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## Press Release

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### The Bite Goes On

*Industry Insiders Talk About Food*

Sonoma (December 1, 2018) - Sondra Bernstein, owner of “the girl & the fig” restaurant in Sonoma, hosts this weekly podcast along with her friend Brian Casey, veteran of the hospitality industry for over 30 years. They discuss all aspects of the food world, from seeds and beans to fries and foie gras. “If you can eat it, we want to talk about it”. Guests include famous chefs, food critics, local farmers, cheese makers and mushroom foragers. No subject is “off the table”. **Sometimes controversial but always delicious ...**

**The Bite Goes On** is part of the **Radio Misfits Podcast Network Family** who also hosts **The WineMakers** (an established podcast, also recorded out of Sonoma).

**The Bite Goes On** can be heard on the following networks starting Friday, December 7th:

iTunes – [The Bite Goes On / iTunes](#)  
Google Play – [The Bite Goes On / Google.Play](#)  
Blubrry – [The Bite Goes On / Blubrry](#)  
Stitcher - [The Bite Goes On / Stitcher](#)  
TuneIn - [The Bite Goes On / TuneIn](#)  
Spotify - [The Bite Goes On / Spotify](#)

Upcoming guests include Chef John Ash, Steve Sando - Rancho Gordo Beans, Preston Raison - Sonoma Broadway Farms, Susan & Jeff Mall - Volo Chocolate and monthly visits from Special Guest Kathleen Hill, Food Writer and Culinary Historian.

## About Sondra Bernstein

In the heart of Sonoma Valley, at the epicenter of a thriving local food and wine scene, you'll find the girl & the fig. Founded by Restaurateur Sondra Bernstein and now in its twentieth-first year, the historic downtown location turned contemporary eatery has become a beloved favorite of locals and the must-visit destination of travelers. The seasonally-driven menu is sourced locally and delivers a decidedly Sonoma flair, featuring an exclusively "Rhône Alone" wine list, artisan cheeses, and an in-house charcuterie program. the girl & the fig family of restaurants also includes the fig café & winebar in Glen Ellen, a food truck dubbed "the fig rig," Suite D - an event venue, as well as The Rhône Room (tasting room & wine shop), in Sonoma.

### FOOD BIOGRAPHY:

I've been in love with food since I was a kid.

On Sunday, my parents took me and my brothers to the Jewish deli for bagels and lox and the Chinese restaurant for eggrolls and kung pao chicken for dinner. Wawa, Overbrook Water Ice were regular stops and we devoured hoagies and tuna grinders at the Jersey shore. My mom packed a mean bagged lunch for school and cooked a square meal for us on school nights. I didn't always know which animals provided the meat we were eating, most fish came out of a can and I never knew the farmer who grew our vegetables. These are some of my earliest and fondest food memories. Even though I can remember some of the food, it was really all about the people that shared these experiences.

Fast forward to living in Sonoma for over 25 years, where everything is different from my Philadelphia days. Food is farm fresh, in season and only worth eating if it is delicious. There are more varieties of fruits and vegetables than ever. Since moving to Sonoma, I have a new love affair with what's on my plate.

I look forward to sharing my favorite subject with you - FOOD. We will talk with people that grow, cook, write, teach, lobby and sell food. These are some of the most passionate people you will ever meet. Let's talk food!

## About Brian Casey

Born and raised in Sonoma County, Brian Casey grew up around food. Starting his career in local restaurants, Brian eventually moved to San Francisco and spent almost a decade working for The Kimpton Group and The Four Seasons Hotels. Trips to Spain, France and Italy further strengthened the love of global cooking techniques and wine making styles. Casey, as he's known by his close friends, followed his passion for wine by working for the Benziger Family Winery in Sonoma, learning about wine production and heading up the food and wine pairing program. Eventually becoming a sommelier and Wine Director at the local landmark "the girl & the fig", Casey now works as an assistant sommelier at Sante restaurant at the Fairmont Sonoma Mission Inn and hosts a weekly podcast with some of his wine-industry friends called "The Wine Makers" on The Radio Misfits Podcast Network,

### FOOD BIOGRAPHY:

I've been in love with food since I was a kid.

My mom used to take me to Cader Farms for our chicken and eggs, Batemon's Butcher Shop for our meats, and a little bakery just outside of town for our bread, learning at an early age the importance of sourcing local, seasonal ingredients and supporting local farmers and growers.

I started working in restaurants as a dishwasher when I was fifteen, eventually moving into every position possible. My love of wine started when I was eighteen, handling bottles with weird labels and foreign words, pictures of castles and chateaus. All of the ingredients we were using in the kitchen and these unique wines had one thing in common, a story.

Let me introduce you to some of these truly passionate people that put food and drink on the table.