



‘The Farmer & The Foodie’ visit a community and urban farming organization in Lexington and put vegetables to use in a frittata and fritters

FOR RELEASE: Feb. 3, 2024

On this episode of *The Farmer & The Foodie*, Maggie Keith and Lindsey McClave explore community and urban farming in Lexington, led by Seedleaf, a community gardening and composting organization. They tour two community gardens, dig up sweet potatoes and learn how refugees from Central Africa are growing food from their homeland in Central Kentucky. Back in the kitchen, they use their harvested veggies to make a frittata and fritters.

Recipes on this episode include:

- Roasted veggie frittata
- Sweet potato fritters
- Zhug sauce

The Farmer & The Foodie

KET Saturday, Feb. 3 • 3:30/2:30 pm

KET2 Monday, Feb. 4 • 5:30/4:30 pm

Watch on-demand at [KET.org](https://ket.org) and the PBS App

The Farmer & The Foodie is a KET series that follows hosts Maggie Keith (the farmer) and Lindsey McClave (the foodie) as they explore Kentucky learning about the ingredients that they use to create delicious new recipes every week.

Each episode takes viewers behind-the-scenes with local farmers and food producers to see first-hand how the food is made, and then Maggie and Lindsey take what they’ve learned into the kitchen to create a delicious dish.

Recipes from all the episodes on *The Farmer & The Foodie* are available for download at [KET.org/Farmer&Foodie](https://ket.org/Farmer&Foodie).



The Farmer & The Foodie is funded in part by the KET Endowment for Kentucky Productions. The program is produced by Jared Hamm and Brandon Turner.

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CONTACT:

Elizabeth Greenfield
Director, Marketing and Communications
(859) 258-7749 | egreenfield@ket.org