

NEWS RELEASE
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Celebrate National Catfish Month with Heartland Catfish Company

Heartland Catfish Company celebrates National Catfish Month by announcing the Catfish Culinary Contest winner.

ITTA BENA, Miss. (Aug. 19, 2022) - It's National Catfish Month! Heartland Catfish Company, the nation's leading supplier of fresh and frozen catfish products, is celebrating National Catfish Month by announcing the 2022 Heartland Catfish Culinary Contest winner while celebrating the beloved fish throughout the month of August.

Recognizing the dedication and innovation of the greater U.S. Farm-Raised Catfish industry, President Ronald Reagan declared the month of August as National Catfish Month in 1984. Today, 94 percent of all catfish produced in the United States comes from four Southeastern states—Mississippi, Alabama, Louisiana and Arkansas.

Heartland Catfish recently co-sponsored The Catfish Culinary Contest with our friends at Viking Cooking School and The Catfish Institute. Several submissions were entered and critiqued by our judging panel which included James Beard Award-nominated Chef, Taylor Bowen Ricketts; Kitchen Manager and Head Chef Instructor at Viking Cooking School, Loren Leflore; Miss Catfish, Jillian Roberts and VP of Sales and Marketing at Heartland Catfish Company, Jonathan Mills.

Heartland Catfish is thrilled to announce Lisa Bynum as The Catfish Culinary Contest winner. Also known as The Cooking Bride, Lisa is a dedicated food blogger who showcases traditional Southern recipes and creative spins on old classics. Lisa's recipes have been featured by several publications including Country Living, Delish, Better Homes and Gardens and has been named "13 Southern Food Bloggers You Should be Following" by Southern Kitchen.

Lisa's Mediterranean Catfish Fillets have been prepared by Professional Chef, Loren Leflore of Viking Cooking School. Follow the [link](#) to watch as Chef Loren Leflore walks you through step by step the winning recipe ingredients and preparation. The Catfish Culinary Contest winner receives a supply of Heartland Catfish, along with a Heartland Catfish prize bag.

"Catfish is a healthy, delicious protein that we love to celebrate," said Jonathan Mills, Heartland Catfish VP of Sales and Marketing. "The Heartland Catfish team encourages our customers and all catfish lovers to celebrate National Catfish Month with us and prepare the easy-to-make, family-friendly winning contest recipe."

Whether it is prepared baked, grilled, blackened, as an appetizer or as an entrée, U.S. Farm-Raised Catfish is extremely versatile and also provides an environmentally safe source of protein consumers can trust. For more ways to celebrate National Catfish Month and information, visit Heartland Catfish Company's [website](#).

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About Heartland Catfish

Founded in 1996, Heartland Catfish Company has grown into the country's largest U.S. Farm-Raised Catfish producer and processor and is located in Itta Bena, Miss. Owned by the Tackett Family of Tackett Fish Farms, Heartland Catfish Company is the largest single producer of farm-raised catfish in the United States and sells fresh and frozen catfish products to retailers and restaurants around the country. Follow Heartland Catfish Company on [Facebook](#), [Twitter](#), [LinkedIn](#) and [Instagram](#) and visit heartlandcatfish.com to learn more.

About Viking Cooking School

The Viking Cooking School may be the most enjoyable school on earth - even the homework is fun. From the novice to the experienced cook, more than 5000 students including kids, moms and dads, business professionals, and others come alone, or together with friends, to attend our classes each year. If you love to cook, entertain, or just appreciate the pleasure of great food, the Viking Cooking School is the place to indulge your passions. Visit their [website](#) to learn more.

About The Catfish Institute

The Catfish Institute was started in 1986 to highlight the many reasons why U.S. Farm-Raised Catfish should be on everyone's menu. The result is a deliciously clean and consistent flavor. And you can feel good knowing it's raised with your health and the environment in mind. From the Delta to the Gulf, you'll find countless ways to cook U.S. Farm-Raised Catfish. Our Catfish Trail introduces you to some one-of-a-kind restaurants and people. Visit uscatfish.com for more information.