



34th Sweet Potato Festival Golden, Texas



Come join the fun!

Oct. 20-22, 2016

***Miss Texas Outstanding Teen**

***Potato Auction**

***Pageants**

***Parade**

***Gospel Night**

***Tractor Pull**

***Horseshoe Tourni**

***Baking Contest**

***Photo Contest**

***Mutton Bustin'**

***Petting Zoo**

AND MORE...!

34th Annual Golden Sweet Potato Festival

Schedule of Events: (events and times subject to change)

For festival updates during the week, tune in to KMOO radio, 99.9 FM

Thursday, October 20th

~ Pageants begin at 6 p.m.

Friday, October 21st

~ Mutton Bustin' at 6 p.m.

~ Gospel Night begins at 7 p.m. under the pavilion. Featuring **The Purple Hulls and The Golden Boys!**
Come be blessed by Bluegrass and Southern Gospel singing!

Saturday, October 22nd

~ 5K Run begins at 7:30 a.m.

~ Parade (theme - Texas Our Texas) begins at 10 a.m. - NO 4 WHEELERS, ATV'S OR MOTORCYCLES

~ Live entertainment immediately following the Parade

~ Tractor Pull at 11 a.m.

~ Horseshoe Tournament at 11 a.m.

~ The Reigning 2016 Miss Texas' Outstanding Teen, Heather King, 12:30 p.m.

~ **Sweet Potato Auction at 1 p.m. to 2 p.m.**

~ Pie Eating Contest immediately following the auction

~ Entertainment resumes for the afternoon featuring: **The Hodges Family and The Dueling Pianos**

~ Rest awhile and come back for the

~ Country Western Dance: **The Midnite Drive Band, featuring Les Paul & Joe Ringold** 7 p.m. to 9 p.m.

(We would appreciate a \$5.00 donation per person to help with the cost of this event. Thank you!)

**For Contact Information and Due Dates for Entry Forms
Visit our website: www.goldensweetpotatofestival.org**

Parade Forms:

Olivia Thompson
903-850-4000

Pie Eating Contest & Mutton Bustin':

Grant Sadler
903-638-1128

Horseshoes:

Johnny Hollis
903-780-7697

Baking Contest:

Cindy Monroe
903-474-1486

Photography Contest:

April Lewers
903-497-6578

Pageants:

Patricia Patrick
903-850-5350

Tractor Pull:

Ron Davis
903-569-5249

Entertainment:

Debbie Brown
903-768-2267

Auction:

Mike Humphries
903-850-3031

5K Run:

Julie Cole
903-768-2472 Ext. 1208

ALL Booth Information to include Arts & Crafts Booth:

Cindy Monroe
903-474-1486

For ALL other information, you can contact: Debbie@903-714-1887 or Cindy@903-474-1486

WELCOME EVERYONE

to the 34th Annual Golden Sweet Potato Festival! We are glad you are here to spend time with us this weekend! Our hope is that you will meet with old friends and hopefully, make new friends. And whether you are here to work, volunteer, or participate, expect to take a "stroll" down the Golden streets and enjoy the good food and great festival atmosphere of our family friendly event! Take time to laugh and relax for a weekend!

*Thanks for coming!!
Board of Directors
Golden Sweet Potato
Festival, Inc.*



RECIPE

Sweet Potato Ice Cream Pie

Crust:

1 1/4 C. graham cracker crumbs
3 tbsp. sugar
1/3 C. butter or margarine, melted.

Combine crumbs and sugar; stir in butter, mixing well. Press mixture firmly into a 9" pie plate.

Bake @350 degrees for 8 minutes. Cool before filling with the following:

1C. cooked, mashed sweet potatoes



1 qt. vanilla ice cream, softened
1/2 C. firmly packed brown sugar
1 prepared graham cracker crust
1/2 tsp. ground cinnamon
Whipped cream
1/4 tsp. ground nutmeg
Chopped pecans

Combine potatoes, brown sugar, cinnamon and nutmeg in large mixing bowl stirring until sugar dissolves. Add ice cream; mix thoroughly

Spoon into graham cracker crust; freeze 8 hours. Garnish with whipped cream and chopped pecans. Let stand at room temperature 5 minutes before serving.



