



Simple, with Tsh Oxenreider

Episode 203

thesimpleshow.com

Segment One

Tsh: [00:03](#) This is Simple; I'm Tsh Oxenreider.

We're continuing our summer series called My Good List where I've asked a few people I find interesting to chat with me about what four things in their life that are making everything better right now, categorized into a thing, a habit, a work of art, and a philosophy. In this episode I'm chatting with Roe Cummings who runs a beautiful Instagram account about tiny house living, minimalism and veganism and it's called @brownkids. She also has a class where she teaches how to store your veggies and produce so that it lasts weeks and weeks longer. It's called The Jar Method. So let's get right into it. Here's Roe sharing with us her good list.

[00:54](#) Roe, I am so excited to hear about your good list. This thing I'm asking people I've always been curious about because I love following you on Instagram and just watching the work you do. I think this is going to be really fun. As you know, we cover four different categories and this first thing is going to be a thing big or small. It can be anything from a favorite mug to an app or a line of clothing or whatever it is. Roe, what do you have for us? What's a thing in your life that's making things better?

Roe: [01:25](#) Okay, so the thing that's making my life better, and I took the question really seriously. What's my thing? My thing right now that is making the most difference in my life is this little planner, organizer. It's a customizable planner where you can put different notebooks into it so you're not buying a predesigned planner. It has inserts in it, but also it has these little storage components. I've never considered myself an organized person. Like my mom is the woman who has everything together and that's not me. I came across this little thing in the beginning of the year, Mochi Things made it, and I got it because it was burgundy and they're really good for organizing and stuff like that so I bought it. But here's the deal and I want to let everybody know.

I ordered this off of Mochi Things and it took them 14 days to ship it. I just want to be super clear about that. It's a recommendation and kind of not. If you have time, not that it took 14 days to get here. It took 14 days for them to send it out

and then it arrived a week later. I received and I was like, ooh, this was late. But I started using it and I love it. I carry it everywhere. It allows me to slip all of my things into it so much so where it feels like a clutch.

Tsh: [02:49](#) Yeah, I'm looking at it right now.

Roe: [02:50](#) Yeah, it's phenomenal. The next thing I want to buy is the laptop case that's similar. Because we're a minimalist, a way to really simplify your everyday carry and not have everything stuffed in your purse. This has been a great option for me. I feel really sleek and elegant and I have all my stuff on me at the same time.

Tsh: [03:11](#) I love that idea. I'm looking at this right now. I see the note pad and planner that you buy and then you just buy individual a la carte...

Roe: [03:19](#) Yes, and so there's a line notebook, there's grids you can use or even things where it almost acts like collage function where you can place things in them or tape things in them and then write notes and stuff. I'm about it.

Tsh: [03:33](#) Very cool. I really like this. Of the four categories, this is the one I was most curious about with you simply because you are a minimalist and you guys do live in a small house. I knew that whatever the thing was going to be, it had to be very intentional because you're big on not letting anything into your home unless you truly love it. Right?

Roe: [03:54](#) Yeah and also just functional reasons. Currently right now my partner and I live in 225 square feet. In meters that's like 25 meters, maybe 23. It's tiny. I mean the space is tiny and so we can't afford the extras and my partner is a little bit more intent about these things than I am. He feels really from his perspective and feels like everything I bring into some practical because I'm like, it's cute, it's beautiful, I love it, you know? And he's like, but does it have a function? These are one of those things that were beauty and function. Perfect match.

Tsh: [04:31](#) Totally. I really love that. I think it's a nice, I don't know, I'm tempted sometimes to just go for the cheapest version of a journal or a planner or whatever just because I'm practical in that way. But I love that this is sort of a version of a little treat for yourself yet also organized.

Roe: [04:49](#) Have you ever bought a planner and you told yourself, I'm going to fill this out all the time and then you started and then just doesn't work? Is that just me? Anybody else want to raise their hand on that to be like, this is my organized year. And so I bought this because I felt like it would really work for me as someone who's thoughts come out so quickly and it really does work because there's no pre-plan. I'm ran out of pages so I have to order from them

again. Do I put my order in? Do I, should I? But I just love it so much. So I think I'm gonna pull the trigger to do it.

