

It's Autumn, but who needs Pumpkin Spice EVERYTHING when you can join me and our Midwest Food Correspondent, Rick Leonard of [An American Genealogy](#) for an old family recipe – Gingerbread Waffles. And because they're homemade, YOU control the spice! We talk a bit about the value of food in the Progressive movement of the Republican and Democratic Parties of the 20th centuries (yes, BOTH had progressive wings – read your history, folks), the value of keeping up ancestral traditions in the family kitchen even as we create new and different traditions for our families, and how people like [Anthony Bourdain](#) and [Michael Twitty](#) have brought home the importance of simple food and honest conversation to generations of readers, viewers, cooks, and consumers. Stop in and enjoy the latest recipe in The Family Cookbook. The ancestry of food and objects is just as important as the names and dates in your trees.

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