GOLDEN HISTORY

In 1890 Golden's population had increased from fifty to one hundred. At this time, Golden supported two saw mills, a shingle mill, cotton gin, three churches, and a school. Originally, the school south of Golden was named the Friendship school, but it later moved into town and became the Golden school. Although it was a farming community, the railroad's tie-cutting industry played a very important role in the economy and prosperity of Golden. In the early to mid 1900's, Golden consisted of the railroad, bank, drugstore, "The Golden Rule" newspaper, pickle factory, dry good/grocery store, shoe shop, hotel, hardware store, school, cotton gin, post office, barber shop, black smith shop, automotive repair shop, gas station, and churches. Many of these businesses disappeared during or shortly after the depression. Golden is a small farming town in East Texas located approximately 80 miles east of Dallas, one mile off U.S. Highway 69 on FM Road 779. Golden's history began in the late 1870's when C. W. Tucker built a saw mill near present-day Golden. When the Missouri, Kansas and Texas Railroad built a line from Greenville to Mineola in 1882, Golden was "born" and was named after a railroad construction engineer named John G. Golden. With the arrival of the railroad, Golden began to flourish and became a small town. In 1885, the post office was founded and Julius C. Lamberton was appointed postmaster. The area was settled as early as the mid-1860s.

Golden was named after one John Golden, a construction engineer for the

MK&T railroad when it built South from Greenville toward Mineola in 1881. This portion of Wood County supplied railroad ties for the MK&T while the timber lasted. By the mid 1880s, Golden had been granted a post office and by 1890 it had a respectable 100 citizens, several businesses and a vineyard - a fairly rare enterprise for East Texas considering the abundance of wild grapes. By the mid 1890s the population was around 300 and just prior to WWI the town reached its population high-water mark of 650. The town got a bank in 1907 and their newspaper was cleverly named "The Golden Rule."

The Great Depression forced the bank to close in 1931. Golden's population declined further and by the mid-1950s, the railroad had abandoned the Greenville - Mineola tracks. The population has remained between 100 - 200 persons from the late 60s until the present.

Golden Sweet Potato Festival is held during the fourth week in October each year, the Sweet Potato Festival in Golden, Texas had its humble beginning in 1982. Monty Montgomery, a local radio station owner, came up with the idea of a community-wide get together once a year to raise money for the repair and upkeep of the Golden Community Center. The festival began with two events -- a cooking contest and an auction of boxes of sweet potatoes grown by local farmers. Two flat-bed trailers were joined together to form a "makeshift" stage for the sweet potato and food auction.

What began as a "community event" and fund raiser has since become a huge celebration- one of the largest events in Wood County, Texas! It's a time for family and class reunions, but most of all, especially for the farmers, it's a time for celebrating the sweet potato harvest. Today, the festival is an arm extended into the community which distributes charitable funds through-out the area to volunteer fire departments, Meals on Wheels, local scholarships, and the Special Kids' Farm and Ranch Day, just to name a few. If you were to visit the festival, you would still see the sweet potato auction, but you would also see and experience more! Who could have predicted what an important role a variety of sweet potato called the Beauregard would become to a little farming town in Texas!

Every year in the spring, something very special happens in Golden, Texas, and that's Special Kids' Farm and Ranch Day. Golden is about an hour from Dallas, Texas. Currently, children from Rains, Wood, and Van Zandt counties meet at the well-known Golden Sweet Potato Festival Pavilion for a day of horse-back rides, petting zoos, horse painting, wagon rides, stick horse barrel racing, clowns, tractors, mechanical bull, a super band, good food, a cup cake walk, and many other fun events! Special Kids Farm and Ranch Day is an event that everyone remembers. Come join us!

