



October 13, 2017

FOR IMMEDIATE RELEASE

### **EXPLORE FLORIDA CULINARY HISTORY WITH AUTHOR, JOY SHEFFIELD HARRIS**

(Panama City, Fla.) Interested in learning more about the unique culinary history of sweets from the Sunshine State? Joy Sheffield Harris will present on her latest title, *Florida Sweets: Key Lime Pie, Kumquat Cake & Citrus Candy*, at the Bay County Public Library on Friday, October 20th at 2 p.m. Program is free and open to the public.

Sweets and the Sunshine State are a match made in heaven. Centuries ago, native Floridians used honey to sweeten dishes, as well as prickly pears and other wild fruits and berries. Spanish explorers introduced citrus to the area, leading to a major industry. Florida pioneers planted sugar cane and sweet potatoes as basic crops. Cane grinding, taffy pulls and homemade ice cream socials were once beloved community events across the state. The state pie of Florida, the Key lime pie, has been an addition to family affairs and restaurant menus since its inception in the late 1800s. From strawberry festivals to Florida flan, author Joy Sheffield Harris uncovers the state's unique sweets with a taste of sunshine.

Local favorite restaurant, Sweet Magnolia's Deli, is featured in the book and will provide dessert to sample. Program sponsored by the Bay County Public Library Foundation.

The Bay County Public Library is located at 898 W. 11th Street, Panama City, FL 32401. Call 850-522-2100 or visit [www.nwrls.com](http://www.nwrls.com) for more information.

###

Contact:

Sarah Burris, MLIS

Community Relations and Marketing Coordinator

Northwest Regional Library System

Bay County Public Library • 898 W 11<sup>th</sup> St • Panama City, FL 32401

(850) 522-2120 Office • (850) 522-2138 Fax

Email: [sburris@nwrls.com](mailto:sburris@nwrls.com) • Website: [www.nwrls.com](http://www.nwrls.com)