Tsh: [05:19](#) Very cool. That recommendation comes highly from you since you are so intentional about what you get. I love that. We'll put it in the show notes for anyone listening who is super curious about what these things look like. They are very cute. I agree.

Moving on with our good list. You've done your thing, the next one is a habit you've adopted and the listeners know this can be any and everything. It can go from some thing as simple as going to bed earlier all the way to some amazing life hack you've just discovered. Usually it's somewhere in between. Roe, what is a habit you've adopted right now that is making everything in your life just a little bit better?

Roe: [05:54](#) Oh my gosh. The habit I would say that I think is making the biggest difference in my life is I'm thinking about dinner in courses now. Let me explain. Why I'm thinking about dinner in courses is that there seems to be something in my mind because we talk about the kitchen all the time and we're really obsessed about making homes that work for us and support us. But the thing about the dinner is that I was talking to my community and especially my mothers and they were stressed out. Not only were their kids not eating because they had a home full of picky eaters, but they also had multi diets and also if they weren't preplanning, they'd come home from soccer practice or football practice and they'd be like, oh my gosh, like my kids are hungry right now. What do I do? There was this big freeze in their mind, like a paralysis and I could so resonate with that paralysis. I did a little bit of looking because right now I'm researching everything about the home. I'm obsessed with it as much as you can teach me about it. I want to know. I came across this woman's blog, she's a French woman who lives in LA and she's raising her kids and she was giving a play by play of what she said in the home. She said what I do about it as I think about courses, and the thing is there's vegetables at all stages of the courses. But it also helps me know what to cook all the time because the courses never really change. It feeds all of the people in my household because of the different things that they eat or their different preferences.

The way that she broke down courses was that she has a vegetable starter. It doesn't matter what it was and it really works because when you're hungry at that time and your kids are really hungry, they'll eat whatever, they're more likely to nibble on something. Then the next thing is your main dish, whatever that is. It can either be something that takes a short amount of time or a longer time, like an hour or two hours or so if you have that kind of time. Then after that is a salad. After that is a cheese. We're vegan so that's like bread and oil for us. Then

the last thing is a dessert. The dessert doesn't have to be complicated. It's just something sweet in the pallet.

For me and my partner, we just decided that that was a piece of fruit. Why this has changed and revolutionize the way that we eat and interact is we know what to cook every day. We know we need to have a vegetable first that we dip into something. We know there's a main and we know that there's a salad some bread and some oil with balsamic vinegar and some red pepper flakes and then a fruit at the end. The only thing that we have to think about is what do we want as the main? Is it a rice dish or is it soup where we just throw everything into it. While we're doing that, we're opening a bottle of wine. Even though it feels like more steps, it's really simplified what we do because we're not putting all the stress on trying to figure out what's for dinner which, when we think in our mind is like, what's the thing that we put on the plate all at the same time? And that really stressful. It feels really make or break. Also if you have a household with multi diets or even a household with picky eating kids, they may or may not like that one thing you put all of your energy into.

Tsh: [09:17](#) I'm not surprised at all that this blogger was French because that is a very French way of thinking about food, in multi-steps, in courses in this concept of slow eating really dives into that and that's part of the French culture. That makes a lot of sense. I think it's also great because I can see how it really reduces decision fatigue. I think we are creatures of habit and whether we realize it, we're actually okay with eating the same rotation of things. This is owning that idea with the occasional let's try something new. But for the most part we really are okay to be creatures of habits. This to me really plays into that idea and eliminates the pressure of like, oh my gosh, what new thing do I need to be creating all the time?

Roe: [10:03](#) There's also playfulness around it. I love what she was saying, the salad is not complex y'all. It's leaves in a bowl and some olive oil and some facade like vinegar over it. That in a fundamental and the base of it is a salad. If you want to get fancy you can. I love that because it was some freedom to it. I was like, oh yeah, I guess that is just a salad, with some with some leaves and a little bit a fat over it. I got it. I've always been intimidated by the [inaudible] because it always felt like work. I just looked at my partner and I said, this is what I learned today. I'm obsessed with it. Do you want to try it? And he goes, yeah, let's do it tonight. We tried it and with both of us in the kitchen, we had fixed "all four courses" in half hour. It was just set to go. There's some elegance in the thinking about it. I love what you were saying as well. We also found ourselves a little bit more relaxed and a little bit more progressive and what the blogger was saying, we can put it in the show notes for any of the listeners, is what she was saying is that as the courses were being cooked or in the oven, what she would do is she

would pull her children to her family in the kitchen and have them smell the things that were being cooked as a way to one, introduce them to sight, smells, and sounds, but also to make eating an experience. Taking the pressure off of the nutrition part of it or the forced feeding part of it where it's not about that. It's like now we're coming together and we're eating. I've been really, really thinking about that, really compelled about that. It's given so much to our lives. I'm trying to think, okay, well what do we need to do to make that really actionable for people who feel like they just don't have the time.

