



MEDIA RELEASE

TENNESSEE DEPARTMENT OF AGRICULTURE
MARKET DEVELOPMENT DIVISION

FOR IMMEDIATE RELEASE

June 30, 2011

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**Audio Clip Attached*

SIMPLE, SUPER RECIPES FOR PICK TENNESSEE PRODUCTS' SILVER ANNIVERSARY

NASHVILLE, Tenn. – Pick Tennessee Products is celebrating its 25th anniversary by showcasing a set of 10 simple, but sure to please recipes at upcoming farmers market events. The recipes focus on common fruits and vegetables typically available at Tennessee farmers markets. Recipes include instructions for choosing and storing produce to help even the most inexperienced cooks feel confident about choosing fresh, local produce.

All 10 recipes were developed by Tammy Algood, spokesperson for the Pick Tennessee Products promotion and author of “The Complete Southern Cookbook.” Algood will also be hosting “25 Things to Remember at Your Farmers Market” sessions across Tennessee which is aimed to help shoppers choose produce at its peak of maturity and flavor.

One of Algood’s recipes offered at the events is Fresh Blueberry Sauce. Tennessee blueberries can be found at farms and farmers markets across the state, and are ready to pick now. Algood says that the sauce, though easy to make, has a spectacular flavor and will add a fresh dimension to a number of dishes, including yogurt, ice cream, crepes and pancakes. Visit www.picktnproducts.org and click on “Cook Now” for many more of Algood’s seasonal recipes featuring locally grown and made products.

Pick Tennessee Products began in 1986 as a campaign to identify local food products in retail stores, then expanded to focus on connecting the public directly to Tennessee farmers. Today, visitors to www.picktnproducts.org find statewide directories to farmers markets, seasonal farm product recipes, orchards and pick-your-own farms and retail stores where local products are sold. The site’s home page showcases seasonal farm products and activities from horseback riding and hayrides to Christmas tree farms and winery trails.

For more information about upcoming farmers market tour stops, visit the www.picktnproducts.org and click on the 25th anniversary logo. Be sure to “Like” Pick Tennessee Products at www.facebook.com/PickTnProducts or call 615-837-5160 to receive the most up-to-date information on events and seasonal activities.

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Fresh Blueberry Sauce

Yield: 2 and 1/2 cups of sauce

2 cups fresh blueberries

2/3 cup sugar

1 teaspoon lemon juice

1/2 teaspoon ground cinnamon

In a small saucepan set over high heat, combine the blueberries, sugar, juice, and cinnamon. Cook 10 minutes, stirring occasionally. Transfer to a blender or food processor and puree. Strain and serve warm, at room temperature, or cold.