

# Old South, Fresh Recipes: How to Grow and Cook Your Way to a Good Life

*Alabama chef Stacy Lyn Harris shows how free-range, sustainable living can be simple and elegant*

## Stacy Lyn's Harvest Cookbook by Stacy Lyn Harris

*"These recipes grabbed me... Stacy Lyn took me back to Sunday Suppers at my Granny's when I was growing up. Whether you're a farmer, a hunter, an avid gardener, or just a lover of really good food, you'll be drawn in by Stacy Lyn's Harvest. She's the real deal!" —Carla Hall, Chef, Co-Host of ABC's "The Chew"*

With nine mouths to feed on a daily basis, Alabama chef Stacy Lyn Harris keeps it simple, but doesn't skimp on elegance. Her seven kids enjoy homegrown food, prepared beautifully and sustainably thanks to a few chickens in the back, a year-round kitchen garden, milk from a dairy farmer just outside of town, and locally-sourced free-range meats.

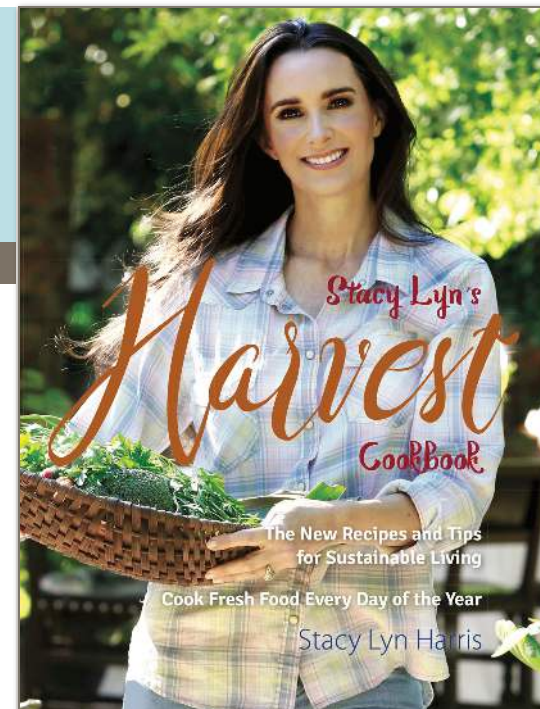
Always served up in Stacy Lyn's rustic-refined style, her dishes are classic Old South, but with a fresh, healthy, beautiful twist. Culled from her family's farmstead near Montgomery, Alabama, *Stacy Lyn's Harvest Cookbook* (March 2017) offers recipes and tips for a simpler, better way of life through growing, harvesting and cooking from nature's bounty.

As founder/editor of GameandGarden.com, Stacy Lyn is known for her elegant approach to outdoor living and natural, free-range cooking. Featuring full-color photos, *Stacy Lyn's Harvest Cookbook* includes more than 100 field- and farm-to-table recipes that meet her three-part criteria: family friendly (easy, with simple ingredients), fresh, and tasty.

There are cherished family recipes, free-range meat dishes derived from her husband's hunting obsession, and lighter takes on decidedly southern classics—all prepared simply, in the freshest way possible. The book covers food from the garden, pasture, woods, and water in four sections:

- "The Garden" features Fried Green Tomatoes, Jalapeño Poppers, Corn Chowder, Fried Squash with Tomatoes and Pesto, and other recipes to make you wish it was summer all year long.
- "Beyond the Garden" delves into beekeeping and raising chickens for an amazing Honey Butter to pour over Cinnamon Pear Buns and your favorite Egg Salad Sandwiches with Refrigerator Pickles.
- "From the Pasture" focuses on free-range, pasture-fed game recipes like Braised Short Ribs, Black-Eyed Pea Gumbo, and Juicy Pork Chops, plus a how-to on sausage-making.
- "Seafood and Fish" includes Stacy Lyn's favorite entertaining recipes, Best Ever Clam Bake and Perfect Fish Tacos.

For city dwellers or anyone who feels Stacy Lyn's way of life is out of reach, 15 "how to" articles sprinkled throughout the book offer steps for cooking and eating sustainably in any setting—including container gardening, saving seeds, preserving, foraging, composting and more.



## BOOK DETAILS

*Stacy Lyn's Harvest Cookbook*

Gray Forest Publishing

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[www.gameandgarden.com](http://www.gameandgarden.com)

[www.stacylynharris.com](http://www.stacylynharris.com)

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## About the Author



Southern chef Stacy Lyn Harris is the bestselling author of three books, founder of the popular Game and Garden blog, and co-host of "The Sporting Chef" on The Sportsman's Channel. Her simple approach to sourcing and preparing delicious meals makes life easier for those who want great fresh food everyday.

An Alabama native, Stacy Lyn was an only child with career-minded parents. She quickly learned the importance of fast, accessible meals, but often felt as if something was missing. Her grandmother's words resonated with her over the years: "Food is more than just something to eat; relationships 'stick' when built around a table of good quality fresh food."

As her family began to grow, she left her career as a lawyer to raise seven children (now ages 7 to 22), a garden full of vegetables and a few happy chickens and bees. Throughout her homesteading journey, she has shared her knowledge on wild game, sustainability, cooking and gardening in three cookbooks: *Tracking the Outdoors In* (2011), *Wild Game: Food for Your Family* (2012), *Recipes & Tips for Sustainable Living* (2013), and her DVD *Gourmet Venison: Tasty Field to Table Recipes* (2013). Her no-nonsense recipes have been featured in *Southern Living*, *Glamour* and *Healthy Living*.

Stacy Lyn's fresh perspective, delivered with Southern Girl-Next-Door Charm, landed her a permanent co-hosting position on "The Sporting Chef" TV show where 2.4 million viewers watch her cook effortlessly and offer easy tips for great meals. Dubbed "A New Breed of Cook" for cooking food that is natural, sustainable and delicious, her recipes are described as "rustic and comfortable, but with a certain elegance perfect for entertaining." She is inspired by ingredients and is passionate about sharing what she has learned to make life easier, more fulfilling, and more joyful for others.

## Praise

"Stacy Lyn and I have a long-standing love of sustainable living and blurring the lines between the indoors and out.. she gives traditional Southern recipes a fresh, modern take with lighter ingredients. My soul is singing with happiness."

—**P. Allen Smith, host of PBS' "P. Allen Smith's Garden to Table," "P.Allen Smith's Garden Home, and Garden Style"**

"With simplicity and style, *Stacy Lyn's Harvest Cookbook* is an exquisite collection of tasty recipes, tips and "how to's" that will inspire you to play in the dirt, seek out nature, and get into the kitchen." —**Dana Popoff, Producer of the "Good Eats & Feasting on..." series with Alton Brown on Food Network**

"Stacy Lyn is the same person off-camera as she is when she is entertaining our viewers with her endearing Southern charm and culinary expertise. Although Stacy's kitchen is decidedly Southern, her recipes appeal to anyone who appreciates great seasonal food that is locally sourced." —**Scott Leysath, bestselling author, host of "The Sporting Chef"**

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Creamy Sweet Potato Soup, page 84



Wild Blueberry Pie, page 138

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