Tsh: [11:45](#) I love that and that to me gets into that mindful way of eating, which I've been thinking about a lot more lately. This idea of engaging all your senses while you eat so that you eat slower and you enjoy the meals more from start to finish, which means the making of the meal all the way to the cleaning up of the meal includes the meal and by doing that and then getting your kids involved, I did not ever think of having my kids come and smell the ingredients as we were cooking this such a great idea. I love it.

Roe: [12:13](#) Is there any way that you're adding mindfulness into your eating right now?

Tsh: [12:17](#) The way it looks for me right now is because I work from home. Gosh, this is a whole other topic, but I tend to eat a about two meals a day instead of the typical three that just feels really good for my body. I don't feel starved in the slightest. It just feels like, ah, that's it. For me to be aware of that really had to happen by slowing down during the day because I work from home. It's very tempting for me to just whip something up together on a plate and then keep working as I just scarf it down. I don't do that anymore. I actually pause, I get up from my desk and I go make a meal and then I sit at the table and I have a whole complete meal and pay attention to what I'm eating nice and slowly. It's not like it takes forever. It's a simple lunch. Then I take the time to wash the dish and put it up and do all that stuff and then get back to work. It's made all the difference. It's just a little tiny thing that's been a lot sweeter. That's probably an example that comes to mind first.

I'm curious, since you guys are foodies, do you meal plan well in advance or do you decide every day what you're going to have?

Roe: [13:22](#) No, we decide every day and I mean it's still in my mind. There seems something. Okay, I have a theory about this, I think meal planning is broken and I think it's broken because it involves us sitting down at the beginning of the week or some kind of time like writing out the week and saying, okay, this is what we're going to eat and these are all of the different kinds of components. It saves us tons of time and yet so many people don't do it and they know they should do it and we feel that way. We identify with that, we know we should

meal plan and that would make everything easier and for some reason we can't sit our butts down and just write what we need to do. I think also the other bit of it, why I think it's broken is that I don't think we have as a culture a good understanding of what makes a meal. If we knew what made a meal, if we had that heuristic or if we had almost like that intrinsic knowledge making meals wouldn't be as difficult as they are. I feel like we're always trying to problem solve around like what should be the pieces instead of okay great, I need a starch, I need a fat, I need a protein and I need a roughage. With that, if you have that in mind, I think the everyday or the daily cooking is a little faster. I also was doing some research and trying to think about what did our ancestors have that we didn't have, the women we came from, and men also as well and don't want to exclude male cooks out there. I think why are our ancestors were able to make so much with the food that they had in the day where they didn't sit down in meal plan was that they knew fundamentally what to with food. They knew that you could sauté, they knew you could bake and you could roast and they knew that you could boil. They also provided for large families and so they were just cooking so they had that muscle memory down so you could put an ingredient and they can make something from nothing. I think really is a culture right now, my hunch is that we're missing it. I know for sure I am. That to me speaks to that gap between me being able to execute and thrive in my home around cooking and food in my kitchen because I'm fundamentally missing a competency that used to be taught to me.

Tsh: [15:24](#) That's so true. I've talked to a number of people in our generation that did not learn basic cooking skills from their parents, their moms or their dads, whoever. That as a parent is a very mindful thing in my mind. Our oldest is 14 and so we've still got time, but not as much time as I would like. We've always said from the beginning, one of our parental will goals is for them to leave the house knowing how to cook 10 basic meals.

Roe: [15:51](#) I love it. I love that. I'm obsessed.

Tsh: [15:54](#) It could be something as simple as a pasta dish or like you said a rice base with something. We don't mean a full on lobster, French, whatever it is. It can be really basic, but still leaving the house because when I left my house and became an adult, it was very much a, okay. I had to learn from books and learn from good people how to basically take care of myself without relying on boxes. I think you're really onto something there.

