



December 1, 2015

For Immediate Release

Home Economists Launch Best-ever Homegrown Cookbook

What better way to celebrate Canada than with delicious home-cooked food? It connects people to their roots, unites families at the heart of the home and welcomes friends to the table.

From coast to coast, the goodness of Canada shines in *Homegrown: Celebrating the Canadian Foods We Grow, Raise and Produce* – an exciting new cookbook from the Ontario Home Economics Association (OHEA), written by witty, award-winning author and TV personality Mairlyn Smith.

With 160 easy-to-follow recipes triple-tested by Professional Home Economists and students from OHEA, plus helpful tips galore – this book is a winner to give or to receive.

‘Professional Home Economist Mairlyn Smith proves that Canada can be the key ingredient in any meal,’ writes Publisher, Whitecap Books. Shortlisted favourites include Borscht, Herb Stuffed Pork Loin Roast, Turkey Tourtiere, Slow Cooker Beef & Barley Stew, Gluten-Free PEI Potato Lasagna, Festive Fruit & Nut Coleslaw, Caramelized Onion & Cheddar Scones, Pumpkin Muffin-Top Cookies and Blueberry, Pear & Hazelnut Crisp – to name a few.

Tagged to each down-to-earth recipe is a wealth of nutrition information and a carb counter to assist people living with diabetes. Update your knowledge of wholesome food produced in Canada and enjoy the convenience of seasonal menus ready-planned for you!

Explore Canada by travelling the pages of *Homegrown*. Discover foods that are unique to each geographic region.

Look for family and regional favourites in this showcase of Canadian cuisine.

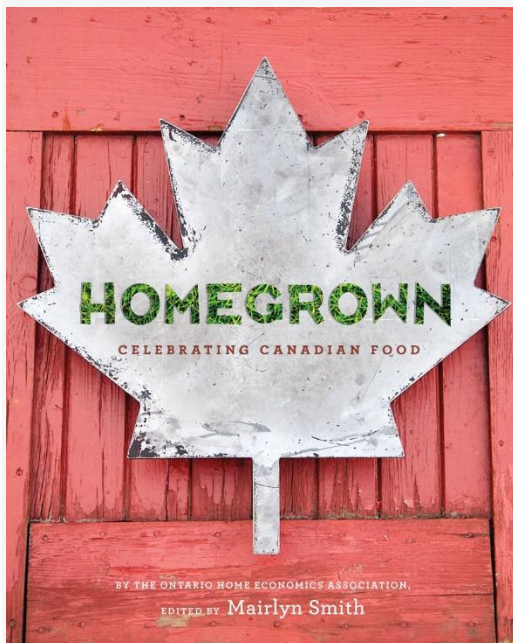
In stores, Dec. 1, 2015, *Homegrown* is an ideal gift for beginners, seasoned cooks and collectors.

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For more information, please contact:

OHEA Public Relations Coordinator, Mary Carver, P.H.Ec. (613) 599-7341 /
mcarver@ohea.on.ca Recipes and photos available upon request.

The Ontario Home Economics Association (OHEA), a self-regulated body of Professional Home Economists, promotes high professional standards among its members so that they may assist families and individuals to achieve and maintain a desirable quality of life. (www.ohea.on.ca)



ISBN 978-1-77050-232-1

Trim Size: 8 x 10

304 pages, with full-colour photos

Rights: World

Available in stores week of: December 1, 2015

The OHEA Homegrown Book Tour to Date

December 3rd and 4th - Vancouver *Breakfast Television* with Mairlyn Smith, P.H.Ec.

December 7th - Calgary *Live Eye*

December 7th - Margaret Dickenson, P.H.Ec. joins host Derick Fage, on Ottawa's Rogers Daytime TV

December 10th - Wendi Hiebert, P.H.Ec., joins Susan Cook-Scheerer, on Waterloo Region Rogers Daytime TV

December 11th - Toronto *Breakfast Television* with Mairlyn

December 12th - Radio interview with Pay Chen

December 16th - Emily Richards, P.H.Ec., on Guelph Rogers Daytime TV