



wood-smoked ~ plant-based



Our story begins nearly thirty years ago when we first realized that eating a plant based diet was a choice we could make. Adopting a vegetarian lifestyle became not only a new journey, but a passion woven deeply into the fabric of our lives. At that time, at least in the south, such offerings on restaurant menus and grocer's aisles were minimal at best. Traveling and seeking out unique vegetarian fare had become a favorite pastime of the Cooper family. Living in the heart of the Carolinas, finding a plant-based barbecue sandwich was at the top of our list. We loved this tasty delicacy and although it could be found, it was a rare find indeed.