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~Tribute to a Gracious Lady~

One of the most memorable things about Thomasene is that she never spoke badly of anyone and no one had anything bad to say about her! She was a sweet, quiet, but inwardly strong lady! No doubt, she would be blushing now if someone were to read this tribute to her, because she wasn't one who wanted to be in the limelight. It has frequently been said that "if you paid her a visit, you always felt better than you did before you came". She had that gift of hospitality and the ability to encourage, lend moral support, and comfort when needed. Those qualities are best remembered by the festival family, experiencing those moments behind the scenes of planning the festival. The success of this event was always important to her, partially because of being part of the farming and ranching community in Golden for about 35 yrs. of the 45 she was married to Max. Her special smile and soft laughter reflected the deeper, inner feelings of love for family, friends, and church family. She leaves a very empty spot in many lives and her presence will especially be missed on the front row seat, which was "her" place at the sweet potato auction, every October. Thanks for sharing your life with us!

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ENTRY FEE: \$5.00 per photo

Photos are due no later than 7:30 on Friday, Oct. 21st

Categories:

Portraits - Human life

Nature - Landscapes, Flower, Outdoors

Abstract - Different, all the same or textures

Still Life - Anything not alive

Digital Manipulation/Creativity

Black & White

For additional information:

Please contact April Lewers

Phone/Text: 903-497-6578

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2016 Golden Sweet Potato Festival Board of Directors

Welcomes ALL our sponsors and would like to wish every one of you a heartfelt THANK YOU! We urge ALL participants, visitors and guests to support these sponsors, without which this publication would not be possible.

We would also like to express our sincere thanks to all buyers and contributors of the auction each year!

Thanks to all the farmers, volunteers and friends who help and encourage us each year!

GSPE, INC. is an all-volunteer organization and operates 100% on a donation basis from year to year. Your contributions not only make this event possible but supports the many projects that are important to this community and to others in need.
!!!THANK YOU!!!

Board of Directors

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Debbie Brown	Tony Pegues
Ron Wilson	Grant Sadler
Mike Roberts	Cindy Monroe

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RECIPE

Sweet Potato Balls

(Prize Winning Recipe)

3-4 medium sweet potatoes
3 tbsp. butter
3/4 C. sugar
Pinch salt
1 tsp. vanilla
1/2 C. crushed pineapple (drained,
pressed dry)
1 C. chopped pecans
1 C. marshmallows (cut in small bits)
Coconut



Cook potatoes, drain and mash well.
Add butter, salt, sugar, and vanilla. Mix
well.
Mix together pineapple, pecans, and marsh-

mallows. Add mixture to potatoes. Mix well
and shape into 1-2 inch balls and roll balls
in coconut. Chill.



