

Love What You Love Podcast

Episode 14: Historical Food with Max Miller

August 18, 2020

Hey, I'm Julie Rose. Welcome to *Love What You Love*. I'm an author, creator, and enthusiast, and I've always been fascinated by the things that people are super into, because they're always a unique expression of curiosity, and joy, and wonder. So every week I'll introduce you to another fascinating human who's into really interesting stuff.

Welcome back! Or, Welcome! I'm so glad you're here. And I don't know about you, but after this last week, I am in *dire* need of some happy and a little bit of an escape. Luckily, that's where Max Miller comes in.

Max is a self-professed history geek with a passion for food. His popular *Tasting History* YouTube channel has tackled everything from weird plague cures, to medieval cheesecake, to Civil War bread pudding, and every history geek's favorite: garum. In this conversation recorded back in late June, we talk *The Great British Bake Off*, a fateful holiday party, brie as a diplomatic tool, and so much more. Find out why Max loves historical food and why you might learn to love it too.

Julie: Hello, Max! Thank you so much for joining me today.

Max: Thank you for having me.

Julie: I'm super excited to talk to you. I just found your channel last week, and I think about 100,000 other friends of mine have found your channel in the last week.

Max: [laughs] I think most people found it this last week.

Julie: Exactly! Yeah. So, you've got a channel called *Tasting History* where you try your hand at making recipes, both cooking and baking, from historical sources. So yeah, I checked you out a week ago, you had 10,000 subscribers. Now you have 110,000 subscribers and climbing! Obviously, people are, like, really connecting with this and reacting to it. So I'd love to know where this started. Where did your interest in history and historical food come from, and why did you start the channel?

Max: Well, I've always been really interested in history, for as long as I can remember. But my love of historical food actually came from *The Great British Bake Off*. I was at Disneyworld with a friend, and she got sick, so we ended up spending almost our entire vacation in our hotel room, which was fine, watching *The Great British Bake Off*, which I had never seen, and I just fell in love with it. There was something so charming, and it didn't have any of that, kind of, mean-spiritedness that sometimes creeps into American reality TV.

Before that, I had never cooked anything, never baked anything. I literally did not know that you were supposed to put salt into water before you boil pasta. Absolutely clueless. But that show inspired me to give it a shot. So, watching the show, and watching Mary Berry's tutorials, the Masterclass, I taught myself how to bake. And on those early seasons that, really, only appeared in England, and then the first couple that appeared here in the US, Mel and Sue, who were the hosts, always had these wonderful little asides where they would talk about the history of whatever dish they

were cooking, or the history of flourmills, or biscuits. They were just so interesting, and real short, you know, three or four-minute length pieces.

Then after it really blew up here in the US, that disappeared. Really, with the new hosts, actually, that disappeared, and I've always kind of lamented that. Flash forward to this past Christmas, and now I bake all the time to bring into the office, a lot of historical things. And I was talking to someone at our holiday party and was telling them about finding some ingredients and stuff for this medieval cheesecake that I brought in. She said, "That's so interesting, you should do a YouTube channel of this." And I said, "Okay, you're crazy, but thank you. That's lovely." You know, not my thing.

Then February rolls around, and it's kind of been rolling around in my head, and I'm like, "You know what? Maybe I will." So I made a couple videos, and then Covid hit, and I was, you know, sent home, furloughed from work, so all I had was time. So I decided, "Let's give this the ol' college try and do a video a week." So that's what I've been doing since.

Julie: My goodness. Did you also have to come up to speed on how to do videos for YouTube as well?

Max: The learning curve on this has been so daunting and extraordinary, because if I had known all of the parts... how much I would have to learn and how difficult this would be, I would not have done it. Honestly. I would have just sat and spent my quarantine watching TV.

Yeah, I knew nothing about lighting. I still don't, but it is getting better. That's the hardest part for me. I knew nothing about editing. I knew nothing about cameras. I watched hours, and hours, and hours of YouTube videos on what kind of camera to buy, what are the settings you need, all this kind of stuff. My kitchen is not conducive to filming in, so I kind of... in those first couple episodes I played with location and ended up just sitting at my dining room table because I couldn't fit a camera in my kitchen. Then the editing, that's been a whole thing on how to learn doing that.

