

NEWS RELEASE – May 12, 2009

"Iowa's Best B&B Muffin" recipe to be given away at the 2009 Orange City Tulip Festival

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The focus at Orange City's Tulip Festival will be on tulips, as always, but this year the event will also feature an Author's Corner where visitors can obtain a free copy of "Iowa's Best B&B Muffin" from the author of the cookbook that will feature the recipe in its next edition.

Orange City's annual Tulip Festival is traditionally held on the third weekend in May (this year May 15-17), offers a three-day extravaganza of traditional Dutch activities, parades, dances and tours, great food, and much more.

Author Amelia Painter will be on-hand this year at the Author's Corner with two of her books, and giving away popular recipes from her cookbook "Discover Iowa: Cooking with Iowa Wines, Meats and Other Iowa Products." She will also be giving away the recipe that recently won the Iowa Bed & Breakfast Innkeepers Association contest for "Iowa's Best B&B Muffin." Painter will attend the public reception on Wednesday, May 13th from 6-7:30pm for the local Orange City residents when the Tulip Festival food stands and carnival first open, and she will also be at the Author's Corner from 10:00am – 1:00pm and 4:00 – 6:00pm on Thursday where she will join other talented writers.

Packed full of oats, pecans and raisins, "Cabin Cove Energy Muffins" are delicious and they deliver great texture and nutrition. Creator Shirley Welden, innkeeper at the Bed & Breakfast of Cabin Cove in Iowa Falls, says her muffins are hearty enough to serve beside your favorite eggs, omelets and frittatas, yet mild enough to accompany fresh fruit and yogurt.

Welden's muffin recipe will be featured in the next edition of Painter's cookbook, along with additional delicious recipes ranging from simple, home-style treats to luxurious gourmet delicacies. All recipes in Painter's cookbook are easy to follow, and the cookbook also includes tidbits about Iowa products as well as Iowa bed and breakfasts.