



**For Immediate Release**

## **Celebrate Summer with Free Cook-Along**

**ABBOTSFORD, BC – June 2, 2021** – Summer is just around the corner and it's time to try some tasty new recipes! BC Agriculture in the Classroom Foundation (BCAITC) and We Heart Local BC are hosting a free [cook-along webinar](#) from 5:30pm to 7:00pm on June 21, 2021 that features fresh, fabulous, and fun summertime recipes and ag-education!

Chef Trevor Randle will provide expert online instruction as he guides participants through three delicious, locally grown recipes: B.C. Beef Zesty Lettuce Wraps, B.C. Blueberry Strudel, and B.C. Blueberry "Mojito" Spritzer. B.C. rancher Ricky Seelhof from Woodjam Ranch and a local blueberry farmer will join Chef Randle online to share their own farming experiences. Participants will also have the chance to ask questions and learn about B.C. agriculture. Additionally, webinar participants have a chance to win 1 of 3 prize packages valued at over \$300.

The cook-along is a perfect virtual group event! Classrooms, families, friends, or co-workers can cook these dishes from the comfort of their kitchens and connect online to enjoy the culinary experience together! The cooking class features easy-to-follow directions and a comfortable cooking pace for all skill levels.

"This event is part of our series of Cook-Along BC events which showcase the amazing products that are grown and raised in our province," said Becky Parker, Manager, Community Engagement with BC Agriculture Council. "It's such a fun opportunity to learn about the recipe ingredients right from the farmers and ranchers who produce them".

"We invite students and teachers - and everyone who likes to learn about food and agriculture - to take part in this culinary event," said Pat Tonn, Executive Director, BCAITC. "Sign up now for this fun - and free - educational experience".

"The three recipes that I will be demonstrating spotlight beef and blueberries – some of B.C.s' most flavourful foods," said Chef Randle. "I've taste-tested the recipes – several times – and I can personally guarantee that they are delicious!"

The Cook-Along BC series of events has had an incredible response from participants across the province. Here is some of the participant feedback from previous cook-alongs:

- "These cooking classes are awesome!"
- "... We picked up some new techniques, were interested by the stories of farming in BC and are stuffed from the yummy food! We'll be making that again!!"
- "Another fabulous event. My family had so much fun and the food was delicious! Thank you."
- "Thank you so much for putting these sessions together. This brings so much joy and togetherness within our family."
- "Thank you so much for a great dinner! Looking forward to the next class. Thanks again."
- "Can't wait for the next one. Fun."

This Cook-Along BC event is made possible thanks to the event's Presenting Sponsors, [BC Blueberry Council](#) and [British Columbia Cattlemen's Association](#). Also, special thanks to the additional event prize donors, [BC Chicken Marketing Board](#), [BC Dairy Association](#), [BC Egg](#), and [BC Greenhouse Growers' Association](#).

To register for this free event and find the recipes and menu's shopping/equipment list, please visit <https://www.bcaitc.ca/blog/cook-along-chef-randle-june-21>. Space is limited, so register today!

Share on social media: #CookAlongBC.

**About BCAITC:** *BCAITC is a non-profit, charitable organization that works with educators to bring local agriculture to BC's students. Together with farmers, teachers, and agriculture specialists, we teach students about the story of agriculture and food in BC. To learn more about BCAITC, visit [www.bcaitc.ca](http://www.bcaitc.ca).*

**About We Heart Local BC (WHL):** *We ♥ Local BC is a collaborative initiative undertaken by BC Agriculture Council and its membership. We ♥ Local BC celebrates B.C. agriculture, raises awareness of B.C.'s food system and connects you with local farmers and ranchers. To learn more about We ♥ Local BC, visit [www.weheartlocalbc.ca](http://www.weheartlocalbc.ca).*

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