

The Zest S13E8

Holly: [00:00:00] I have yet to be like wowed by a Cuban in Tampa. It's very unfortunate and I know everyone's gonna come from my neck. I know.

Miguel: Are you telling this though?

Holly: Yes, please, please. I understand, but like this is my lived experience. I, they're

Miguel: gonna run outta town when they hear this.

Holly: I know.

Dalia: I am Dalia Colon, and this is The Zest: Citrus Seafood, Spanish flavor, and southern charm. The Zest celebrates cuisine and community in the Sunshine State.

Today they've got the number one rated morning radio show in Tampa Bay and a lot of hot takes about food.

Morning radio hosts are known for having hot takes and for many people in Tampa Bay Morning Radio means Miguel and Holly. Miguel Fuller and Holly O'Connor are the real life besties behind the Miguel and Holly Show on Tampa Bay's Mix 100.7 fm. After hosting their show in Florida for many years, the pair moved the [00:01:00] program to Charlotte, North Carolina from 2022 to 2025. Now they're back in Tampa Bay where they debuted at number one. Of course, with a renewed love of all things Florida, especially our food. The radio veterans recently visited our studio at WUSF. In this conversation, they discuss what breakfast looks like when their workday starts at on 4:30 AM, the North Carolina Foods they would like to see more of in Florida and the Tampa Bay restaurants, they couldn't wait to get back to. Then they offer their hot takes on everything from air fryers to Uber Eats, including an opinion they say could get them run out of town. So here's my conversation with Miguel and Holly.

We're sitting here at WUSF Radio, you guys work for a radio station. Some people [00:02:00] never listen to the radio, but why do you think terrestrial radio, especially live like what you guys do, is still relevant?

Miguel: I think. Coming back to Tampa Bay has really, really underscored why terrestrial radio is so important.

I've had so many people like you who were like, oh, I stopped listening. After you all left, I went to audio books and now since. We've come back on the radio, people are like, oh my gosh, I feel like I know what's happening in my city again, because we talk so much about what's happening in Tampa Bay. I mean, even just being a part of the conversation of it's been cold or if there's, uh, something happening with the weather or one of our sports teams is doing well.

You feel like you're a part of a community, and so to me that has really been underscored and highlighted of us coming back on why terrestrial radio is so important.

Holly: It is because you make these connections with the people that you're hearing in your city, and it really makes you feel less alone. We've always [00:03:00] known and they've done studies. You know, radio is such a companion medium, so people are listening for maybe something you know, that they're lacking in life. A friend or just someone to keep them company in the car, less nowadays at home, but you know, with your smartphone or with. You know, your devices, you can, um, but especially in the car, it just felt like you had a friend with you.

And that's what I, I love about Miguel and I, is that we leave a seat open for that third person, which is you, the listener. And that's how we have been able to form community actually in any city that we go to. But I feel like, you know, Tampa, the roots of Tampa radio run so deep. It's unlike a lot of other cities 'cause people in Tampa love radio.

So it's been really cool.

Dalia: That is amazing, and it's such a great alternative to the news. I mean, even working here for a news station and producing a food podcast, sometimes we just need a break from the heaviness of the day. And that's kind of why I'm interested in talking to the two of you about food [00:04:00] because it's such a universal subject.

Oh yeah. And I do feel like you're my friend in my head, so I wanna know what my friends are eating.

Holly: Absolutely. We

Dalia: are your friend. Mm-hmm. Oh, thank you. I appreciate that. Yes. Okay.

Holly: Yeah.

Dalia: So first of all, I woke up this morning. I get up at five 30, which is earlier than some people, but. Probably not as early as the two of you.

And my first thought today was I wonder if Miguel and Holly have eaten anything today. Mm. Because when you get up so early, your whole rhythm of eating is just off. So can you start by like walking me through what meal times look for you? Like what time do you wake up? How does that affect what you eat when you eat?

Are you cooking throughout the day? Just kind of gimme the, gimme the schedule.

Holly: Okay.

