



Virginia Highlands Festival
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High-resolution photos may be downloaded from the
website www.VaHighlandsFestival.org

NEWS RELEASE
FOR IMMEDIATE RELEASE

**“crEATe” THE ART OF DINING
AT THE 71st ANNUAL VIRGINIA HIGHLANDS FESTIVAL
TEN DAYS OF ARTS AND CULTURE
FESTIVAL DATES: July 26 - August 4**

ABINGDON, Va./June 17, 2019/ – The 71st Annual Virginia Highlands Festival presents a full slate of programs to tickle your tastebuds as Culinary Arts & Traditions returns for a second year on the Festival roster.

“Culinary Arts and Traditions is more than a fancy dinner or set of restaurant specials. It is an exploration of our local history and the innovation required to put food on the table; it’s the art of pulling flavors, textures, and colors together to nourish, entertain, and delight; and it is an investment in our sustainable future as we look not only to how we feed ourselves and our community, but to agritourism and other industries that can’t be outsourced from our region.”
Becky Caldwell, Festival executive director.

Below is a complete list of the mouth-watering Culinary Arts events lined up for this year:

- **Heirloom Seed Savers Talk:** For the Aspiring Pioneer! Nothing beats the taste of a juicy, fresh tomato or crisp leafy greens grown with your own two hands. Thanks to the Abingdon Virginia Seed Savers Library, we have access to over 100 varieties of heirloom fruits and vegetables. Learn more about how you can borrow seeds and grow your own food on Sunday, July 28 at 10 AM at the Washington County Fairgrounds.
- **Go Off the Grid at the Goshen Homestead:** Interested in living off the grid? Join us on Tuesday, July 30 at 1 PM for an exclusive inside look at what it’s like to live on a homestead complete with a creamery, cattle ranch, chicken and egg farm and an

organic garden. Host Dwayne McIntyre will guide us through how each part of the Homestead operates. Goshen Homestead is located at 3261 Hayters Gap Rd, Elk Garden, VA.

- **Food Photography Workshop:** Attention all Novice Foodie Photographers! Look out Instagram! Learn how to create fun, drool-worthy photos of your food in an interactive workshop led by professional photographer Reece Hill on Thursday, August 1 from 2-3 PM at Morgan's Restaurant, 190 E. Main Street. Point, shoot, click, and savor your work! Pre-register to reserve your spot at www.vahighlandsfestival.org.
- **“Chopped”-style challenge:** The clock is ticking! Can Chef Charles, Southwest Virginia's food ambassador, complete a dish utilizing every single ingredient in a 'mystery basket' provided by the Abingdon Farmers Market? It's a thrilling race against time, just like the TV show! The excitement starts at 11 AM on Saturday, August 3 at the Abingdon Market Pavilion.
- **Grand Finale Farm-to-Table Dinner:** You can't spell “CREATE” without “EAT”, and this year's Festival welcomes the return of our Festival finale culinary experience. Join us on Sunday, August 4 at 6 PM at Festive Celebrations for an exquisite multi-course dinner made from locally-sourced ingredients and complete with wine and cocktail pairings. Master chefs include Hyacinth Barbara (Morgan's), Steve Gilbert (Morgan's), Bradley Griffin, Joel Jerkins (JJ's/Papa Tom's) and Travis Milton (Taste).

AND MUCH MORE!

For a complete listing of the 250 Festival activities happening from July 26-August 4, including registration requirements, advance ticket purchases, parking and trolley info, and more, visit www.vahighlandsfestival.org or pick up a program guide at Food City locations near you.

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About the Virginia Highlands Festival: Founded in 1948, the Virginia Highlands Festival is an annual, ten-day event devoted to the celebration of Southwest Virginia heritage and rich Appalachian tradition. Held in historic Abingdon, Virginia, in the foothills of the Blue Ridge Mountains, the Festival attracts thousands of visitors each year. The Festival was selected as the “Best Art Event” by the readers of *Virginia Living* magazine in 2019, recognized as a Top 20 Event by the Southeastern Tourism Society and was named as Blue Ridge Country's Best Non-Music Festival in 2018. The 71st Virginia Highlands Festival will run from July 26-August 4 (Antiques Market July 27- August 4) and feature live concerts, a juried arts and crafts show, and an antique market, as well as workshops, lectures and tours. To learn more about the Virginia Highlands Festival and this year's events, please visit <http://www.vahighlandsfestival.org>