



S T A C Y l y n H A R R I S



Stacy Lyn Harris is a best selling cookbook author, blogger, tv chef and gardener, speaker, wife, and mother of seven children.

L O T S O F L I V I N G



WEBSITES

stacylynharris.com

STACY LYN HARRIS

The day after I passed the bar exam, I uprooted my professional life to start a new chapter in Birmingham, Alabama. My husband and I had been married exactly 13 months. New city, new job, new life. Scott was accepted to dental school, and I took a few months to set up our home, revel in our successes, and truly enjoy our newborn son. It was a delirious time. We planted gardens. Tended bees. Built a chicken coop.

And practiced new ways to enjoy the endless supply of fresh fish, deer, duck, quail and turkey Scott would bring home from his weekly hunts. I toasted, roasted, drained, boiled, burned, baked and braised more meals than I could count.
And I. Kept. Notes.

I was in love with my life. Everything I needed to sustain my heart, my soul and my brain was right at my fingertips. My analytical side was supercharged as I researched and refined ancient methods for preparing these strange new meats. I pushed myself to invent new ways to master the old ways. I became an expert at learning from my mistakes. My creativity pushed me in wild directions. I explored new ingredients. Developed my own techniques. And with each new discovery, life felt more delicious than I had ever imagined.

Those first few months turned into years. I strayed further and further from the courtroom. Scott and I deepened our faith in each other. In the land. And in God. All our values and dreams, all our talents and skills seemed to click. More babies came. Opportunities grew. And my world blossomed.

It wasn't always easy. But with nine mouths to feed three times a day, plus seven minds to educate right here at home, I didn't have the luxury of stewing over my mistakes. So I did what was instinctual, and cultivated a home filled with art, music, inspiration. Successes. Failures. Creativity. I taught my children how to garden, chop wood, keep bees, tend house. Build forts. Make dreams. Have faith.

Today, three cookbooks and seven children later, I'm still amazed by the possibilities each new day brings. Yes, my fingernails are caked with chicken feed, hot glue and Alabama clay. But my soul is full.

So open your back door, and turn to page 1. *We've got lots of living to do!*



"I'm not satisfied with sitting still. But sometimes life gets in the way. I want to be profoundly connected to beautiful, elegant & timeless traditions that glorify the good of this world. A self-directed life filled with nature, inspiration, happiness, and most of all, love." —Stacy Lyn Harris

STACY LYN HARRIS

Stacy Lyn Harris has made a name for herself in a world becoming increasingly dependent on technology by being naturally self-sufficient and constantly creative: homeschooling her 7 children, raising chickens and bees, hunting wild game, growing and preserving fruits and vegetables, and making all of her family's meals completely from scratch. After years of living sustainably, learning lessons and taking notes along the way, she's dedicated herself to passing on her knowledge of land and home to a growing number of people — both men and women — yearning to do the exact same thing.

FIRST WOMAN TO APPEAR ON THE COVER OF BACKWOODSMEN MAGAZINE:

gameandgarden.com/press/media/backwoodsman-magazine-cover

FEATURED SPEAKER AT COUNTRY LIVING MAGAZINE LIVE EVENT:

gameandgarden.com/stacy/country-living-magazine-demospeaking-event

AUTHOR OF TWO COOKBOOKS:

Happy Healthy Family Tracking the Outdoors In and *Stacy Lyn's Harvest*

Both cookbooks reached #1 on Amazon's list of Best New Releases

Harvest Cookbook sold out on the first day

TV CO-HOST:

Rural Heritage on RFD-TV

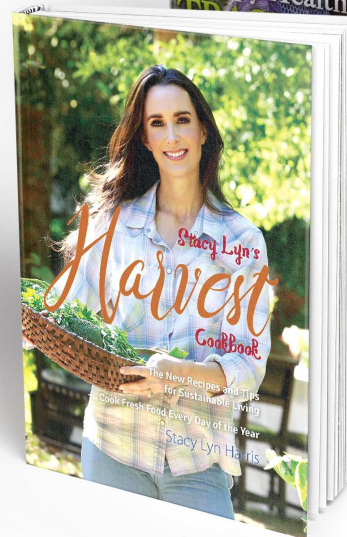
The Sporting Chef on The Sportsman's Channel

HER WRITING CAN BE FOUND IN:

Southern Living, *Glamour*, *Healthy Living*,
First for Women, *Parade*, *Backwoodsman Magazine*, *Art of Manliness*, *Mossy Oak GameKeepers Magazine*, and *The Outpost*

"These recipes grabbed me... Stacy Lyn took me back to Sunday Suppers at my Granny's when I was growing up. Whether you're a farmer, a hunter, an avid gardener, or just a lover of really good food, you'll be drawn in by Stacy Lyn's Harvest. She's the real deal!"

—**Carla Hall**, Chef, Co-Host ABC's *The Chew*,
and Author of *Cooking with Love* and *Carla's Comfort Food*





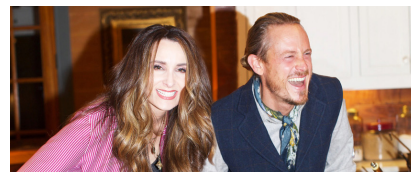
STACY l y n HARRIS

"Stacy Lyn's Harvest Cookbook [is] about straight-forward, simple home cooking with fresh ingredients. If you like to grow your own recipes or hunt your own wild game, this book is for you."

— **Southern Living Editors' Choice**,
Cookbook of the Week

"With simplicity and style, Stacy Lyn's Harvest Cookbook is an exquisite collection of tasty recipes, tips and 'how to's' that will inspire you to play in the dirt, seek out nature, and get into the kitchen."

— **Dana Popoff**, Producer of the
"Good Eats & Feasting on..." series
with Alton Brown on Food Network



"Harvest has heart. The very nature of the book is coordinated around food that has families working together in order to bring them together. For Stacy Lyn, food is much more than sustenance, it is the medium through which familial ties are strengthened."

— **Creek Stewart**, Survival Instructor,
Host of SOS on the Weather Channel

SOCIAL MEDIA

FACEBOOK

JULY 31, 2017 – NOV 6, 2018

- › Average of 78,582 total reach per day
- › Average of 1,535 reactions per day
- › Average of 179 comments per day
- › Average of 289 shares per day

OVER LAST 30 DAYS...

- › 227,049 engagements
- › 12,905 PTAT (People Talking About This)
- › Likes growth of 20.5% (increase of 24,090)
- › 116 interactions per post

141,316 followers as of Nov 6, 2018

TWITTER

OVER THE LAST 28 DAYS...

- › 32,900 impressions
- › Average of 1,200 impressions per day
- › 0.9% engagement rate
- › 35 link clicks
- › 31 retweets
- › 95 likes
- › 10 replies

OCTOBER 2018

- › 75 tweets
- › 32,600 impressions
- › 438 profile visits
- › 50 mentions

2,273 followers as of Nov 6, 2018

INSTAGRAM

OCT 30 – NOV 5, 2018

- › 781 profile visits
- › 108 website clicks
- › 6,439 people reached
- › 25,701 impressions

TOP INSTAGRAM POST OF THE YEAR

- › 5,850 impressions
- › 4,607 people reached
- › 634 engagements
- › **6,241 followers**



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