

**FOR IMMEDIATE RELEASE**

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**CALLING ALL COOKS! THE FOURTH ANNUAL GREAT CAJUN COOK-OFF & FOOD FEST IS NOW ACCEPTING COMPETITOR AND VENDOR APPLICATIONS**

**All Cajun Amateur Cooks and Restaurants/Chefs Invited**

**Benefiting the New Orleans Area Habitat for Humanity, Habitat for Humanity Central Arizona, New Life Center and St. Mary's Food Bank.**

**Phoenix, AZ—July 1, 2009** – Calling all cooks! The Fourth Annual Great Cajun Cook-Off presented by The Cajun Cactus Foundation is now accepting applications from amateur cooks and restaurants looking to prove that their Cajun/Southern recipes are the best in the west! Sign-up now at [www.greatcajuncookoff.com](http://www.greatcajuncookoff.com) - laissez le bon temps rouler!

The event, sponsored by Freeport-McMoRan Copper and Gold, is scheduled for Sunday, November 1, 2009 from 1:00 p.m. until 4:00 p.m. at the Lath House Pavilion on Heritage Square in Downtown Phoenix. All event proceeds will benefit the Cajun Cactus Foundation's group of selected charities – the New Orleans Area Habitat for Humanity, Habitat for Humanity Central Arizona, New Life Center and St. Mary's Food Bank.

The Great Cajun Cook-Off & Food Fest features an amateur cooking contest ("Cook-Off") and a selection of food vendors and restaurants that will serve samples ("Food Fest"). The Cook-Off features two categories: gumbo and jambalaya. Winners will be judged by both popular vote and a panel of judges.

The Food Fest showcases local restaurants who serve Cajun/Southern fare. From gumbo and jambalaya to BBQ and étouffée, Food Fest vendors are invited to serve samples of their best Cajun and/or Southern-style dishes.

In addition, the event will feature a variety of musical acts, including jazz, blues, zydeco and Southern rock. Additional entertainment for kids is scheduled.

Over 450 people are expected to attend this year's event to help the Cajun Cactus Foundation raise over \$15,000 for the selected charities. More information and announcements on ticket sales will follow.

**To Sign Up:**

Please contact Tandy Vincent at [t2vincent@hotmail.com](mailto:t2vincent@hotmail.com) or call 602-885-0108. You can also visit [www.greatcajuncookoff.com](http://www.greatcajuncookoff.com) and download the online application and rules. Applications are due by September 1, 2009.

**About the Cajun Cactus Foundation**

The Cajun Cactus Foundation was formed in 2008 by a group of Southerners wanting to share Southern hospitality and culture with Arizona, while helping Gulf Coast and Phoenix charities. The Great Cajun Cook-Off & Food Fest is the Foundation's primary fundraising outlet, and is held annually on the first Sunday in November.

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