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For additional information call or email:

Claudine Arndt, Minnesota Cooks Manager - 612.202.7872 or claudine@mfu.org

Bruce Miller, Minnesota Cooks Director - 651.470.5438 or bruce@mfu.org

Amanda Valencia, Public Affairs Director – 651.288.4063 or amandav@mfu.org

MN COOKS DAY AT THE FAIR IN 2015 MARKS THE 13th ANNUAL MINNESOTA COOKS™ CELEBRATION

On Sunday, August 30, 2015, Minnesota Farmers Union Presents Minnesota Cooks™, a Local Foods Cooking Event at the State Fairgrounds

SAINT PAUL, Minn. – The first Sunday of the fair has been named by the Minnesota State Fair Board as “Minnesota Cooks Day” The Minnesota Cooks™ program (www.minnesotacooks.org) at the Minnesota State Fair is excited to once again bring together local restaurants and chefs with local farmers and consumers for a day of entertaining cooking demonstrations, hot topic discussions, and free samples of farm-fresh cuisine. 2015 marks the thirteenth Minnesota Cooks celebration at the Minnesota State Fair. This year’s line-up includes an entertaining mix of Minnesota Cooks alumni and newcomers to our state’s local foods scene.

The program will begin at 9:00 AM with a culinary demonstration of quick, healthy breakfast options by Kirsten Shabaz of Valley Natural Foods and live Americana music by Vicky Emerson.

Beginning at 10:00 AM, there will be six hourly presentations throughout the day by Minnesota’s premier chefs and cooks. All shows take place on the Minnesota Cooks stage in Carousel Park, just south of the Grandstand.

Minnesota Cooks brings together those who value and support our local food system: farmers, consumers, and chefs. Onstage, these chefs and cooks will create mouthwatering dishes using fresh ingredients supplied by local farmers. As they prepare their creations, emcee and Emmy winner, Mary Lahammer of Twin Cities Public Television, and JD Fratzke of The Strip Club Meat & Fish will engage the chefs and a celebrity taster panel of farmers and local food enthusiasts in meaningful discussions about sustainable food. At the end of each demonstration, the panel, as well as fairgoers, will sample the delicious, farm-fresh fare.

“Local, fresh food is of growing importance to consumers, as is supporting local family farmers. Putting together a program like Minnesota Cooks is an honor,” said Doug Peterson, Minnesota Farmers Union President and creator of Minnesota Cooks. “Through Minnesota Cooks, we get to highlight local restaurants, chefs, and cooks that have the same emphasis on local foods and family farmers as Minnesota Farmers Union. They produce fantastic recipes using quality ingredients from around the state.”

In addition to this year’s selected farmers, the Minnesota Cooks taster panel will also feature local media, political, and arts personalities. Journalists and bloggers are welcome to stop by the Minnesota Cooks event for personal interviews with the hosts, creator, chefs, and farmers.

The beautiful 12-month Minnesota Cooks™ calendar will continue its tradition of debuting at the State Fair. This stunning publication will proudly feature original gorgeous photography, enticing stories about the rich relationships these farmers and chefs share, and stellar recipes. It will be available for the duration of the fair at the Minnesota Farmers Union building at 1635 Dan Patch Avenue. After the fair, calendars can be requested through the Minnesota Cooks website (www.minnesotacooks.org) or through the 2015 participating restaurants and farmers.

Minnesota Cooks is presented by Minnesota Farmers Union with significant support from Minnesota Grown, Farmers Union Insurance Agency, and Farmers Union Industries. For more information about Minnesota Cooks, please visit the website at www.minnesotacooks.org, e-mail info@minnesotacooks.org, or like Minnesota Cooks on Facebook, <http://www.facebook.com/pages/MinnesotaCooks/108643322551336>

Minnesota Farmers Union, Standing for Agriculture, Fighting for Farmers
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