Miguel: Yeah, go ahead. So, um, I don't eat breakfast. I used to try to back in the day and I would bring in like some sort of like sausage breakfast bowl or something. But then because it gets so repetitive every time I would try something different after like two months, I'd get sick of it.

And so now I just consider, I'm just fasting for the morning. [00:05:00] And that's all I'm doing. And so usually it's around noon or one is when I will finally eat something.

Dalia: What time are you waking up?

Miguel: Uh, around three 15 in the morning. Okay. You're

Dalia: waking up at three 15? Mm-hmm. Getting to the station at what, like five,

Miguel: around four 30 or so.

And then

Dalia: what time are you on the air? Uh,

Miguel: then we're on the air from six until 10. So

Dalia: you're not eating at all?

Miguel: No. Okay. Uhuh, I'm not eating. I'm

Dalia: stressed out for you, but this is your life. You do you.

Miguel: But you know, it somehow worked. And a lot of times at iHeart, Tampa Bay, they have food all the time.

Holly: They bring food in a lot.

Well see, we're still new at iHeart Tampa, and they really do bring food in quite a, quite a lot.

Dalia: Okay, Holly, what about you?

Holly: Okay, so I get, I get up a little later than Miguel for various reasons. But I, my alarm goes off at four and then I hit snooze, and then I will take it back to about 2020 because up until then, it was a mishmash of different things.

I needed to lose some weight in 2020, and I did actually start an intermittent fasting program that was part of like a. Broader keto diet thing [00:06:00] and that really worked for me for U up until last year. So for five years I was doing, kind of similar to Miguel. I was not eating anything other than I would have a coffee, what they call bulletproof coffee with like MCT oil, butter or you can buy the powder, whatever.

I would have that and that would sustain me to lunch. But recently my, that has not sat well with my constitution. It's just not the best anymore. We are getting older. It's fine. I still do that. I still bring in my bulletproof coffee. But then lately, what I've been doing about eight 30, I will have a couple of hard boiled eggs and maybe a few tomatoes, like a little cherry tomatoes.

That's like my, I don't even know where I got that. I'm like, that sounds healthy. Let's do that. And then every day when I would get home, when I do get home around noon or one o'clock. Or whenever I do get home, I've had the same lunch for five years now and I will not give it up. I don't get bored like Miguel does.

So I'm out here with my Publix chunky white chicken salad and my nothings, and I [00:07:00] just eat that and that's my lunch.

Dalia: You're getting a lot of protein, so I love that

Holly: for you. A lot of protein. Well, that's all of the leftovers from the keto style. Diet that I was doing and which that's great, you know, but then my fiance

and I will always cook a dinner, so he's in charge of planning the week and we take turns cooking, but we'll figure out something fairly healthy to cook for dinner and we eat early.

I'm trying to eat at 5:00 PM Okay. Yeah. Blue

Dalia: plate special.

Holly: Yeah. Yes,

Dalia: because what time do you go to bed?

Holly: I would like to be in bed at nine, but because I have a 12-year-old who is, you know, wants to go to bed later, I'm sure you understand. I sometimes am not getting into bed until 10, which is also the reason why I don't get up as early as Miguel.

Dalia: So you all moved your show from Tampa Bay to Charlotte, North Carolina? Mm-hmm. Okay. I'm guessing it was like a business decision.

Miguel: Yeah.

Holly: Yeah. It really was. Okay. I mean, it, there was a lot, it was a very difficult business decision. Yeah. But ultimately that's what it was.

Miguel: Well I think in, if you are a contract [00:08:00] employee and especially um, in the entertainment field, every end of a contract, it's sort of like a time to go over your life and you're like, alright.

Do I like where I am?

Holly: Am I happy? Am

Miguel: am I happy with,

Holly: with the, the behind the scenes,

Miguel: right? Absolutely. And so at that time, our contracts were up and I feel like everybody was wanting something different after going through the pandemic. So this was 2021 when we were going through this, uh, process, when we were trying to figure out what to do next.

