



# Swift County Iron Chef

**A friendly, fun competition  
locally grown and raised farm  
Swift County.**

**1st  
Annual  
to showcase  
products in**

*Swift County RDA is partnering with the Swift County HRA to hold the first ever Swift County "Iron Chef" Cook-Off!*

**DATE:** Saturday, August 22

**TIME:** 1:00 p.m. (will last approximately 2 hours)

**LOCATION:** Chuck Brown Building – Swift County Fairgrounds, Appleton, MN

Stop by the Swift County RDA booth for information on promoting the local economy.

*The event will be a takeoff on the Food Channel's popular "Iron Chef" competition. It will pit local "celebrity" chefs against one another in an effort to promote locally grown and raised farm products in Swift County.*

**GUIDELINES:** Each "Iron Chef" will be given an identical cut of beef, pork or poultry and then have the opportunity to select from a bounty of fresh locally-grown vegetables, fruits and herbs to prepare a sweet and a savory dish for competition. The "Iron Chefs" may also enlist the help of up to two assistants to help them prepare their competition entry. The audience will take part in choosing which contestant will be named the **2009 Swift County "Iron Chef."**

### **CONTESTANTS:**

- Swift County Chief Deputy Sheriff, John Holtz or "Chef" Deputy as he'd like to be called
  - Prairie Correctional Facility Warden, Tim Wengler
  - Upper Minnesota Valley Regional Development Commission's Executive Director, Dawn Hegland
- and**
- **YOU!** Entries are limited and will fill fast!  
If interested contact the RDA 320-842-4769.

### **CALLING ALL LOCAL GROWERS**

To showcase your locally grown or raised farm product in the Swift County Iron Chef Competition at the Fair contact the RDA at 320-842-4769.