Roe: [16:25](#) That's very true.

Segment Two

Tsh: [20:44](#) We've got your good list. To recap, first one is your Mochi planner. The second one is your idea of thinking of meals in courses, which I love. The third thing tends to be my favorite category that I love hearing because it tends to be surprising sometimes when people is a work of art. This can be anything from a lovely poem you came across all the way to some show you're into or a full on album or a book or whatever. Anything goes. Roe, what's a work of art right now that is just making everything a little sweeter in your life?

Roe: [21:16](#) The work of art that is giving me life, all the life recently, I just saw it. My partner and I, we gave up our car five years ago or so. We've been car-free for a while, which has been great. We really rely on public transportation for whatever we do or whatever we do or wherever we go. We love it because it's a way to support the city, but also you just see things in a different way. That's the background. I was taking the bus from our home to across town to another library branch. As I was on the bus, I was looking out the window in Baltimore and all of a sudden I drove past this large mural on the side of this storage company. It was in the most unimpressive place. I think if you weren't looking for it, you wouldn't have been as awed by it. There were a little strip mall shops nearby. Basically, no one was checking on this mural I was checking on it, but I looked at it and I had to do a double take and I took it all in and I realized, I was like, oh my goodness, like this might be the most important mural in Baltimore. What I saw was someone had use this huge blank canvas and had painted two brown hands that was near the top of the building and the two brown hands were cut and it had something like small boxes or tall boxes held in his hand but on the front of the boxes because it had the open flaps and everything, were the facades of windows and the facades of doors. What it look like is it was that two brown hands were holding homes and holding the city and what was moving towards those two cupped hands was another hand that you could clearly identify, was not apart of the two obviously because he was three hands but another brown hand was coming and it had one of those home boxes and his hand as if it was coming to add to the homes. I brought my hand up to my mouth. I was so moved by it. Why it moved me is because of my partner and I are so about ownership and about just community care and stewardship and possession for marginalized communities and communities of color. I've never seen an image so evocative to show not only how gentle and how much of an honor it is to own your neighborhood, it is to own your home, it is to belong to the place that you're from. But how important and esteemed it is to do that and that it's collaborative, right? There's two hands and then there's one hand adding to what is owned and adding to the community. To me in my mind, especially that particular type of ownership is priceless, not only is a priceless in the moment, you can think about it in really practical terms, which is like blah blah blah. You should own your homes, assets, blah blah blah. Home ownership and community ownership and land ownership is the way of generational

wealth. It is the way to bless seven generations down. I had never seen a mural like that, and Baltimore has incredible murals all over the city. This one was hidden in the middle of this strip mall looking place on this side of a storage building and I stopped and I thought to myself, this moment is important. I came home immediately and I told my partner, Aaron, I was like, you cannot believe what I just saw. Do you want to take the bus with me and see it? I still think about it. It comes to my mind and I'm going to take a picture of it and really just use it as my inspiration this year and use it to really contribute and motivate our work in the world, which is liberation for ourselves and people of color.

Tsh: [25:16](#) It's funny, as you were talking I started looking for this mural and then you then confirmed to me is like, oh, there are a lot of murals in Baltimore, so this might be it. This very well is probably a hidden gym because I don't see a photo of it on the Internet yet. But I love that this is almost maybe something for you to see. You looked up at just the right time and to me it feels like it's validation of what you are about because you literally, at least on one of your latest Instagram posts are talking about what does home as a conduit for liberation look like. To me that was illustrating and probably validating like you were on the right path. Keeps saying these words. They are needed.

Roe: [25:53](#) It did. It felt serendipitous and I think Aaron might've said the same thing. He was like, I think you saw it at the right moment. I think that mural was for you. It's so funny how we can personalize things and make meaning to ourselves, but it felt divine in this way. I was looking at it on the bus and I was like, is anybody else seeing this as this just me right now as I feel about most things. I do feel that way. Maybe I would have felt that I would have interpreted different had I been in different space or doing different work. But to me it just felt so synchronous. I was like, holy mazzoli, this is amazing. Current favorite mural in Baltimore, yet to be beaten.