And like a lot of people, you. Bent over backwards for your job and for us, like our show, which is normally six till 10, we were on from six till noon, our uncensored podcast that we do off the air, I think, and Holly, I forgot about this. We used to do our podcast just once a month or once a week?

Holly: Yeah, once a week.

And then we moved it to Daily

Miguel: to daily. And so we were on the air from six till noon, and then we would do a hour long podcast Monday through Friday. And so I just feel like. We were tired [00:09:00] and

Dalia: I feel like I'm tired hearing about

Miguel: it, right?

Holly: Yeah.

Dalia: Yes.

Miguel: It was a lot. And also too, like we've spent a lot of years in, in Tampa Bay and out of the two of us, I'm sort of like the wonderlust, where I'm always like, what's next?

Holly: Miguel loves an adventure.

Miguel: I do. And I was like, when is oppor? Like if the opportunity hadn't have popped up? We wouldn't have gone looking.

Holly: No,

Miguel: but they approached us and so we were like, well, let's explore it. And the beginning stages of it was like, well, this is not really, I mean, we're doing great in Tampa Bay and

Holly: we loved living in Tampa Bay.

Yes. And, and talking with Tampa Bay every day, it was, had nothing to do with the city. I

Miguel: mean, and at the time I was building a house, filming a reality show and planning a wedding. So I was in no space to. Change jobs and move.

Holly: Right.

Miguel: But because of everything we just said and we had deep, deep discussions about it, Holly and I did, uh, with our families, and we just decided.

It was time for a change.

Holly: Let's try. Let's try something.

Miguel: Yeah. Okay. And we did.

Dalia: So you were there from [00:10:00] 2021?

Miguel: 2022. Okay. Till the fall of 2025.

Dalia: Gotcha. Mm-hmm. In Charlotte.

Miguel: In Charlotte.

Dalia: And Miguel. You were physically there.

Miguel: Yes. Uhhuh

Dalia: and Holly. You had stayed here?

Holly: I did actually it, not a lot of people realized this.

It's a surprise, surprise. Um, the people that do did know about it were big listeners of our uncensored podcast, but when we, when we were working through this was just one of many things that we did have to work through. I could not physically move my family to North Carolina. First of all, I, you know, my daughter's father lives in the Tampa Bay area.

And I, that was just a, a bridge that I didn't even wanna cross both for her sake, his sake. And frankly, he probably wouldn't have let me do it anyway. And I don't blame him, you know? Um, my daughter was, I think eight at the time. I think about eight. And, and, you know, can she be put on a plane to go visit dad?

No. I don't even wanna, no, just know. Um, and also my mom was very sick at the time and was in a nursing home, so I [00:11:00] said, listen, I simply cannot, I'm dealing with a lot going on right now. So iHeart was actually very gracious in saying, okay, family first, we still want you as a show. 'cause I was over here like, Miguel, go on without me.

I don't know what I could do. No. But iHeart was like, no, no, we want the show. So Miguel. Um, for better or worse, picked up everything and moved to Charlotte and I could not, but what we did was because of technology nowadays, and we did find out during the pandemic that we could do the show from two different areas.

I went to the iHeart Tampa Bay Studios, and Miguel, of course was in Charlotte, and the company worked to figure out a way to patch us together and we would be on teams. Seeing each other every day, and we would just do our show exactly the same as we always did in different studios in different cities.

Dalia: I had no idea.

Holly: And you wouldn't, yeah, truly you would never know because it's, it was so seamless. Yeah. I couldn't believe the technology myself. [00:12:00] Wow. So it's really cool. And we didn't tell, we were not vocal about it on air. 'cause I certainly didn't want Charlotte listeners thinking, well why doesn't she wanna come to Charlotte or any, anything like that.

We didn't want that to be the focal point, so we really didn't bring it up.

Miguel: There were a couple times we did bring it up. Like during hurricane season, right when Holly's power would go out. 'cause she'd do the show from home. Yeah. And then her power would go out. We'd be like, oh, we lost Holly for the rest of the show.

