‘The Farmer & The Foodie’ kicks off new season, exploring food grown on Kentucky farms and crafting delicious dishes with what they’ve learned

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The Farmer & The Foodie – the KET series that explores Kentucky farms to discover local ingredients for delicious dishes and desserts – returns in January with new episodes and a host of new recipes.

Premiering Jan. 4, the new season follows hosts Maggie Keith (the Farmer) and Lindsey McClave (the Foodie) as they travel to Western Kentucky to experience fresh mutton and make their own Burgoo, visit UK’s wheat test field and craft whole wheat ravioli, explore the concept of “food as medicine” and learn to grow vegetables at home, visit Newsom’s Country Ham in Princeton, Ky., where they’ve mastered the art of aging country ham, make a French-inspired croque monsieur, and discover how one innovative Western Kentucky farm raises corn and other grains to meet its customers’ needs.

Each episode takes viewers behind-the-scenes to see firsthand how the food is made before Maggie and Lindsey then take what they’ve learned into the kitchen to create a delicious meal.

The Farmer & The Foodie
KET Saturdays, beginning Jan. 4 • 3:30/2:30 pm
Stream on-demand at KET.org and the PBS app

Find all the recipes from *The Farmer & The Foodie* at 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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