Tsh: [26:31](#) That is fantastic. I love that and I'm very tempted to now deep dive onto tell us more about your thoughts on home because I just love them, but maybe we'll get to that in a second. I want to finish up our good list and then maybe go back and park there if we need to because I think it is so important.

We've covered three things in your good list. The first one is your planner, the second one is thinking of meals in courses, and the third one is a serendipitous mural that was painted in the city of Baltimore that you needed to see it just the right time, which is perfect.

The fourth thing is a philosophy. This is a way of thinking, wisdom from someone smart in your life, advice you were given that's really made a difference,

whatever it is. Roe, what is a philosophy right now you're really embracing or learning to embrace and is making your life sweeter right now?

Roe: [27:18](#) Yeah. This one is counterintuitive and I'm really excited to share because I have yet to articulate it to myself and it's really been a blessing to me. I'm a facilitator by trade, so I'm actually really surprised about how many questions I get from the community about like what is a facilitator? For those out there listening that don't know what a facilitator is, the way that I think about it is a facilitator is just someone who comes in and helps you have easy conversation and to have the conversation that you have wanted to have and are needing to have, but because either you're really tight or there's dissent in your group or you're not very close, a facilitator can come in and add play or add a little bit of process and structure and allow you to see other people whom you're with and have in a better way to allow you to go deeper and farther than you would have had if you're just trying to figure out like, how do we have this important conversation together as a team? I know we all have that situation where we're in some kind of work or we're working with others and it feels like we're either banging our head against a wall and there's no breakthrough or we just quote unquote never seem to get to it. It's so important and put it in the parking lot. A facilitator comes in and makes that light.

I was called in to do a facilitation retreat, to facilitate a retreat for facilitators who worked in prison doing really, really, really powerful rehabilitation work in San Quentin in California and other prisons up and down California. They just did this transformative work that was really rooted in particular indigenous tradition.

In preparation for this because I was like, oh my God, if you want to practice a little bit of suffering, facilitate for facilitators. The other bit is too just not know what you're doing and to hold the process a little too tightly. In order to prepare, I had done this work. I'd read this woman who I followed for a long time by now, I consider her a mentor and her name is Diane Musho Hamilton. Dianne, in her book, *Everything is Workable: A Zen Approach to Conflict Resolution*, had this chapter that stuck out to me during this time and I've just really took it on. Two things that are informing my entire life right now is number one, conflict is good news. Conflict is good news because it allows us in showing us the opportunity to expand and to settle, right? It's building our capacity. We are pretty much a new species, right? Everything difficult that's happening with us now, especially around equality and how frustrating that can feel sometimes, aren't we farther than we are if you consider how long we've been around. Equity and equality are new concepts. The truth of the matter is is we are really at the spear of this, but we're asking our nervous systems in our bodies to do something that is never done genealogically before. It's gonna feel rife with a lot of difficulty and a lot of challenge and that's okay. The conflict is the growing because we need

the difference. Then the other part of it as about what is the work of creativity and conflict, how do you play? She says the entire purpose is not to eliminate conflict. The purpose and the point is to transform it. That is in and of itself being a part of the creative process. Evolution is messy business people and we can't stress it enough. Just like being in the creative process, you will of course encounter the unknown and the chaotic when we're engaged in that, when we're sort of biting into that we are participating with the creative capital C to bring something new, a new way of being. In disagreements that I might've had in my my life recently or I just like had a falling out with my mother surprisingly, which shocked the hell out of me, it was just like things were coming out of nowhere instead of being in a reactive resistance position to it, I can tell myself into being the allowing to be like, oh no, no conflict is good news. And to ask a more powerful question, which is what does this moment calling me into and what does this moment asking of our relationship currently? How does it want us to go deeper together? That to me is a more a question of illumination than how do I fix this and how do I work on my communication, which I think is really besides the point and how can I be creative in this and be really, really gracious to myself in the midst of a thing that I don't need to want, it doesn't have to be different than what it is now. I just have to be paying attention, if that makes sense.

Tsh: It does make sense. It makes sense. I'm curious, with this philosophy, would you say that the point of working through conflict is to find resolution then?