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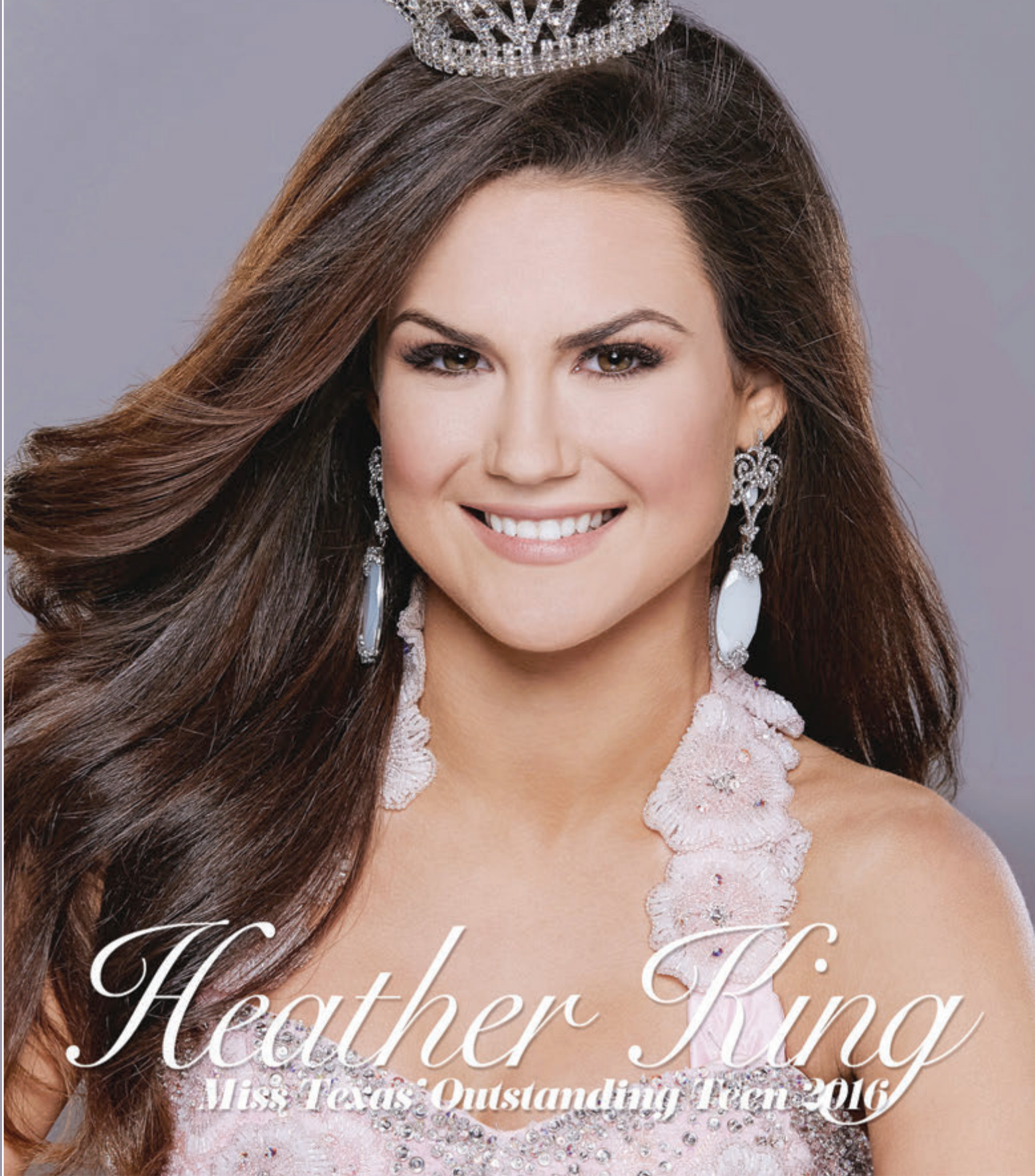
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Heather King
Miss Texas' Outstanding Teen 2016

MISS TEXAS' OUTSTANDING TEEN HEATHER KING

Heather King held the title of Miss Frisco's Outstanding Teen and was awarded Miss Texas' Outstanding Teen on July 1, 2016. From there, she competed for the title of Miss America's Outstanding Teen in Orlando, Florida, placing 7th overall. The final night of competition, she received the Spring of America award, selected by her peers as one who represented a genuine, gracious, and giving heart. Among her response concerning her experiences, she stated, "I am so humbled and grateful that God gave me this once in a lifetime opportunity and I am so excited to represent the great state of Texas and spend the year traveling and making a difference in my home state!" Heather is a senior this fall and is a member of the drill team, theater, choir, and show choir. She is a published writer and creator of a Fashion Blog called Miss Teen Chic ("sheek"), as well as creator of a social media movement called P. O. W., which stands for Power of Words. She believes the words we speak have the power to affect change. She hopes to one day be editor-in-chief of Vogue Magazine and to launch a music career, simultaneously!

Congratulations 2016 Sweet Potato Festival Scholarship Recipients!



Brooke is attending Paris Junior College and will receive her associate's there. Afterwards, she will attend Texas A&M Commerce to major in secondary education mathematics



Jake is the son of Keith and Lori Kindle. He will be attending Texas A&M University where he will double major in biology and entomology. Jake plans on attending medical school after he completes his undergraduate studies.



Caitlin will be attending Stephen F. Austin to become a personal trainer/nutritionist. She will be running track and heptathlete.



Carter will be attending Kilgore Junior College to go through the welding program there.

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SWEET POTATO FACTS

The sweet potato is a tuber or large underground stem of a plant, in the morning glory family. Sweet potatoes are native to Central and South America and grow best in warm climates with little frost, making them ideally suited crops for the American South.

HIGH NUTRITIONAL VALUE

Sweet potatoes are high in calcium, folate, potassium and beta-carotene. Beta-carotene is an antioxidant which converts to Vitamin A in the body: one serving of sweet potatoes can provide you with as much as 700% of the US RDA for Vitamin A. A 7-ounce (1 cup) serving of sweet potatoes contains 65% of the minimum necessary daily amount of Vitamin C. Because they are so nutritionally rich, The Center for Science in the Public Interest rates sweet potatoes as the number one most nutritious vegetable.

