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Vivian Howard to Sign Books at Lowes Foods in Wilmington

WILMINGTON, N.C. (DECEMBER 2, 2016) – Noted chef, television personality and author Vivian Howard will be at Lowes Foods in Wilmington on Friday, December 9 from 4-6 p.m. Lowes Foods is located at 341 South College Street. While at Lowes Foods, she will sign her *New York Times* best-selling cookbook *Deep Run Roots: Stories and Recipes from My Corner of the South*, for guests at the store's Community Table.

The cost of the event is \$40 and includes a copy of the book. There is a limit on the number of guests that can be accommodated, and past events have sold out quickly. Registration is available online by going to Eventbrite and searching for "Vivian Howard Book Signing." (Link: [Vivian Howard at Lowes Foods.](#)) In addition to the book, Lowes Foods hosts will be sampling recipes they prepared from the book. These will include dishes featuring products made in the Carolinas.

"Vivian is an amazing advocate of Carolina food traditions. Her book is full of heartfelt stories about farmers and food producers, along with delicious recipes you will want to try at home," Lowes Foods' senior vice president brand strategy Heather George said. "We are thrilled to have her as a partner in holding up the food that makes the Carolinas unique."

Born in Deep Run, North Carolina to tobacco and hog farming parents, Howard learned early on to appreciate the ebb and flow of eating with the seasons. In 2006, Howard and her now husband, Ben Knight, opened a farm-to-fork restaurant in Kinston named Chef & the Farmer. She has also produced "A Chef's Life," an award-winning PBS series that celebrates family, work, and food.

Howard was named a James Beard Foundation Award semifinalist for Best Chef Southeast five consecutive times: 2011, 2012, 2013, 2014, and 2015. Chef & the Farmer has been given a AAA Four Diamond Award three times: 2010, 2011, and 2012, a Wine Spectator Award of Excellence in 2009 and was named an OpenTable Top 100 Restaurants in America in 2011. "A Chef's Life" is a 2014 Peabody winner, a 2014 James Beard Foundation Award finalist for Television Program on Location, and a 2015 Daytime Emmy winner for Best Directing of a Lifestyle/Travel/Culinary program. Howard also was nominated in consecutive years for the James Beard Foundation Award for Outstanding Personality/Host and won the second time, in 2016.

About Lowes Foods

Founded in 1954, Lowes Foods employs approximately 9,000 people and operates nearly 100 full-service supermarkets in North Carolina, South Carolina and Virginia. Locally owned and operated, Lowes Foods is truly a homegrown company committed to bringing community back to the table, by providing customers with the freshest and most innovative local products from local suppliers. The company maintains a strong focus on exceptional attention to our guests, with services like Lowes Foods-To-Go

personal shopping and gas rewards discounts. To learn more, visit lowesfoods.com or follow Lowes Foods on Facebook or Twitter. Lowes Foods, LLC is a wholly owned subsidiary of Alex Lee, Inc.

About Alex Lee, Inc.

Founded in 1931, Alex Lee is a family-owned and operated company that employs approximately 10,000 people. It serves as the parent company of Merchants Distributors, LLC, which provides full-service, wholesale distribution to supermarkets. In addition, Alex Lee is the parent company of Lowes Foods, which includes nearly 100 full-service grocery stores in North Carolina, South Carolina and Virginia, as well as Just Save food stores in North Carolina. Alex Lee, Inc. is based in Hickory, NC.

For more information, please visit alexlee.com.

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