Roe: No, not necessarily. This does come from a Zen perspective, which is that, a Zen perspective would say that being united with the human experience is Nirvana, is the enlightenment. I think in the instances of conflict when it's happening, I think really the work and what it's asking for us to be as present as possible and to ask the situation what it wants of itself. I think inevitably there's resolution that comes. Sometimes it's not with you and that feels like an ego shaking thing because you feel like you have to fix it. But it can also mean maybe it's the work of someone else or maybe it's the work of your children, but you have to be listening and you have to be present enough to be understanding what the moment is calling for. Then you know how to act appropriately and you know when is the right intervention to move into it. Often we're fighting the negative feelings of basically dissent or difference in our being that we can miss the moment. How many times or situations have you just done not the right thing in the middle of an argument? It was because you were trying to resolve it or trying to fix it or trying to whatever instead of to accept to be open, pay attention, to notice everything that's moving in your body. I guess it's to be a witness to the other person and also to yourself and let that inform what happens next. That has just been so good for me. I've just been obsessed with it. It's given me a lot of balance and a lot of stability and I'm a Leo, with the moon and Sagittarius, so

I've got no stability anywhere. I'm just fire everywhere. It's given me a lot of stability and a lot of capaciousness to really approach every situation with a lot of generosity, a lot of grace. I'll let it resolve itself if it wants to.

Tsh: [34:11](#) I can see how this is really helpful for something as simple as boundaries as well instead of when you're talking with someone and owning and recognizing what's yours and what's theirs and being more mindful of maybe what's yours and being okay. What you were saying about paying attention, I think it's so true. Instead of assigning a value to it or a judgment to something that is reactionary and you instead just pay attention to it and notice it and sit with it. I could just see how that could allow for more ownership of your own stuff and releasing of the other person's stuff.

Roe: [34:46](#) Also give us a different way to approach the we space, which is that we can be mindful of what's going on with their selves and they can be mindful of what's going on with them and together we can be mindful of what's happening between us because that is just as real as what is happening with me.

Tsh: [35:00](#) That makes sense. That's really good and I can see how that can foster really healthy, solid relationships in the long run if there's a willingness to do that. That's really insightful. I'm gonna have to park on that. I've honestly not thought of any of this before. I like hearing new things and letting me resonate with, or just ruminate on it. Thank you for sharing that. It's really good.

Roe: You're so welcome.

Tsh: To wrap up, because I wanted to get back to this with your work of art, can you just talk a tiny bit, a little bit about your idea of home, because I think it would really resonate with listeners of this show, the idea of embracing home and what that's looked like for you and your partner. Because I know it's pretty unorthodox in a beautiful way that you guys have done.

Roe: Our transformation started in the home, but we had jobs that wasn't working for us and also we just felt really shackled in lots of different ways. I know that people feel that way, but we also felt shackled generationally. The creative way that we came about it is that we didn't take the tactic of maybe we should get bigger jobs with more pay and create [inaudible] there. But what if we could master the home that we have, love the home that we have and just need a little bit less. Plummet our expenses. How can we change that? And so when we lived in California in Vallejo, that's what we did. We transformed our lives and stumbled and discovered a way to really revolutionize the way that you could use your money in the way that you store your vegetables to give you more resources for freedom. That's called The Jar Method. We have over 1500 students so far since we launched it last year. It's just been a crazy success. We

couldn't be more grateful and happy for everyone, but moving to Baltimore and moving to a new city, I just wasn't moved this summer in a way that I couldn't even articulate it where I was like, I'm an explorer, but I just want to stay home. I was really judgemental about that feeling, but I wanted to stay home and I wanted to nurture the home that we had and I also wanted to make relationships with my neighbors. I wanted to just have a richness in all of these different kinds of experiences. Also, E and I are trying to get ourselves out of debt again, so I have a little personal debt and then he has some as well. The thing about the home is it seems like the way that we would talk about it and we that we hear it is like you're either doing one of two things. You're like trying to catch up with it because it's always falling apart or is messy and so you feel like your home is running you and not the other way around. Or it's this other thing where it's in the Instagram world or in the online world, it's like something you decorate so you just buy shit for it. I don't think that that's it either. I was wondering, since we're brand new in this space that we've live in the 225 square feet and we're trying to get out of debt, how do we square that circle? How do we create a space of healing and the space that feels comfortable and how do we pay off our debt at the same time? It brought up this question, what would happen if we experienced the home as a conduit of liberation? Is there a way that our homes can help us be more free? I think that's the question that's worth sinking my teeth in this year, that's the question I want to explore and I want to explore it with our community because they're so all in about everything, right? It's way faster together if we learn together. That's the current learning.