So we can't really get around that one.

Holly: Surprise. Um, she's actually in Tampa and there's a hurricane happening. Oh my gosh.

Dalia: This is hilarious.

Holly: Yeah,

Dalia: I had no idea.[00:13:00]

Okay, so I'm assuming you maybe made appearances in Charlotte from time to time. Absolutely. You, you were seen in Charlotte at some point? Yes. Okay, so you've probably eaten there. Mm-hmm. The food show, people are like, what's all the back story. I love a good backstory.

Miguel: Yeah.

Dalia: Um, so, so probably more for you, Miguel, but also you, Holly, like what were some of those foods that you discovered in Charlotte that you wish would come to Tampa Bay?

Mm.

Miguel: So I'm not a big barbecue person. Um, just because growing up, um, I had a thing with texture and I didn't like my hands to be messy. And barbecue is just messy and you look kind of ridiculous. Just eating it with the. Fork. And so as a kid, whenever we'd have cookouts, I'd be like, I'll just have the hot dog.

Thank you. Um, but you can't move to North Carolina and not get your hands dirty. So barbecue, surprisingly, which is as basic as it sounds, I I love the barbecue there. The barbecue was so good and you [00:14:00] could not walk five feet without getting a like max speed shop. Um, another thing that I really enjoyed, which sounds so ridiculous, is I'm a big Mayo person.

Holly: Oh.

Miguel: And I never really had that. Doesn't,

Holly: I did not. Oh, that's okay. No, I know Miguel loves mayonnaise.

Miguel: That's fine. I do. And it's, and here's the thing, I never was loyal to any brand of Mayo. I would always say what's at, what's BOGO at Publix? Right? And then you can't go to North Carolina and not be a Duke's person.

They are Duke's Mayo. And so now. I'm a Dukes Mayo guy because of living in North Carolina.

Dalia: Wow. Okay. Sponsorship. Dukes come. Right. Okay. So did leaving and coming back give you a new outlook on Tampa Bay's food scene? Was there anything here that you missed? I know we've already talked about the public subs that you like.

Holly: I do love Publix subs. Publix subs are great. Anything Publix, I honestly really love. I think they do a great job at everything, so, you know, that's fine for me.

Miguel: Yeah, there were a few [00:15:00] places that I was just waiting to get back to, um, engine number nine. 'cause I'm, I love burgers. Burgers is like my favorite thing.

And that's also where my husband and I had our first date. And so engine number nine, I was like super excited to get back to. Bella Brava in downtown St. Pete because that was one of like when we first moved to Tampa Bay back in 2011. Mm-hmm. And I remember, 'cause we were in Panama City before and I remember going to Bella Brava and saying to myself, I'm in a big city.

Like, look at this fancy Italian restaurants on the water.

Holly: It's very fancy vi 'cause it's right on the corner there.

Miguel: Yes.

Holly: And it just, it feels very upscale and it feels very big city.

Miguel: Right. And so to me, Bella Brava always takes me back to 2011 and just being like. Oh my gosh, we're in a big seat. I got my first big radio job.

Holly: Yeah.

Miguel: So I was excited to go back to there.

Holly: There used to be, I don't, I think it was called Armani's, maybe it was on top of a, um, at the very top floor of a hotel. Yes. In Tampa.

Dalia: Yes. [00:16:00] On the causeway.

Holly: Yes. Yes. And you could sit up there and see the entire bay and they had the most. Iconic charcuterie situation.

Dalia: Yes. I love a charcuterie situation. They had a brunch. Is that the place that did brunch?

Holly: It might have been too, too. I might be confused. I don't know. But here's the thing. We only went for the charcuterie because it was like you could get in this and go and walk around a gigantic glass case and choose different items for your plate and we would just go for that.

It was huge and I, it's not open anymore.

Dalia: Oh dang.

Holly: It was delicious and it was so perfect sitting there like on a, at a sunset. It was just Chef's Kiss and I wish they did have Armani. Oh

Dalia: man. Yeah. I think they call that a grazing table.

