

## MARY QUITMAN HOLMES

Alabama's 2017 Catfish Farmer of the Year is also our industry's first female farmer of the Year - Mary Quitman Holmes. In the early 1980s, Mary Quitman's father, Reid Lawson, started a small catfish farm in Sawyerville. Several years later, Reid purchased property in Perry County, constructed fish ponds, and moved his farming operations. Today, the farm consists of 350 acres of water and produces approximately 2.5 million pounds of catfish per year. Mary Quitman graduated from the University of Alabama with a degree in finance. She returned to Greensboro in 2008 to work for Peoples Bank and to help her father with the farm bookkeeping. She now oversees the farm's daily operations and financial matters. Mary Quitman's family owns an interest in Harvest Select. Her father, along with George Smelley and three others, founded the company in 1991. Lawson Catfish Farm was also one of the founding members of the Alabama Catfish Feedmill. Mary Quitman and her husband, William, have three children, Mary Coleman, Elizabeth and Lawson.

## GLEN FLEMING

Arkansas' 2017 Catfish Farmer of the Year is Glen Fleming. As a child, Glen was fascinated watching catfish churn the water as his grandfather fed them by hand in his three commercial catfish ponds. The 25-acre operation was small compared to the farms of today, but it left a large impression on the small boy. Glen earned a degree in agriculture business from Arkansas State University in 1985. That same year, he went to work for Farm Fresh Catfish Company of Lake Village, managing a 200-acre farm. In 1989, Glen moved back home to Dumas to build and manage a catfish farm for the Dunklin family. In 1997, Glen leased a portion of the Dunklin farm for his own operation. Glen and his wife, Susan, live in Gillett, Arkansas. They have three children, Amber, Anna and Andrew, and a grandson, Kennan.

## CHRIS AND MISSY MCGLAWN

Mississippi's 2017 Catfish Farmer of the Year is our industry's first farming couple, Chris and Missy McGlawn. Chris and Missy are first-generation catfish farmers. In 2006, they started Delta Cat Fisheries in Morgan City, Mississippi. Their farm consists of 160 acres of hybrid catfish, producing around 2 million pounds per year. They are in the process of adding another 160 acres of water that will be in production for the 2018 crop year. Meanwhile, they've managed to have two beautiful children - a hardworking 10-year-old son named Reece, and 9-year-old daughter Anna Rivers, who was recently named 2016 Little Miss Catfish. Chris served as chair of the Mississippi Farm Bureau Aquaculture Board, and is currently vice president of Catfish Farmers of Mississippi as well as a board member of Catfish Farmers of America. He also participates in the CFA Young Farmer Leadership program. Missy has served as the MSFB Women's chair for four consecutive years.

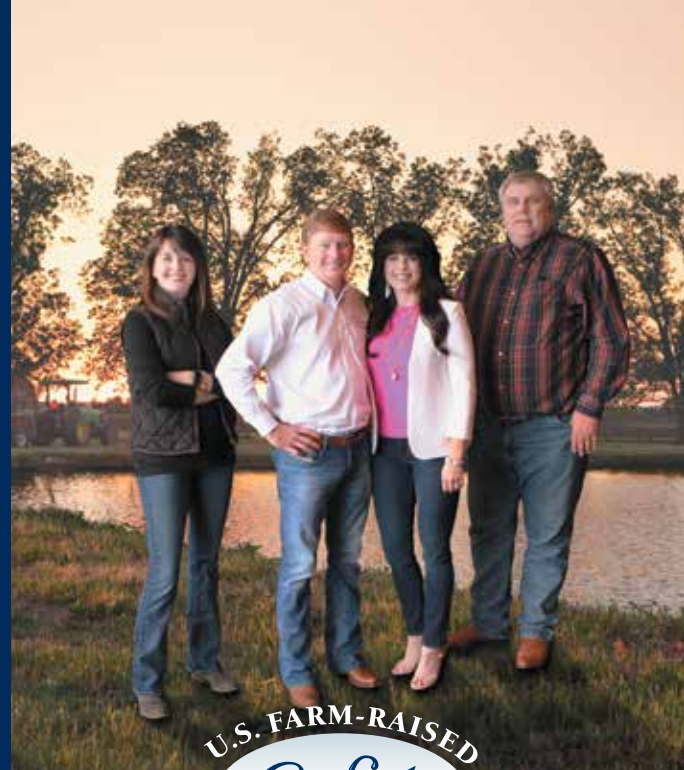
Farmers of the Year are chosen annually from a large field of many deserving catfish producers in the U.S. Farm-Raised Catfish industry. Although it is a difficult task to select just one farmer from each of the top three catfish-producing states, those who are selected embody the spirit of the American farmer. All have made significant contributions to the U.S. Farm-Raised Catfish industry.

