there's a total sea change like through the whole world right now. There's like whole vegan block in Germany in Berlin, and an all-vegan supermarket, what?

JASMIN: Yeah, it's amazing.

BRIAN: So there needs to be that like in California of all places.

JASMIN: Everywhere, also in the little places, everywhere.

BRIAN: Everywhere.

JASMIN: Are you single, Brian?

BRIAN: Um, actually, I'm kind of seeing someone right now.

JASMIN: Okay. I guess you just broke a lot of hearts, but...

BRIAN: No, but I have to be honest.

MARIANN: Uh-oh.

BRIAN: Because she's probably going to hear this and I want her to know that I do --

JASMIN: Aww!

MARIANN: Aww.

BRIAN: I do acknowledge that we're dating, yes.

JASMIN: Okay.

MARIANN: You romantic fool!

JASMIN: Yeah. Let's see what your next vanity plate says.

BRIAN: Right, exactly.

JASMIN: Anyway, I can't thank you both enough. Marisa, I know you have to go tend to Babriel duty. And Babriel dooty, probably.

MARISA: Probably.

JASMIN: Probably both. So thank you both so much. I could talk to you forever.

BRIAN: Thank *you*.

JASMIN: And we're just so excited about *Vegucated*, getvegucated.com. And we'll talk to you guys soon.

BRIAN: We didn't get to hear Gabriel at all.

JASMIN: Oh, is he cooing?

BRIAN: Say goodbye, Gabriel!

MARISA: No, he's out.

BRIAN: Oh, he's out.

MARISA: I can do an imitation of him, but he's out.

JASMIN: We'll have to have him on within the next couple months and --

MARISA: Exactly. It'll be fascinating.

JASMIN: Lots of cooing. Thanks guys.

MARISA: Thanks, Jazz, Mariann.

BRIAN: Bye.

MARIANN: Bye.

BRIAN: Bye!

JASMIN: That was Marisa Miller Wolfson and Brian Flegel from *Vegucated*. Go to getvegucated.com.