Holly: Oh, yes, yes. You

Dalia: walk around

Holly: and get all the stuff. I loved that. Oh, it was so good.

Dalia: Okay, well since you brought up charcuterie, that leads me to a little, um, a little sort of game. Okay. I wanted to get your takes 'cause I know morning radio people always have like a hot takes. Yeah. Okay.

Miguel: So I'm unfortunately

Dalia: I call, I love it though. I'm calling this [00:17:00] overrated. Underrated or just Right.

Okay. So I'm gonna give you some, some food categories and you tell me if you feel like it has a reputation that is deserved just right.

Miguel: Mm-hmm.

Dalia: Uh, it's overrated, or you think it's underrated. Okay.

Holly: Okay.

Dalia: And Holly, since you brought up charcuterie, that was actually on my list.

Holly: Yeah.

Dalia: So we'll start with that one.

Holly: Okay. I, I mean, I think it's just right. Mm-hmm. Because it is everywhere. Like there are different ways people have tried to redesign the charcuterie tray and like they're doing butter boards and everything. It's like the same concept. I don't care how many concepts you wanna come at me with, I will have every single one of them.

I love a charcuterie. I've, I've never seen anyone. At any place go, Ugh, no thanks. Like it's, it's really the, the Gold Star standard for a reason. So I think it, it gets all the accolades it deserves.

Dalia: Fantastic. Okay. Miguel Dubai chocolate overrated, underrated, or just Right.

Miguel: Okay. So I haven't had it yet, but just for the simple [00:18:00] fact that I saw the price on it and I was like overrated.

I'm sorry. We were at TPA, I think my husband and I. We were trying to get some snacks. Oh, yes. 'cause we were going to New York and I was like, oh, let me get you some of this Dubai chocolate. He goes, oh, cool. I looked at the price and it was like 25 or \$30 for just a square, and I said, I don't know what this is, but it's overrated.

It's

Holly: just pistachio. Is it not?

Dalia: I mean. It's pretty good, but I'll say buy chocolate at the airport, you're gonna have to like, oh yeah. Sell a kidney. Right. Wild.

Holly: Right. That's true.

Dalia: Okay. Um, Holly, avocado toast. Overrated, underrated, or just right?

Holly: You know, I feel it's a little overrated and I almost feel like I get my millennial card taken away for saying that because they associate.

Us millennials with avocado toast. But I do feel like it's overrated. Like is it good? Yeah. Have I craved it? And NN no, I really haven't. Like it's a piece of toast with some [00:19:00] avocado mesh on it. Sometimes we get crazy and we throw some bagel, everything bagel seasoning on it. But like, even then it's, it's still very simple and plain.

I just, I feel like it's gotten a reputation that maybe it doesn't quite deserve.

Dalia: Mm, that's fair. Miguel, what do you think about that?

Miguel: Uh, I've, this is sort of like my little secret. I always feel bad about. Mm. I don't like avocado, but I'm a very picky person.

Holly: Again, this is the foodie, but with limits.

Miguel: Yes.

This is, this is where the limits come into place. I'll

Dalia: eat anything in this tiny box.

Holly: Yes. I love everything except for anything. That's

Miguel: exactly, so I've never been a fan of avocado. Um, so I'm gonna say it's overrated. Okay. Fair. Plus, once again, it's way too expensive when people do get it, and especially if you're at a brunch spot anywhere in Tampa Bay.

If it's over \$15 and it's just bread and the avocado, that's, well, those

Holly: avocados are expensive sometimes, depending on where they getting well, 15 worth. Yeah, that's what I'm saying. It's overrated too. Yeah.

Dalia: Okay. Miguel Air fryers.

Miguel: Just Right. I love [00:20:00] my air fryer. I have two and I two. I wanna get a third.

What? What my husband said. That's enough.

Holly: Listen here. What are you needing three air fryers for?