Part of the thing that I've been learning, and the thing that's always stressing me out, is putting stuff on YouTube, you can't use copyrighted music, all of these different things. Luckily, most of the music that I use is either from YouTube itself, or some of these classical sites where people give Creative Commons licenses to it. Then most of the pictures that I use, of course, are really, really, really old and so they're in the public domain, which makes things a lot easier. If I was doing stuff from the '80s, it'd be real tough. But yeah, lots to learn, and it's been nuts.

Julie: That's interesting. I used to be a reviewer for the Historical Novels Review, which was many years ago, and they would say their cutoff for what is considered historical was 50 years prior to the date that you're in. So, what do you consider historical when you're looking at recipes? Like, are the 1950s historical to you? Or do you prefer to go much further back?

Max: To me, historical is anything that's not like today. I remember my mom having recipes from cookbooks in the '80s, where we would look at that today and say, "What were you thinking?" There was some interesting stuff happening in food in the 1980s. So of course that could be food history. I don't like to put a date on it. I know that a lot of historians do, simply because you kind of have to. And a historian's job is very different than mine. I'm not a professional historian by any stretch of the imagination. A historian's job is to, kind of, look at the past, and see it in context, and come up with

conclusions. And you really can't do that without having a certain amount of distance, time-wise. I don't have to play by those rules, so I could go a lot later.

That said, I'm not particularly interested in the 1980s. I *am* interested in the 1950s, especially food culture coming out of World War II, with all of the Spam, and Jell-O, and all of these different things that came out of that era, plus all of the amazing new kitchen gadgets. The microwave... I remember, growing up, my grandparents still had... their oven and stuff was from, like, the '50s and early '60s. You look at it now and it's a relic! And I think it's actually still in the house that my brother lives in. So, that is history. It's not what I'm focusing on right now, but who knows where I could go?

Julie: And if you're able to do a video a week, obviously you've got 10,000 years of food history to choose from.

Max: Exactly, and a thousand cultures. That's really, I think, so far, what I'm lacking in the show, as well as in my expertise. I really have, kind of, stayed in Europe and I want to branch out. But I think I need to find people who really know those cultures and know their cuisine. I think if I had to make a Japanese pot sticker, it would *not* turn out well. So, I want to learn from someone who knows how to do it.

Julie: Right! That would be fascinating. So, what does the food that you're researching, and creating... what are you learning about what it was like to live during those times? Are you gleaning any insights about connecting with the people who lived in those times?

Max: Yeah! Honestly, that's exactly why I love it so much. For me, creating the episodes, that's my fun part; it's the research part, it's me learning. My favorite thing to do in the world, other than go to Disneyland, is to learn something new. So really, the show is not me teaching, it's me learning and then filming it. One of the things that I learn is about the actual history of the food, or... like, I have an episode coming up that it's not so much the history of a certain dish, but the history of a person who that dish is associated with.

But then there's also the actual creating the dish and the tasting of the dish. Now, I try to make them accessible to the modern kitchen for the modern home cook. I'm not really a recreationist, *per se*. I want you to be able to get these ingredients at most stores or whatever so you can make them. But even so, when you taste it, it's like an invisible line has just been created between your mouth and the mouth of, you know, a Roman citizen 2,000 years ago. They tasted something like this, and now I'm tasting the exact same thing.

It's hard to imagine yourself as a French king in the 14th century. There's not a lot I have in common with these people in any way except we're white and human, and that's about it. But what we do have in common is taste buds. They had taste buds; I have taste buds. We are going to be able to share a common experience separated by centuries, and I think that's fascinating.

Julie: It is! It's fascinating. Now, did you study history? Did you read historical fiction when you were growing up? Where did this come from?

Max: So, I got really interested in history when I was young. We had these old Encyclopedia Britannica, and I used to just, kind of, flip through them as a little kid. I remember... I don't know how old I was. I think I was probably about six or seven. My mother is an English teacher, so this helps, and I decided that I wanted to write a report, not for school, but just for fun. I wanted to write a report on Cornwallis's surrender at the Battle of Yorktown. Really, that's the earliest memory I have of loving history.

Julie: So, you were a six-year-old...

Max: I think I was six. I might have been seven, but I was super young.

Julie: And you're interested in Cornwallis and Yorktown enough that you wanted to write a report about it, which is adorable. But what was it in your child brain that was like, "Wow, this is the coolest thing ever!"?

