

Bites by the Bay: Labor Day

Dalia: [00:00:00] I'm Dalia Colon, and this is The Zest. Citrus, seafood, Spanish flavor, and southern charm. The Zest celebrates cuisine and community in the Sunshine State

Do you smell that?

Alex: Yeah, and it smells good.

Dalia: It smells incredible. It is wafting through the air. It's barbecue season. It's the Super Bowl of barbecue. Okay, I am here with our brand manager and foodie extraordinaire, Alexandria Ebron- Thanks ... to talk about some Labor Day barbecue spots that we need to hit up.

Alex: Yeah. So I mean, obviously you can have a barbecue at your house, cool, but some places that we like to get barbecue, and when I say we, I mean me and my husband Robert, um, Wicked Oak over in Seminole Heights. We were just there I think last month. Um, they have wings, so good. Uh, I, I don't remember the day of the week, I think it's Wednesdays you can get them for like a dollar.

Dalia: What?

Alex: [00:01:00] Yeah.

Dalia: What d- H- What was good about the wings?

Alex: Like, they weren't, they weren't, uh, saucy. I think they might've been, like, baked or something. But either way, they were still good.

Dalia: Okay, so they weren't a total mess, but still

Alex: good. No, yeah, yeah. They were, they were crispy, and the skin was so good. Mm. The skin was so good.

Um, also another place is The Brisket Shoppe over in West Tampa. Um, they were actually part of the Bucs Chef Series last year, and I think it was last Thanksgiving, last year for Thanksgiving, Robert got a dino rib from them.

Dalia: Wait, what does that even mean?

Alex: A dino rib is just a huge, huge hunk with a bone of barbecue meat.

Now I don't know what part of the cow it comes from, but it is huge, and we got that for Thanksgiving, and we ate off of that for a couple days.

Dalia: Okay, ri- I'm a vegetarian, but- ... you're making my mouth water. Ribs for Thanksgiving.

Alex: Yeah.

Dalia: We need to start thinking [00:02:00] outside the box for Thanksgiving. Yeah,

Alex: yeah.

Dalia: And when you can outsource some of it, that is brilliant, and who doesn't want barbecue any day of the year?

Alex: Mm-hmm.

Dalia: Brilliant. How about the sides? Sides- 'Cause I'm a- I'm all about the sides.

Alex: Like, for me, I like, I, I feel like they're probably the more common sides. You know, you got your collard greens, you have your macaroni, and obviously you got your baked beans. You know, something simple like that or if you wanna do, like, a potato salad or a coleslaw, you know, for your, your starch or your veggie, you know, you can always go that option.

But I like to keep it baked beans, macaroni, collard greens. Okay,

Dalia: the trifecta. The

Alex: trifecta, yeah.

Dalia: Yes,

Alex: yes.

Dalia: Where else? Where else are you recommending- Um ... people go this weekend?

Alex: Uh, one last place, and it's, it's a place that's new to me, maybe not new to y'all, so please don't beat me up in the comments. Um, it's called Barbecue Time.

It's in Tampa. It's off of Adamo, like you're going towards Brandon.

Dalia: Okay, shout out to my [00:03:00] Brandon people. I'm in Riverview. Thank you.

Alex: Yeah, it's, uh, I think it's right behind, um-

Dalia: You had me at behind. Any time there is a food spot that is behind- Yeah,

Alex: behind some thing ... a nail

Dalia: shop-

Alex: Yeah ...

Dalia: a tire shop-

Alex: Yeah ...

Dalia: it, you already know it's good.

Alex: It's in a, it's in a plaza with a hair school.

Dalia: Perfect.

Alex: Um, and I think it's maybe a couple doors down from a Home Depot.

Dalia: I know exactly where that is.

Alex: Okay, good. So you know what I'm talking about. Yeah, so it's over there. Um, I got their chopped beef sandwich, and I got that with baked beans, collard greens, and macaroni.

Dalia: Oh.

Alex: So, so yeah.

Dalia: Wow. Oh, man. Yeah. Yeah, Labor Day, don't labor. Let them do the work for you. Yeah. That's the other thing because if you're doing barbecue the right way with all the sides, that is a ton of work.

Alex: So much work.

Dalia: That is hours or sometimes days-

Alex: Yeah ...

Dalia: worth of work. When I make my mac and cheese, I'm shredding my own cheese.

Yeah. I'm grating my own cheese. Everything, it's a labor of love, but [00:04:00] also, it's supposed to be your day off.

Alex: Yeah. So me and my grandma, we have an inside joke where she asks me what I cooked this week, knowing that I don't cook. But it's always funny. And so last year, uh, Robert was making macaroni for Thanksgiving, and he asked me to shred the cheese.

So what did I do? I called her, and I was like, "Grandma, guess what? I'm cooking. I'm shredding the cheese for the macaroni" And she was dying laughing on the phone 'cause, like, you're shredding cheese.

Dalia: Hey, it all counts. It all count. Yeah. You're doing God's work. Thank you. Thank you to you. Thank you to all of our, uh, restaurant- Yes

and food truck owners who are out there- Yes ... putting in the work-

Alex: Yes ...

Dalia: so we can relax at the pool-

Alex: Mm-hmm ...

Dalia: with a cocktail. So enjoy Labor Day.

Alex: Yeah.

Dalia: Yeah. We're gonna have a good time. We're gonna eat good.

Alex: Yeah. Chill out, relax. You know, get somebody else to do it.

Dalia: Absolutely. Basically. Yes.

Alex: Yes.

Dalia: Okay. I'm Dalia Colon.

I've been here with Alexandria Ebron, and we produce The Zest with Andrew Lucas. The Zest is a [00:05:00] production of WUSF. Copyright 2026, part of the NPR network.