Miguel: Okay, well, okay. Hear me out. Sure. Ninja has this air fryer that's in, it's a glass, but then like the top fryer part, it's smaller than the normal ones we've had, and so you can transport it with you. And so I could.

I could air fry my food at work.

Dalia: Wait,

Miguel: yes.

Dalia: How, how big is it?

Miguel: It's not very big at all. Well, they have like three different glass sizes of containers that it'll fit on, and so I'm like, this is perfect for lunch situations.

Holly: Travel, air, fryer. Ooh,

Miguel: yes.

Dalia: I'm, I'm actually interested in this because my daughter plays travel volleyball and when you're in a hotel, I'm, I've, I will confess, I have tried to make my own grilled cheese using like.

Wrapping it in foil and then ironing it. It's not great.

Holly: Yeah.

Dalia: If I could just bring an air fryer. I don't have an air fryer. You

Miguel: don't.

Dalia: I Maybe you'll gimme one of your three.

Holly: Yes. Over here. Hoarding the air fryers.

Miguel: If he lets [00:21:00] me get that third one, I'll gift you one of foil. Oh,

Dalia: I would love nothing

Holly: for it is my opinion that every home should have an air fryer.

Okay. And I get that the people that aren't, have not got on board yet are like. What, what can I do with this that doesn't happen in the oven? Well, I'm gonna tell you, it's just, it's easier. Ease of use. I think we cook every vegetable mm-hmm. In the air fryer. And let me, and it's so easy,

Miguel: and let me tell you, have you ever done, uh, tried to eat leftover french fries?

Yes. If you put 'em in the oven, if you do 'em the microwave, they never come out as crispy as they were. Put 'em in the air fryer, it will change your life.

Dalia: Okay. That's fair. All right, let's do a couple more, Holly. Mm-hmm. Overrated, underrated, or just right. Cuban sandwiches.

Holly: Oh my goodness. Now this is controversial obviously, 'cause we're dealing with Tampa, right?

I, I think that. They're in the middle. I don't think they're over or underrated. I think they get the amount of, you know, respect that they deserve. But I have yet to [00:22:00] be like wowed by a Cuban in Tampa. It's very unfortunate, and I know everyone's gonna come from my neck. But let me tell you something, when we lived in Panama City Beach for years and years, please.

I know, I know.

Miguel: Are you telling this though?

Holly: Yes, please. Please. I understand, but like this is my lived experience. I,

Miguel: they're gonna run us outta town when they hear this.

Holly: I know. Um, so I apologize in advance to every single place that serves Cubans. However, when we lived in Panama City, there was this gas station.

On like the corner of some road and they would do these pressed Cubans with some type of like herbal dressing seasoning of sort on the top. And it was to die for, I would eat the, it was like a foot long type of situation. I would eat the whole thing. It was really not good for me, but it was so delicious.

So then when we moved to Tampa, I was like, oh, like Cubans, hello. And for some reason, and maybe it's just nostalgia at this point. None of the Cuban [00:23:00] sandwiches that I've tried can quite hit that gas station Cuban spot.

Dalia: There's some good food in gas stations.

Miguel: Yes.

Holly: Sometimes, like, sometimes if it's like, you know, the local lore, oh, this place has good fried chicken, or this place, you gotta get that.

This place did Cubans better than I've ever seen and I, I'm dying to find it again in, in a Tampa place. So obviously, you know, I'm gonna get deluged with, um, suggestions and people. Calling me out. And that's at

Miguel: Radio Holly on Instagram,

Holly: please. I understand. I, I will accept the hate. It's just I can't change my taste buds.

Miguel: Wow. Have you had one? I'm sorry not to take over.

Dalia: No, please take

Miguel: over. Have, have you had the Columbia Cuban there?

Holly: I don't know if I had the Cuban at the Columbia. Usually I'm having like the gazpacho or. The paella or something,

Miguel: we're gonna have to go and try it because that one, what

Dalia: if I don't like it,

Miguel: then we don't talk about it.

Okay. Then it never happens.