Max: I've always been able to imagine stories. As a little kid I was always putting on puppet shows, and I would write and direct these shows for my poor family who had to sit through them and pretend to love them. And that's what history is. History is a story. It can get bogged down in dates, and facts, and stuff, and then it's not fun. But the way that this Encyclopedia Britannica... Obviously, I wasn't reading it; it was my grandfather reading it, I was pretty young. But it was a story, and I was able to imagine being there, and that feeling has never changed. Obviously, it's developed, but even now I read historical fiction, I love historical movies and TV shows, and I read a lot of history books for fun, because that's just what I enjoy. There's something about being taken out of it.

It's the same reason, I think, that people like fantasy or sci-fi. It's nothing like what you are experiencing right now. It is forcing you to take yourself completely out of your world. For me, history does that. There's no difference to me, a story that takes place in 1066 England and *Game of Thrones*. Yes, one actually happened and one couldn't happen, but it's the same. I have so little in common with these people except for the fact that we're people and we do still experience these emotions together, no matter what. That's what good writing is all about, I think.

Julie: So you've got... How many videos do you have now? 20 or so?

Max: I think 18 or 19.

Julie: So far, what's the most interesting story that you've discovered during your research for those videos?

Max: For me it was several stories that came out of the Tart de Bry, which is a brie tart from *The Forme of Cury*. What I ended up doing as the focus of the episode was the history of brie cheese. There were so many cool stories that came out of that. I won't go through them all, but one of them was the story of King Louis and Marie Antoinette fleeing Paris, and they ended up stopping along the way - they keep stopping because they're fools - and getting out, and introducing themselves to the peasants. They weren't even *trying* to hide. King Louis decides he needs a glass of wine and some brie cheese, and ends up sitting at this, kind of, tavern. And of course that's when they come and get him, the People's Armies or whatever it was; they come get it him and take him back.

So, it's like, "Is that a history of the brie?" No, but it's a little crumb, if you will, that is part of this bigger story because everything is connected. Or the other story from that episode is the cheese contest. After the fall of Napoleon, there was the Congress of Vienna where all of the people in Europe came together to, kind of, reorganize Europe after Napoleon fell. The French contingent, he had a cheese contest. Everybody from these different countries submitted their cheeses, and then everybody tasted them, and of course what won was the Brie de Meaux, crowned the king of cheese.

It's just funny because these are... It would be like the United Nations sitting down and having a cheese contest. And this wasn't that long ago! It was 200 years ago or whatever. It's just crazy. It's those little stories, I love them.

Julie: I love that. It's interesting because, you know, brie is still one of the most popular cheeses. Do you think that our tastes have changed significantly from, you know, pre-Industrial Revolution to now? Are there any major changes that you've noticed so far?

Max: I'm not a scientist, so I couldn't say that our tastes have physically changed in any way. I definitely think that we use sugar a lot more, and not just here in the US. Of course we're number one when it comes to that, but every other country, I do feel like sugar is used a lot more than it used to be. In the Middle Ages, you had the 99% of people who were eating, probably, fairly bland food most of the time. They would flavor it with some herbs and everything, but they did not have spices or anything. Then you had the 1% who were the kings, and the dukes, and the lords, who had all of these spices, including sugar, coming in from far, far away. And it would take months and months to get there so it was really expensive.

We don't know for sure how much of these spices were being used. I mean, right now you'd just use a pinch of something just to give it some flavor. But many culinary historians think that they were actually used more like you'd find in Indian cooking today. The spices were used in copious amounts. Not because they enjoyed the flavor, but because it was a way to show off.

You didn't have anything to spend your money on. You bought a castle, you bought a horse, that's about it. There were no "investments," you couldn't go on vacation, nobody had yachts. You didn't have a lot of things to actually spend money on. A personal army, I guess. But food was one of them, and food was a political tool for a lot of these people. So they would use not only tons of types of spices in one dish - you know, I'm making something that has nine different spices in it - but they would use a lot of them, which I think is very different than what we're used to, at least in the West today.

Julie: Has food become more or less political?

Max: Hmm... I don't know how to quantify more or less, I guess, but I do think it's very different. I think the one thing that is very much a common denominator is class. Our classes are not necessarily as stark as they used to be, to a degree, but you know, fast food is kind of seen as a food of the masses, and fine steak dinners with a glass of burgundy is seen as food of the wealthy. Now, there's a lot of crossover. There are lots of wealthy people who eat hamburgers at McDonald's, and there are lots of poor people who love fine wine. But in our mind, there is still that distinction, and I think that has not changed one iota. The foods have changed, but there is still so much division that food causes.

