

Nicola Twilley  
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## Bio

Nicola Twilley\* is author of *Frostbite: How Refrigeration Changed Our Food, Our Planet, and Ourselves* (<https://www.nicolatwilley.com/frostbite/>) (Penguin Press, June 2024), and co-host of the award-winning Gastropod (<https://gastropod.com/>) podcast, which looks at food through the lens of history and science, and which is part of the Vox Media Podcast Network in partnership with *Eater*. Her first book, *Until Proven Safe: The History and Future of Quarantine* (<https://untilprovensafe.com/>), was co-authored with Geoff Manaugh and was named one of the best books of 2021 by *Time Magazine*, NPR, the *Guardian*, and the *Financial Times*. She is a contributing writer at *The New Yorker* (<https://www.newyorker.com/contributors/nicola-twilley>) and the author of *Edible Geography* (<https://www.ediblegeography.com/>). She lives in Los Angeles.

\*Please feel free to call me Nicky. Nicola is pronounced “Nickel-uh”; Twilley rhymes with silly. You can hear me pronounce both within the first couple of minutes of any Gastropod episode.