Every year, The Catfish Institute (TCI) utilizes these individuals in various advertising campaigns. Each farmer is an important part of promoting U.S. Farm-Raised Catfish and raising public awareness of the quality and benefits of eating U.S. Farm-Raised Catfish. Roger Barlow, president of TCI said, "We want to provide a connection between the farm-raised catfish that people know and love and the hundreds of family farms that dot the Southern United States where these fish are grown. The Catfish Farmers of the Year are the face of the American farmer producing an American product for the American consumer."



## THE CATFISH INSTITUTE

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**MARY  
QUITMAN  
HOLMES**  
2017 Alabama  
Catfish Farmer  
of the Year

**CHRIS AND  
MISSY  
MCGLAWN**  
2017 Mississippi  
Catfish Farming  
Couple of the Year

**GLEN  
FLEMING**  
2017 Arkansas  
Catfish Farmer  
of the Year

## FARMERS OF THE YEAR

*Favorite  
Recipes*

## Broiled Catfish Parmesan

**GLEN FLEMING**



**SERVES 6-8**

6-8 U.S. Farm-Raised Catfish Fillets  
¼ teaspoon dried basil  
¼ teaspoon black pepper  
½ cup Parmesan cheese  
¼ teaspoon onion powder  
¼ cup butter, softened  
¼ teaspoon celery salt  
3 tablespoons mayonnaise  
2 tablespoons fresh lemon juice



**PREHEAT** broiler. **GREASE** broiling pan or line pan with aluminum foil. In a small bowl, **MIX** together all ingredients and set aside. **ARRANGE** fillets in a single layer on prepared pan. **BROIL** fillets for 2 to 3 minutes on each side. **REMOVE** fillets from oven and **COAT** with Parmesan cheese mixture on the top side. **BROIL** for 2 more minutes, or until topping is browned and fish flakes easily with a fork.

## John Grisham Catfish

**CHRIS AND MISSY MCGLAWN**



**SERVES 4**

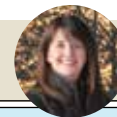
4 U.S. Farm-Raised Catfish Fillets  
2 cups all-purpose flour  
1 ¼ teaspoons salt, divided  
1 teaspoon black pepper  
Olive oil, for frying  
12 large fresh shrimp  
4 tablespoons butter  
½ teaspoon garlic powder  
2 cups whipping cream  
¼ cup chopped green onions, divided  
2 teaspoons lemon juice  
¼ teaspoon red pepper  
Garnish: lemon wedges



**COMBINE** flour, one teaspoon salt, and one teaspoon black pepper in a shallow dish. **DREDGE** fillets in flour mixture. **POUR** oil into a skillet and heat to 360°F. **SAUTÉ** fillets 6 minutes or until golden brown. **PEEL** shrimp and remove veins. **MELT** butter in a saucepan, **ADD** shrimp and garlic powder and cook until shrimp turns pink. **REMOVE** shrimp and set aside. **ADD** whipping cream, two tablespoons green onions, lemon juice, remaining ¼ teaspoon salt and ¼ teaspoon red pepper. **STIR** for 12 to 15 minutes or until mixture thickens. **PLACE** catfish fillets on a serving plate and **TOP** with shrimp and sauce. **SPRINKLE** with remaining green onions and **GARNISH** with lemon wedges, if desired.

## Grilled Catfish

**MARY QUITMAN HOLMES**



**SERVES 8**

8 U.S. Farm-Raised Catfish Fillets  
2 tablespoons Worcestershire sauce  
½ cup vegetable oil  
1 tablespoon garlic, minced  
⅓ cup soy sauce  
1 tablespoon dry mustard  
¼ cup red wine vinegar  
1 ½ teaspoons pepper  
3 tablespoons lemon juice



**COMBINE** all ingredients, except fillets, in a heavy-duty Ziplock bag. **ADD** catfish fillets and **TURN** to coat all sides. Seal and **MARINATE** in the refrigerator for 2 hours, turning occasionally. **SPRAY** the inside of a fish-grilling basket with vegetable oil spray. **REMOVE** fillets from marinade and place inside grilling basket. **GRILL** fillets for approximately 4 minutes on each side.

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