



Contact: Kathy Blake
Lewis & Neale for the
U.S. Highbush Blueberry Council
646-218-6019
kathy@lewis-neale.com

For immediate release

The Blueberry Council Announces Recipe Contest Winners

The U.S. Highbush Blueberry Council (USHBC) challenged the chefs of Flik Independent School Dining (FISD) to create blueberry recipes for breakfast, lunch entrées, and healthy snacks. Of the 135 schools Flik serves, 90 chefs participated and posted their entries on the FISD Blueberry Contest Facebook page.

Two prizes in each category were awarded, as was one grand prize for overall creativity and best use of blueberries. The grand prize of \$600 went to Chef Joe Landa of the Jewish Theological Seminary in New York, NY, for his 'Smoky Pistachio-Blueberry Jerky'.

"When you start working with blueberries, you realize there are so many ways to use them!" says Chef Landa. "My jerky is packed with blueberries and other ingredients that offer long-lasting energy. Adding a spicy smoky element serves to create a multi-level palette pleaser."

Chef Landa's healthy snack recipe incorporates fresh and dried blueberries with applesauce and other naturally sweet ingredients, nuts, seeds and soy-bacon in a combination that's slowly oven-dried.

"We were very impressed with the initiative and inventiveness the Flik school chefs showed in their entries," says Mark Villata, USHBC Executive Director. "They proved yet again that blueberries are extremely versatile and fit well into school menus."

Christian Fischer, Flik Independent School Dining Corporate Executive Chef, was equally enthusiastic about the contest and its results. "We like to give our chefs challenges that allow them to explore the range of an ingredient, while they maintain Flik's standards for serving fresh, healthful, innovative meals. The blueberry contest shows our chefs' creativity and their dedication to excellence."

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First prize winners in each category were awarded \$450; second prize winners received \$350. The winners:

- Breakfast
 - First place to Chef Michael Hemby of the Hopkins School, New Haven, CT, for 'Blueberry Mascarpone Empanaditas'
 - Second place to Chef Anthony George of the Convent of the Sacred Heart, Greenwich, CT, for 'Blueberry Zucchini Bread'
- Lunch Entrée
 - First place to Chef Andrew Mauro of the Middlesex School, Concord, MA, for 'Braised Sweet and Spicy Short Ribs with Blueberry BBQ Glaze'
 - Second place to Chefs Dennis Grobe and Nick Pelletiere of the Ethical Culture School, New York, NY, for 'Glazed Panko Salmon with Grilled Blueberry Polenta and Blueberry-Ginger Chutney'
- Healthy Snack
 - First place to Chef Heidi Videto of the Milton Academy, Milton, MA, for 'Gluten-Free Blueberry Ginger Bars'
 - Second place to Chef Luke Kuchavik of the Dwight Englewood School in Englewood, NJ, for 'Chef Luke's Blueberry Tea Bars'

Flik Independent School Dining, a division of the Charlotte, NC-based Compass Group, provides dining services for 135 private schools nationwide. Their team of food and nutrition experts is dedicated entirely to creating fun, healthful and innovative dining solutions for private and independent school communities. Fresh, healthful food preparation utilizing batch cooking techniques and locally and sustainably-sourced ingredients has always been the cornerstone of the company's operating philosophy. For more information, visit www.FlikISD.com.

The USHBC consists of growers and packers in North and South America who market their blueberries in the United States. The members of the USHBC work together to promote the growth and wellbeing of the entire industry. The blueberry industry is committed to providing blueberries that are grown, harvested, packed and shipped in clean, safe environments. Learn more about blueberries at www.littlebluedynamos.com.

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For more information about Flik Independent School Dining or to schedule interviews with Flik personnel, please contact Rachel Begun at 914-305-1343 or Rachel@rachelbegun.com.

For information about the USHBC or its sponsorship of the Flik Independent School chef recipe contest or for high-resolution photos, please contact Kathy Blake at 646-218-6019 or Kathy@lewis-neale.com.

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Flik Independent School Dining's chef Joe Landa's recipe for 'Smoky Pistachio-Blueberry Jerky' won the grand prize in a contest sponsored by the U.S. Highbush Blueberry Council.