

Episode 3: Mi Abuelita

Episode description:

In honor of National Puerto Rican Day, this special episode of *More Than Rice and Beans* highlights a Puerto Rican that shaped Tania's life: her Abuelita. Tania shares a recording of a story she wrote while working with The Moth, a New York-based storytelling organization. In this moving piece, Tania talks about her childhood as a chronic asthmatic who spent time in and out of the hospital before being sent to Puerto Rico to live with her grandmother. While there, Tania not only learned to breathe, but she also learned she was as strong as her Abuelita.

Highlights:

- Tania shares a story she wrote when working with a storytelling organization called The Moth.
- Tania's struggles with growing up with chronic asthma, a condition that left her feeling excluded and unloved.
- The decision to send Tania to Puerto Rico to live with her grandmother in the warmer climate.
- How a hill went from being a symbol of frustration to proof of Tania's strength.

Links:

Learn more about Tania's Abuelita: <https://www.coquithechef.com/secrets-to-grandmas-cooking/>

Register for a class, shop authentic ingredients, and more: <https://www.coquithechef.com/>



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Visit our webpage: <https://www.coquithechef.com/podcast/>

The Moth | The Art and Craft of Storytelling: <https://themoth.org/>