Julie: What was the most difficult ingredient that you have had to try to get your hands on to do these recipes? Besides, like, peacock or something.

Max: Yeah, I'm not doing those yet. A long time ago I ended up making a raised game pie, and I had a list of, like, six different game animals that I wanted. And that was extremely difficult even here in Los Angeles to find certain types of boar, and pheasant, and everything. But for the show... It's funny because since I've been doing the show almost

exclusively during quarantine, getting things like flour has been one of the most difficult. [laughs] So, I can't really... There's that.

I would say that the long pepper, which was a type of pepper that was very popular during the Middle Ages, has been the most difficult thing to come by. I ended up ordering it... You know, you can order it online of course, but I ordered it three times before I actually got it because the first two places, I ordered it and like a week later I got a message, "Because of Covid we can't send this to you," or whatever. So, that was difficult. I actually ordered it at the very beginning on April and it arrived last week. Grains of paradise as well. Those are very hard to come by.

Julie: I've heard of this, but what are grains of paradise?

Max: They look like modern black peppercorns, but they are so much more fragrant, and there isn't really... They don't have that peppery spice. It's more of... There's a tiny bit of burn to it, but it's more of a sweet floral-scent flavor. It's really interesting. I don't know why we don't use more of these now in Western cooking. Because when you go to the East, they use all of these things still, galangal and all of these different things they still use in a lot of Eastern cuisine. For some reason it's like the spice trade just kind of gave up and now we have salt, pepper, and sugar here in the West. I don't know.

Julie: And cinnamon, maybe.

Max: And cinnamon. Yeah. The sweeter spices, we definitely have. It's like, "Does this pair well with sugar? Then bring it over!" Nutmeg, ginger, things like that.

Julie: [laughs] Right. Now, what is the oldest recipe that is known, that's available to us?

Max: You're putting me on the spot! You know what, I can't say for sure, but there is... I guess the term 'recipe' is kind of in question, but there were some sort of recipes from ancient Sumer that are in cuneiform, and they mention what was being eaten, and what it was made of. Nowhere near enough information to be able to confidently recreate the dish. And a lot of times the foods that they would mention back then were only in respect to what is being eaten by the priests, and what it being given as offerings to the gods, because that's what was important. If you're going to do cuneiform, it's probably a pain in the butt, so we're only going to cover the important things.

Honestly, that has been one of the saddest things for me, that I really want to explore other cultures, especially pre-Columbian American dishes, and African dishes, and pre-European Australia. While we know some of what they ate, we really only know what they ate at the very, very end, right before the Europeans came, and we only know about it through a European lens because they didn't write down recipes. It just wasn't something that was... I don't want to say it wasn't important to them, it's just not something that they did. It was mostly verbally told.

So, while we know what Cortez ate when he ate with the Aztecs, it's very, very colored through his eyes, and I don't know that that's fair. And we have a lot of foods now that it's like, "Yes, this was definitely served 500 years ago in Africa." Okay, but we don't know that it's exactly the same. What was in that African dish? How has it changed? Surely it's evolved over the centuries, and there's just no record of how it's evolved. So it's kind of hard for me.

That said, I am sure there are some amazing archaeologists and food historians out there who are trying to recreate these things using information that would not be

available to me. Hopefully they publish these things, and I can read them, and recreate some of these dishes.

Julie: That actually brings up a question. Where do you find your sources, and how do you choose what your next recipe is going to be?

Max: I find my sources... I kind of started out with... I have numerous historical cooking books, cooking from the Middle Ages, cooking from Victorian kitchens, and stuff like that. I started out with those but very quickly I realized I didn't want to use their modernized versions, because for me part of the fun is trying to figure out how... to look at the original source material and then try to modernize it myself. A lot of these books only have modern versions, but then a lot of them tell you exactly where they came from, and so you can go get *The Forme of Cury* from the 14th century and actually read this quasi-Middle English text and put it together yourself.

