



## *Sometimes life takes an unexpected path...*

FOOD / LIFESTYLE SERIES  
13 X 30 MIN  
5K HIGH DEFINITION

**UPROOTED** follows the adventures of North American mom and food lover, Sarah Sharratt as she navigates her way through her new life in rural France.

Sarah is a vibrant new television personality who is easy to laugh and has a knack for not taking herself too seriously. This formally trained chef is on an unexpected adventure discovering the food-rich areas all around her small cobblestone village.

Each half-hour episode captures the fun and the challenges – from language barriers and hard-to-source ingredients to strange local customs – involved in making a special meal prepared in the kitchen of Sarah's stunning 12th century château.

With help from her new friends like the motorcycle-riding butcher, wisecracking Italian helper and suave French winemaker, Sarah figures out how best to make her meals a reality.

Shot in 5k HD by internationally acclaimed and award-winning cinematographer Andre Dupuis, viewers are as likely to drool over the spectacular setting as they are the delicious meals.

Sarah doesn't know how long she will be in France, but plans to experience as much of the culture, people and food as she can until she is *UpRooted* to somewhere new.



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# UPROOTED

with Sarah Sharratt



SAMPLE EPISODES:

## *Thanksgiving à la Française:*

Vacationing in Europe can be a lot of fun but living there can be challenging, especially when trying to keep some connection to traditional North American customs. Celebrating Thanksgiving in a traditional style is not easy. With the help of her local friends, wine is sourced, a turkey is ordered months in advance and pumpkin puree is brought in by relatives to help create an authentic meal. Sarah adds her own French twist to the menu and collects fresh vegetables from her vibrant local market and even rolls up her sleeves to help make some special cheese for her guests.

**Complete Sample Episode Available!**

## *The Great Pigeon Hunt:*

Eating in the season is easy to do when you live in the countryside. Local produce is easy to find, cheaper than store bought and usually better tasting. But for many locals, eating seasonally also includes what you can hunt. During palombe (pigeon) season in the autumn, the hunt is on... Sarah joins her local butcher and friends on their hunt, but camping out in a cold tree top hut with old French men for hours isn't exactly what she had in mind. Nevertheless, the palombes are caught and it is back to the house to prepare a pigeon dinner. Gutting, feathering and butchering the pigeon will be a first for Sarah so Benoit the butcher is in the kitchen helping. Whether she still has an appetite for eating the pigeon once it makes it to the table is a different story.

## *Seafood Lover's Christmas:*

A big part of living abroad is accepting what you cannot have and embracing what you can. It is with this spirit and in the French tradition that Sarah decides to go with a "fruits de mer" theme for her Christmas dinner. Sarah is up at the crack of dawn to join local fishermen in the Bay of Arcachon on the Atlantic coast to collect some of the best oysters in all of Europe. Watch as Sarah tags along to uncover what makes these oysters so special. The kids will have fun running down the Dune du Pyla (the largest sand dune in Europe) and then it is back to the house for our French inspired Christmas dinner complete with oyster platters, mussels, langoustines, shrimp and lobsters.



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