

Maine Food & Lifestyle

Connecting People to Local Resources

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HOLIDAY SEASON ISSUE OF MAINE FOOD & LIFESTYLE HITS STANDS

Issue features Maine lobstermen, artists, world-class oysters and seasonal recipes

Rockland, ME – The holiday season issue of *Maine Food & Lifestyle* (www.mainefoodandlifestyle.com) has hit stands, bringing stories and lush photos of Maine lobster, midcoast artists, and oyster farms to readers, as well as several of the magazine's always-popular recipes and tips from the state's talented chefs and cooks.

"In this issue, we examine the many innovative ways that Maine lobstermen are promoting Maine lobster and adding twists to the product during challenging times," noted Merrill Williams, Editor and Publisher of the quarterly magazine. "Maine lobster has always been such a vital, vibrant part of our state's heritage, history and economy. This piece was incredibly interesting for our magazine team to put together. Gathering the thoughts and experiences of a group of such clever, determined Mainers was so compelling. We think the story conveys this dynamic."

Not to be outdone by Maine's "signature crustacean," Maine's world-class oysters also are profiled in *Maine Food & Lifestyle's* holiday season issue. The issue tells readers where to find some of the best oyster varieties, and how some of Maine's best chefs prepare them. "Maine is home to so many world-class oysters with names that have become popular 'boutique' brands," said Williams. "Oyster bars have become increasingly popular, and the number of oyster farms has grown exponentially during the past few years. It's exciting to explore the interest in 'all things oyster,' as well as the growing number of oyster varieties and their different shapes and flavors."

Maine has long been known for its creative, award-winning art and artists. *Maine Food & Lifestyle's* holiday season issue profiles husband-and-wife duo Tim and Susan Van Campen, two talented midcoast Maine artists who are an intriguing study in contrasts. "Susan paints, and Tim works in fibers. He's a 'neatnik,' she's less restrained," Williams said. "What was interesting about this story is learning how they both agree on using plenty of color in their art, their home and garden, and in their food, which they also consider an art form." Susan paints intensely colorful flowers that grow in the couple's garden, while Tim's designs are symmetrical blocks of bold colors that are then digitized and woven in Asia into tapestries using hand-spun yarns.



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– more –

Chef Gallit Sammon of Maine's renowned Harraseeket Inn is featured in the magazine's holiday season issue, as well as recipes from the respected, talented chef. "Chef Gallit is a rising star in the New England culinary world," Williams noted. "Readers are sure to learn much from her notes on the produce, herbs, and edible flowers she uses in her favorite dishes, such as Poached Lobster with Lobster Risotto and Vermouth Butter Sauce."



**Maine Food & Lifestyle Editor
and Publisher Merrill Williams**

Maine Food & Lifestyle has drawn subscribers from every state in the union since its launch in spring 2007, and continues to expand as 2008 draws to a close. Additionally, the magazine's popular "Plating Up" blog (<http://blog.mainefoodandlifestyle.com/>) continues to attract hundreds of visitors every day. Contributors include a wide variety of well-known Mainers and "food personalities," including First Lady Karen Baldacci, Maine artist Barbara Ernst Prey, food historian Sandy Oliver, Chef Clark Frasier from Ogunquit's "Arrows" restaurant, and Chef Michael Salmon from Camden's Hartstone Inn.

"Maine food growers and producers, chefs and historians have such memorable experiences and stories to tell," Williams said. "It's a pleasure to be able to share with readers their unique perspectives and colorful tales with every issue of *Maine Food & Lifestyle*, and our holiday season issue certainly proves no exception."

For downloadable photos and cover images of *Maine Food & Lifestyle*, visit www.frontburnerpr.com/mainefoodandlifestyle.

To schedule an interview with Editor and Publisher Merrill Williams, contact Jen Beltz at Ph: (207) 699-5502 or jen@frontburnerpr.com.

About *Maine Food & Lifestyle*

Launched in May 2007, *Maine Food & Lifestyle* magazine promotes Maine lifestyle and Maine's local food movement with articles which feature the diverse, active players in today's exciting food scene. Published quarterly by Mainely Living, LLC, and filled with the vibrant, lush photography of Creative Director Jim Bazin, each issue brims with engaging stories from acclaimed food writers as well as delicious recipes.

With a growing base of subscribers which extends from Maine to Hawaii, the magazine has struck a chord with fans of all things culinary. Merrill Williams, Editor and Publisher, notes that the quarterly magazine has been picked up by over 800 major markets, bookstores, and drugstore newsstands throughout New England.

For further information or to subscribe, visit www.mainefoodandlifestyle.com.

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