



Cornell University
Cooperative Extension
Otsego County

NEWS RELEASE

Contact: Dinnie Sloman
(607) 547-2536 x 233
rds28@cornell.edu

For Immediate Release
October 27, 2008

Local Foods Cooking Series Debuts on Public Television

From Farm to Table, a cooking series featuring local foods co-produced by Cornell University Cooperative Extension associations in the Greater Capital District along with WMHT Public Television, premiered October 9 at 7:30 pm. Hosted by nutrition educator Kimberly Sopczyk of Cornell University Cooperative Extension of Warren County, underwriting support came from Hannaford Supermarkets, Eat Smart New York!, SUNY Cobleskill, Upper Hudson Library System, Fit for Life, Leo Cox Beach Philanthropic Foundation and MetLife Foundation. In addition to visiting area farms, farmers markets, and talking to regional agricultural specialists, each episode features Kim preparing three recipes (one with a youth helper) while sharing nutritional, food safety and other tips over the course of the show.

Those involved with *From Farm to Table's* development, production and underwriting gathered for a kick-off party on October 7 to celebrate the culmination of a nearly two-year process in bringing the show to the screen. CUCE staff from Albany, Columbia, Fulton-Montgomery, Greene, Rensselaer, Saratoga, Schenectady, Schoharie, and Washington counties prepared recipes that were featured in nine of the series 13 episodes. CUCE Director Helene Dillard and WMHT and CEO President Robert Altman addressed nearly 200 CUCE and WMHT staff, board members, show participants, funders, and other guests before a 11-minute compilation of show highlights was shown. Both Director Dillard and President Altman talked about the collaborative nature of the partnership between the two organizations and their combined efforts to feature regional foods, recognize local producers, and provide nutritious, healthy and easy-to-prepare recipes to viewers.

The inaugural episode, "Wholesome Whole Grains", featured three delicious recipes using whole grains and a visit to Heather Ridge Farms in Preston Hollow, NY to see how honey is made.

Upcoming episodes and their air dates are:

- "Cooking with Herbs and Spices" – October 16
- "Beans, Beans and More Beans" – October 23
- "Just Desserts" – October 30
- "Harvest Vegetables" – November 6
- "The Wonderful World of Berries" - November 13

- “Sizzling Stir-Fries” – November 20

Each episode is repeated on Saturdays at 2:30 pm. If you are outside the WMHT viewing area, you can view the show online by visiting www.wmht.org. Click on the links to local programming or television programming to watch the most recent episode and get recipe information and other resource information.