One thing that I was thinking about what about the furnishing? Spending money where your value is?. I thought to myself, well, okay, if I value a bed and a bed frame and a mattress, could I also value my debt payments in the same way or value investments in the same way? What if there was a situation or what if we took on a creative constraint where everything we bought, we spent the same exact money on paying off a debt payment or on that investment? A one to one model. What if you furnished your home in a way where you bought a bed frame and it was \$300 and then you had to spend \$300 to pay off a debt payment to invest. Then that way everything that you furnish your home with got you a little closer to freedom, but also it would help you really focus your spending. Do I have the reciprocal? If you want a \$3,000 couch, do you also have \$3,000 to invest or \$3000 to pay on your debt payment? Well, no, I don't have it. Okay, well what's a compromise that you can make so you can make the other payment in terms of your freedom? I talked to E about it. He was like, one, I love that we're doing that and two, it almost sounds like remodeling your future. And I was like, hell yeah, I'm into it.

That's one experiment that we're using, but we always do things like that where we're like, let's play with our lives. What's the worst that can happen? And that's

our exploration this year. I have absolutely no idea where that's going to take me whatsoever, but I'm into it.

Tsh: [40:04](#) Yeah, I absolutely love that. That is a brilliant, I think back this year, 2019 marks 10 years that we've been debt free because we had a very similar experience.

Roe: Congratulations.

Tsh: Thanks but it was definitely the process, We were on a very small income and managed to do it. I love that idea though, that because that's applicable to anybody, whether you're in debt or whether you went to save or invest, that is so simple and yet mind blowing. I'm going to park on that for a while. I'm tempted, I'm going to go talk to my husband as soon as we're done here because that is so smart. I love that you shared that.

And your jar method I think fits so well with both how you live your life and how you put yourself out there in the world. Tell us a little 10 peso version of it and I'll put a link in the show notes about your jar method.

Roe: [40:52](#) The Jar Method is a way for you to finally keep your fresh vegetables longer. Instead of you buying them and then going bad in three days, you can keep them up for three weeks. It's really just based on really understanding what each vegetable needs and how you can store them appropriately. Glass is the best way. I just have a little, I might want to say like a video workshop that I take you through so everyone knows what to do and you can apply it. I love it because it's not prescriptive. It's not like you should eat, fill in the blank or you should eat organic. No, you should eat what you eat and you should own what you eat and you should only buy what you eat. Let's help you store that longer so you can save more money.

The first time we did The Jar Method, I experimented with it and I turned to E and I said, I'm going to do this thing you want and you're willing. He was hesitant but willing to support me. We had done our money that month and we realized that a part and not talking to one another, we spent a total of \$816 on food as one couple who lived in the city. And the first time we implemented the jar method for my ourselves we spent \$315 that month on groceries. That's like \$500 savings and with that a year or \$6,000. We shared it on Instagram. People were like, tell us now, you tell us now. It took me two years and I was like, here it is. Anyone and everyone, please, let's save our money so we can be free y'all.

Tsh: [42:21](#) Yeah, no kidding. I mean, I'm just thinking right now of how many of us have those drawers in our fridge of vegetables that we we got with good intention and they just get all gross and so I love this concept

Roe: [42:33](#) And you're rushing to use them. Yeah, no more of that.

Tsh: [42:35](#) Love it. Okay. We'll put a link in the show notes. Roe, thank you so much. This has been a delight. The delight I knew it would be. I'm just so thrilled we finally get in the chat with you, so thank you for your time. It means a lot.

Roe: [42:45](#) You're so welcome. I'm so honored to be here. Thank you again.

Tsh: [42:57](#) A big thanks to Roe for taking some time to chat with me. You can find links to all her things in the show notes of this episode thesimpleshow.com where you can also find stuff like links to things we talked about a where you can sign up for my short weekly email called Five Quick Things, how you can become a patron and support the work it takes to create the show for just a few dollars per month, as well as how to connect with me and the people I chat with. The show was produced by Chad Michael Snavely and Jesse Montonya, and thanks also to Caroline TeSelle, Andrea Debbink and my furry intern, Ginny. Thanks so much for listening. I'm Tsh Oxenreider and I'll catch you back here soon.