

SHOW NOTES

Season 3 | Episode 7

More Than Rice and Beans Podcast®

Uplifting Latino Arts in the Heart of the Bronx Meet Flaco Navaja

Episode Description:

It takes a talented person to become a successful spoken word artist. Or an actor. Or a salsa singer. It takes the one and only Flaco Navaja to do it all. In this episode of More Than Rice and Beans, Tania and Miguel chat with the multi-faceted legendary Nuyorican about being featured on the *In the Heights* soundtrack, touring the world with Def Jam Poetry, and more. Plus, you'll hear Flaco's suggestions for all things food, music, and poetry. You don't want to miss this one!

Highlights:

In this episode of More Than Rice and Beans, Tania and Miguel are joined by Flaco Navaja.

- Flaco explains, in simple(ish) terms what exactly he does.
- A look at the infamous Def Jam Poetry series and how it shaped Flaco's future.
- What it's like to write and produce music during an international lockdown.
- How being a Nuyorican has influenced Flaco's creations.
- What it's like to be featured on a Blockbuster movie soundtrack, plus the inside scoop on Lin Manuel Miranda.
- A look at the best food Flaco's ever eaten and how traditional cuisine impacts his artistry.
- And more!

About the guest:

Flaco Navaja was born and raised in the Bronx, New York, by proud Puerto Rican nationalist parents. A singer, actor, and poet, Flaco performs in Spanish and English to crowds worldwide. He was the host of the legendary open mic showcase, "All That! Hip Hop Poetry & Jazz," at the famous Nuyorican Poets' Cafe. He has performed at national and international venues and events. In 2003, he toured internationally with the Tony Award-winning Russell Simmons' Def Poetry Jam and has appeared on four HBO series episodes. Navaja is a member of the Screen Actors Guild, has appeared in several films & television shows, and was recently featured on the soundtrack of the Blockbuster hit *In the Heights*.

Links:

Follow Flaco on Instagram: <https://www.instagram.com/flaconavaja/?hl=en>.

East Willy B (comedic web series) [East WillyB - YouTube](#)

Lemon Anderson [Lemon Andersen performs "Please don't take my Air Jordans" - Bing video](#)

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