

LYNCHBURG

is for 

LOCAVORES

COOKING DEMONSTRATION WITH CATER THIS!
ALL RECIPES ARE BY CATER THIS!



Thyme and Mint

Summer Chilled Petite Pork Taco

Filling

1 1/2 pound unseasoned ground or shredded pork

1/4 teaspoon salt

1/8 teaspoon freshly ground black pepper

2 teaspoons olive oil

1/2 Tablespoon fresh thyme chopped

1/2 cup chopped heirloom tomatoes

3 tablespoons chopped cilantro

2 1/2 tablespoons fresh lime juice

8 (6-inch) flour tortillas

2 oz Shredded Lettuce

2 oz of shredded cheddar or Monterey Jack cheese

Heat a large nonstick skillet over medium-high heat.

Sprinkle pork with salt, thyme and black pepper.

Add oil to pan. Add pork, and brown 4 minutes or until cooked through; Add lime juice and simmer an additional 2 minutes. Remove pork from pan; place in refrigeration for 4 hours (overnight is best).

While pork is being thoroughly cooled, dice heirloom tomato and cilantro and begin making Avocado Ranch Sauce:

1 ounce dry ranch dressing mix

16 ounce sour cream

1 avocado peeled, pitted and mashed

Juice of 1 lime

2 tablespoons minced cilantro

1 teaspoon of black pepper

Mix together ranch dressing and sour cream. Add avocado, lime juice and zest, cilantro and black pepper. Chill 30 minutes. Serve as a dip or thin with milk to use as a dressing.

Assembly

Flour tortilla > 3 ounces of seasoned, cooked & chilled pork

1/2 ounce shredded lettuce

Top with heirloom tomato, shredded cheese and avocado ranch sauce

MORE RECIPES ON THE BACK! 

Cucumber Mint Water

Cucumber, sliced
Mint of choice

Put desired amounts of cucumber and mint in glass. Add ice and water. Mix and enjoy!

Summer Salad

Serves 6

1.5 lbs spring mix lettuce
1/2 cup feta
1 cup blueberries
Balsamic Fruit Dressing (from the Press inside the market) - to taste

Toss lettuce, feta, and blueberries together.
Add dressing to taste.

ENJOY AND COME BACK NEXT WEEK FOR MORE RECIPES AND NEW WAYS
TO PREPARE OUR SPOTLIGHTED PRODUCE ITEM: ZUCCHINI!



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