

News Release

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MPB Contact: Lisa Parker Lott  
601-432-6777 I lisa.parker@mpbonline.org

**Young Ocean Springs Author Featured on MPB’s “Fit to Eat”**

Denham turns class project into a published children’s book

**JACKSON, Miss.** –Mississippi Public Broadcasting’s (MPB) healthy cooking show, “Fit to Eat,” will feature a special segment on young Ocean Springs author Arya Tova Denham during its May 1 episode at 7:30 p.m. on MPB TV.

The new segment, “Down on the Farm,” promotes a better understanding of local foods and the individuals and organizations that provide them.

"This season is jam-packed with exciting, informative episodes,” said Key Ivy, executive producer of the cooking show. “’Down on the Farm’ takes viewers around the state to visit local farms, dairies, farmers markets, plus much more.”

During the segment, viewers will meet Arya Tova Denham and her family, who enjoys oyster mushroom hunting as a family activity. Denham, who wrote a story about her family’s hunting adventures for a class project, published the project as a children’s book when she was just nine years old. The book was illustrated by her then-15-year-old sister, Sachika.

The segment looks into the various types of oyster mushrooms found in Mississippi, where and when they can be found, and what types can be cooked and eaten.

On the current season of “Fit to Eat,” Mississippi chef and restaurateur Rob Stinson puts a healthier twist on family-friendly classics like chicken nuggets, blackened redfish and pizza. Mississippi registered dietitian Rebecca Turner gives a more in-depth look at nutritional information such as calories, portion control and more.

Viewers can expect a series of guest co-hosts to join Rob in the kitchen with each episode. Guests such as Grady Champion, Wyatt Waters, and Marshall Ramsey will pop in to tell their story of finding a healthier lifestyle.

“Fit to Eat” airs Thursdays at 7:30 p.m. on MPB TV through May 22. Find out more about the show at mpbonline.org/fittoeat and Facebook.

**Mississippi Public Broadcasting (MPB)** provides relevant instructional and public affairs programming to Mississippians through its statewide television and radio network. MPB enhances the work of educators, students, parents and learners of all ages by providing informative programming and educational resources. MPB’s locally-produced programming focuses on the people, resources and attractions that reflect Mississippi’s unique culture and diverse heritage. Children’s television programs constitute a major portion of the daytime and weekend morning schedules. MPB provides a valuable resource to Mississippians in disseminating information as part of the state’s emergency preparedness and response system. Since 1970, MPB has won over 400 national, regional and statewide awards, including Emmy®, Edward R. Murrow and Parents’ Choice® Awards.

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