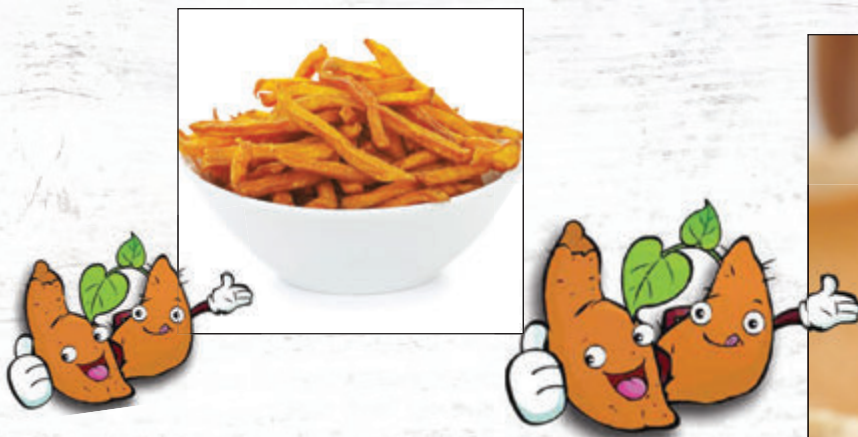
Their high potassium content means sweet potatoes can alleviate muscle cramps which are often related to potassium deficiency. During times of stress, the body uses more potassium, so eating sweet potatoes can help protect you from the negative health effects of tension.

In addition, the sweet potato is a very versatile vegetable. It can be cooked like any other potato. It can be fried, stewed or roasted; used in soups or desserts such as pies, breads, cookies, and cakes. It can be baked into casseroles or simply eaten raw with dip or roasted in the oven and used as chips. Sweet potatoes can be the appetizer, the main dish, the vegetable, AND the dessert!

LOW GLYCEMIC INDEX

Sweet potatoes have a low glycemic index. The glycemic index indicates the impact a food substance has on blood sugar levels. A high glycemic index means blood sugar levels can spike. Diabetics and others who monitor their blood sugar levels seek to avoid foods with a high glycemic index or load. Sweet potatoes have a glycemic load of only 17. (By way of comparison, a white potato has an index of 29.)

To gain the maximum health benefits from eating sweet potatoes, avoid discarding their skins – much of their healing potential resides in this portion of the tubers. Also, following the common dieters' fallacy of avoiding all fats reduces your ability to access sweet potatoes' benefits: beta-carotene absorbs more thoroughly into the body when consumed with a small amount of fat. Recent research seems to indicate that steaming or boiling sweet potatoes rather than roasting them helps preserve their low glycemic index.




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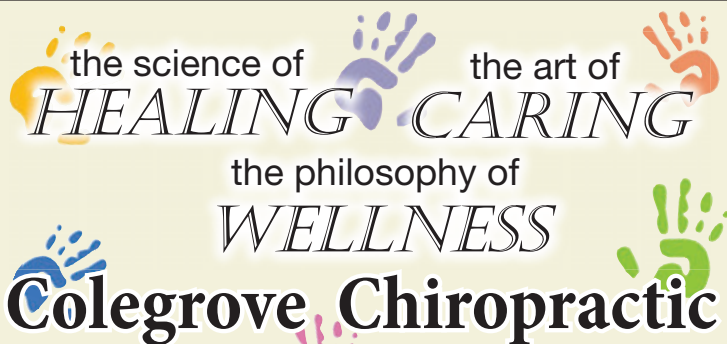
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34th Annual Sweet Potato Bake Off



Saturday, October 22, 2016
Check in time 8:30-9:30 a.m.

Bring entries to the Harold Simmons Community Center kitchen. Prize winning entries may be auctioned Sat. @ 1pm

1st place \$100, 2nd place \$50 & 3rd place \$35
Judging immediately following parade. Results posted @ 1 p.m.

Do you have a prize winning pie, cake, cookies or casserole?

