Young reality TV chefs to compete on LI

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Lauryn Mitchell, 10, left, and sister Kayla, 13, watch Lauryn claim the title of champion on Food Network's "Chopped Junior" on Tuesday, June 5, 2016. Photo Credit: Randee Daddona

It's sister vs. sister at Grown on Long Island's annual Seafood Throwdown in Yaphank on Friday. The two fierce competitors are Lauryn and Kayla Mitchell, both of whom have distinguished themselves on the national culinary stage: Lauryn, 10, won "Chopped Junior" in July; Kayla, 13, competed on "MasterChef Junior" in 2015.

At the contest, scheduled for 11 a.m., the girls will be confronted with a mystery ingredient from the sea and, using local produce and their own wits and skills, will have to prepare a judge-worthy dish.

The Seafood Throwdown is only one of the activities at "Celebrate Grown on Long Island Day" at the Suffolk County Farm in Yaphank. From 10 a.m. to 2 p.m., visitors can purchase produce from local farmers, taste local food and wine, hang out with farm animals, explore a century-old working farm and see the 4-H youth Livestock Showmanship competition. Kid-specific activities include wagon rides ($2) and a scavenger hunt.

The event, sponsored by Cornell Cooperative Extension, Long Island Farm Bureau and New York Sea Grant, is free, but visitors are encouraged to buy produce and donate it to Island Harvest, a food rescue organization.

The Suffolk County Farm is at 350 Yaphank Ave., Yaphank. For more information, call 631-727-3777 or visit celebrategrownonli.com