That said, there are times when you kind of have to rely on culinary historians because they would leave stuff out of these recipes all the time. The lexicon for cuisine was so much less than we have now. I just finished a recipe for the Fourth of July for what's called boiled salmon, but it's definitely poached salmon, and it turns out the term 'boiled' back then could've meant - this is 18th century - steam, or poach, or boil, or warm... They just didn't have as many terms as we do now, so there's a lot of guesswork. And that's why it's always like... when I'm tasting it, there's always that little voice in the back of my head, "Is this what they were tasting, or is it something completely different?" But you know what, that's just how it is.

Julie: Right. No, you're learning. And people are learning along with you, and are hopefully inspired to try it themselves and see...

Max: Yes! That's been my favorite part of this, is seeing people recreate the dishes on their own and send me pictures on Instagram and Twitter. That's been the most fun.

Julie: To this point, is there kind of a holy grail recipe that you want to try that you haven't attacked yet?

Max: The cockentrice.

Julie: What is that??

Max: The cockentrice was popular in the Middle Ages into the Renaissance. There was this fascination with using food to create mythical creatures, and one of them was this cockentrice. It's the front half of a capon, which is a castrated rooster that grows rather large, maybe almost to the size of a turkey sometimes. And then the back half of a suckling pig, and then they're stuffed with meat, and oats, or other things, and then sewn together and roasted. Then it's laid out like a mythical beast. I think that's awesome.

Julie: That's wild. [laughs] So how would you even go about attacking that one?

Max: You know, I'm not entirely sure. I think to do it justice I would need to be able to roast it, like, on a spit rather than in a pan because you have to kind of keep the shape of everything so it looks like what it's supposed to look like. If you can tell from the videos, my kitchen is *not* hooked up with a spit grill. So, I think it's going to be a little while, but it's definitely something... I think that'll be like a grand finale of some season of the show or something like that. [laughs]

Julie: Right! I love it. So on the flipside, is there any recipe that you've made so far that you're like, "Dang! That's so good I want to make this regularly in my regular life."?

Max: Yeah! Number one, far and away, is the Sally Lunn bun. First of all, it's fun to say. It's a bun from Bath in England that comes from the 18th century, maybe even late 17th century, but it got popular in the 18th century. It's kind of like a brioche, but a little bit different, and it's soft and wonderful. The closest thing I could say that it resembles to something that most people know would be either Japanese milk bread or, like, a Hawaiian roll. Soft, and sweet because there's sugar in it. Those I could make a lot.

Julie: Did your mom or other caretaker in your home have a favorite recipe, or cookie recipe, or a baked good that they made that has stuck with you?

Max: Oh, yes. My dad is a huge cook. He actually did a lot of our cooking, especially Mexican food. I grew up in Phoenix, so we had a lot of Mexican food in our house and he always made it. His favorite cookie to make was a peanut butter cookie from *Cook's Illustrated*, and it was really fantastic. I still make those based on that recipe. Then my mom actually, more than a cookie, she would make this wonderful coffee cake on Christmas morning. I have the recipe, but I haven't made it because I always go home for Christmas, so I let her make it!

But it's just... you know, one bite of that coffee cake is... It's like that scene in *Ratatouille* where he takes the bite of ratatouille and all of the memories of his childhood come flooding back. That's one of the cool things about food history, it's also our history. Just like scent, a taste can transport you to another time in your life, I think, more than anything else.

Julie: When you think about doing your research, or starting a YouTube channel, what has been the most frustrating thing for you?

Max: Um... Lighting, honestly. [laughs] It's the bane of my existence. If you watch my videos, every video has a little bit different lighting in it, and it's just me every weekend trying to figure out what's going to work best. But I think it's also been... sometimes it's really hard to find the original sources. What's been really cool about, kind of, growing so much in the last week is I've had numerous people from Cambridge, and Oxford, and places in Rome, and Spain, and people from Germany reaching out and saying, "Hey, there is this original... I work in this museum," or, "I'm an academic at Cambridge, and we have the original manuscripts and everything. If you ever want pictures or scans, let me know and I'll send them to you."

It's like, "Oh My Gosh!" Dream come true! That has been really cool. Frustrating at the beginning, but I think now it's like, "Oh, there's going to be a lot of doors opened here," which is really fun.

Julie: My next question was going to be, 'what's the most surprising', but it sounds like that's the most surprising.