You may be on your way to sweet potato history!

RULES: Each contestant is encouraged to enter only one entry per category, but may enter both categories. All entries should be in or on a disposable container. Entries will not be returned and will become the property of Golden Sweet Potato Festival, Inc. Entries will be judged on the basis of external and internal appearance, taste and salability. All entries must contain and have the flavor of sweet potatoes.

(Please use alcohol-free recipes.) Pie crusts should be homemade and will be judged. There will be two categories:

Adult Pie Division and
Adult Miscellaneous Division

For more information or entry form please visit:
www.goldensweetpotatofestival.org
or contact: Cindy Monroe 903-474-1486



The next Special Kids' Farm and Ranch Day will be May 19, 2017, and will mark its 18th year! Participating schools include Alba-Golden, Quitman, Yantis, Mineola, Grand Saline, Rains, Lone Oak, Quinlan, Fruitvale, Wills Point, Winnsboro, and more...



RECIPE

Sweet Potato Cake

(Prize Winning Recipe)

1 pkg. Pillsbury Plus Yellow Cake Mix

3 eggs

1/3 C. cooking oil

1/2 C. water

1/3 C. firmly packed brown sugar

2 tsp. cinnamon

2 C. shredded sweet potatoes

1/2 C. raisins

1/2 C. chopped nuts

Glaze:

1 C. powdered sugar

1 1/2 oz. cream cheese, softened

2 tbsp. milk

1 tsp vanilla

Preheat oven to 350 degrees. Grease and flour 12 cup fluted tube pan.

In large bowl, blend first six ingredients until moistened. Beat 2 minutes at highest speed. Fold in sweet potatoes, raisins, and nuts. Spoon into prepared pan.

Bake 40-50 minutes; turn onto serving plate. Cool completely.

Blend glaze ingredients in small bowl until smooth. If needed, add a few more drops of milk to make glaze consistency. Spoon over cooled cake.

(Refrigerate any leftovers.)



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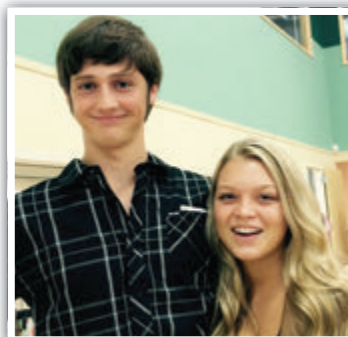
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24 Golden Sweet Potato Festival

Golden Sweet Potato Festival 5K Run/Walk

Hosted by: A-G FCCLA

PRIZES

October 22, 2016

Start Time 7:30 AM

Downtown Golden

Register at the A-G High
School Office or Online
www.agisd.com

Pre-Registration Includes Race
T-Shirt

- \$20 for Adults
- \$20 for Students

Registration after Oct. 7th and
on Race Day

- \$25 for Adults
- \$20 for Students

FCCLA will donate a
portion of the
proceeds to Lilly, an
A-G student fighting
Leukemia.

Contact Julie Cole
903-768-2472 Ext 1208
colej@agisd.org

RECIPE

Golden Yam Rolls

(Prize Winning Recipe)

1 pkg. dry yeast
1/4 C. warm water
1/4 C. butter flavored shortening
1/2 C. milk, scalded
1/4 C. sugar
1 tsp. salt
1/4 to 1/2 tsp. ground nutmeg
1/4 tsp. ground cinnamon
3/4 C. cooked, mashed yams
1 egg, beaten
3 to 3 1/2 C. all purpose flour
1/4 C. butter or margarine

Dissolve yeast in warm water. Let stand 5

min. Combine shortening, milk, sugar, salt, nutmeg, and cinnamon in large mixing bowl. Stir until shortening melts.

Add yams, egg, and yeast mixture, mixing well. Gradually stir in enough flour to make a soft dough.

Turn out dough on a floured surface; knead until smooth and elastic. Place in well greased bowl, turning to grease top. Cover, let rise 1 hour. Punch down. Roll out to 3/4 inch thickness. Cut and place in a greased 13x9x2 pan.

Brush with melted butter, cover and let rise again for 30 minutes.

Bake @ 375 degrees 20 to 25 minutes or until browned.

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