Holly: Right, right. Okay. Noted. I like

Dalia: it. I can get the RIA too while you're there. Yes.

Holly: Oh, absolutely love me. Some

Dalia: of that favorite, right. Okay. Let's do two more. [00:24:00] Miguel. Food delivery, like Uber Eats, DoorDash, overrated, underrated, or just Right?

Miguel: Evil. It's evil.

Dalia: It was not, that was not an

Miguel: album.

I know. It's, it's, it's just Right. But. We have gotten too accustomed to it. And not only is it so expensive, uh, because we're trying a little experiment, my husband and I, and like not doing it for a couple of weeks just to see how much money we save. And it is insane the fees that you rack up. And then also too.

There are certain foods that travel well and some that don't. And so that's why I do feel bad for restaurants that really stake their claim on quality. It's really hard when your Uber driver, well, first off, if you don't do priority, and so they have like three stops along the way, and so by the time your food gets to you and then it's, and this is where Air Fryer comes into place.

Dalia: I was gonna say

Miguel: yes, because then you can heat it up,

Dalia: fry those french fries.

Miguel: Absolutely. But it does mess with the [00:25:00] integrity and the quality of the food, so that's why. I only try to do it in a pinch, and when it's something really simple.

Holly: Mm. Right. And I was gonna say too, it's really unfortunate because they jack up the prices and if you were to just call the restaurant, order it and go pick it up, it would be probably 10 to \$15 less.

Miguel: And that's what we try to do now.

Holly: Yeah. So, anyway, I It is, it's a, it's a necessary evil,

Miguel: right.

Holly: How about that?

Dalia: Right. I've never used it except for. When I was part of a meal train, like sending, um, someone, like a bereavement kind of thing. Right. And it sounds like I won't be using it.

Holly: It's very handy, don't get me wrong.

Right. If you, if it's raining, if you don't wanna cook, if you know, just for, if you're sick. Right? It's super helpful. That's why I say it's a necessary evil. But yeah, if you start to lean on it, you are spending. Money that you do not need to be spending.

Dalia: Okay. All right. Holly, last one. Overrated, underrated, or just right?

You pick fruit. This is big in Florida. Have you done this maybe with your daughter?

Holly: What do you mean

Dalia: you go out and [00:26:00] pick your own fruit?

Holly: I've never done this.

Dalia: You've never done this?

Holly: I feel like it's probably a delight. Maybe it's underrated 'cause I haven't even done it, but Wow. Yeah, no, I would like to.

I'm assuming it's big. Like right now, strawberry season, lot of people out there picking their own strawberries. I mean, let me ask you, what are the types of fruit that you can go do in Florida besides strawberries? Strawberries

Dalia: are big citrus, like you can pick your own oranges. Mm-hmm. But that's not great for kids because you have to pick up the kid to reach the oranges.

Oh.

Holly: And then they're

Dalia: like, and then there are like these. Pliers that they give you to cut it off of the tree. So that's not super kid friendly. But strawberries are great for kids because they can just bend down and get '

Holly: em. Absolutely. I'm gonna say that's underrated because I, I really, I, I know that it exists, but I feel like.

They don't advertise it enough to make you very aware that it's happening when it's happening because it doesn't come across my plate.

Dalia: Wow.

Holly: For lack of a better term or better. Hey, I

feel

Dalia: like maybe you two should take a little field trip.

Yeah.

Holly: Yes.

Dalia: Thank you so much for [00:27:00] coming in. I'll be listening tomorrow, I guess when I wake up.

You'll, yes. You'll be on lunch by then. Well,

Holly: well, yeah, yeah, yeah. Thank you for having us.

Miguel: Thank you.

Dalia: This was super fun.

Miguel Fuller and Holly O'Connor are the hosts of the Miguel and Holly Show on Tampa Bay's. Mix 100.7 fm. If you miss any of their show, because I know you like to listen to WUSF News in the morning, you can catch the Miguel and Holly Show as a podcast, and we have a link to it in the show notes of this episode and on our website.

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