Max: I think that's the most surprising. Honestly, the most surprising thing has been just the fact that there are 120-some thousand people who want to watch me geek out over food. I really thought that, you know... Even in my wildest dreams, and... My fiancé and I had sat down a while ago, when I decided to really do this for reals, and set some lofty goals. The lofty goal was, "Let's try to hit 10,000 by the end of the year." And I didn't think that was going to be possible, but I wanted to set my sight on that so I would have something to keep working toward all year.

Then we hit 10,000 last Sunday. And then last Sunday we were like, "I think we could get to 20,000 by the end of the summer." Well, we got to 20,000 by lunchtime. And now I'm at 123,000 a week later. And I know that's not going to be indicative growth. It's because I had one video that really took off.

Julie: Was that the garum video?

Max: The garum video. The YouTube algorithm blessed me. I have no idea why. Honestly, of *all* of the episodes, it was the *least* likely, in my eyes, to get views. And it just... It's funny. I think one thing that pushed it out there... because YouTube basically rewards interaction. While I get lots, and lots of positive feedback, and it's wonderful, that video, more than any other, got a lot of criticism. And it's because I didn't make the traditional several-month-long fermented garum. And I discussed that at the very beginning of the video. I said, "I'm not making this because I have neighbors, and I have a fiancé who I want to keep around, and it smells like death." Garum factories were made to be far, far away from cities because of the odor. What the video is, is me using still a 10th-century recipe from Byzantium that is a quick version of garum.

So I'm like, "If this was sanctioned by the Byzantine court as garum, we can do it and not feel guilty!" However, when I talk about the history, the *history* is still going to be about that original garum, the fermented garum. This is clearly something different, and that just set some people off. They were so not pleased with the fact that I didn't destroy my neighbor's lives for two months with rotting fish in the backyard. But like I said, I don't know that's what it was, but something set the algorithm off, and I'm sure glad it did.

Julie: So if someone was new to the concept of historical food, historical cooking, and they were intrigued and maybe wanted to try their hand themselves, how would you recommend they get started, besides watching your videos of course?

Max: I would pick something that sounds tasty, because as cool as it is to create some of these more interesting dishes that are fascinating because they seem 'out there' and far from what our palate would enjoy, there's a lot of work that goes into them. And if you are rewarded with something that you take a bite of and then throw away, you might not go back for a second round. So, start off with something fairly easy, but something that's going to be tasty.

The medieval cheesecake, the sambocade, is a great starter. It's not that hard. There's a lot of ways to, kind of, cheat if you don't want to make your own crust and everything. You can buy a crust, because that's not the important part, especially in the Middle Ages where they usually didn't even eat the crust. But you get a flavor that is not like anything that you get today, but it's still delicious.

Julie: Is there, like, a repository online where people can find sources?

Max: There's are *tons*. Tons and tons. Obviously there are lots of historical cookbooks that you can get, but online if you just look up... If you wanted to start with medieval, just look up 'medieval recipes'. There's a wonderful website called GodeCookery.com that has hundreds of modernized recipes. But the cool thing is they usually also give you the original recipe so you can, kind of, put them side by side and say, "So whoever put this modernized recipe together thinks that they're going to use this much sugar, when the recipe just says, 'put sugar on it'". It's really hard to go straight from the original manuscript, so definitely start with some modernized versions.

Julie: Excellent! This has been an absolute joy. Thank you so much for taking the time to chat with me. By the time this podcast comes out, who knows, maybe you'll be at a million subscribers!

Max: Hopefully it comes out before then because I think that'll be a ways off. Maybe 150,00.

Julie: There you go. That's awesome. Thank you so much, Max, for joining me.

Max: Thank you.

Check out Max's channel and let me know which recipe you'd like to attempt, or would like to eat. I have to say, the medieval cheesecake looks amazing. You can find Max on YouTube as [Tasting History](#), and Instagram [@TastingHistorywithMaxMiller](#). I'll put a link to all of Max's socials in the show notes. There's also a list of Max's favorite nonprofits, along with a list of my favorite nonprofits too.

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Zeke Rodrigues Thomas at Mindjam Media provided amazing editing assistance. You can find Zeke at [MindjamMedia.com](#). Also, huge thanks to Emily White for the episode transcripts, which are available to patrons at [Patreon.com/LoveWhatYouLovePod](#).

As always, and especially right now, be good to yourselves, be good to each other, and love the hell out of whatever it is that you love. Thanks for listening. Let's hang out again soon.

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