

LYNCHBURG

is for

LOCAVORES

COOKING DEMONSTRATION WITH IVY TAYLOR

ALL RECIPES ARE BY IVY TAYLOR



Summer Slaw

2 Small Heads Of Green Cabbage, Diced Finely
1 Large Garden Tomato, Diced
OR 1 Pint Of Grape Tomatoes, Quartered
1 Medium Cucumber, Peeled, Seeded And Diced
6 Scallions, Thinly Sliced
1/2 Cup Sour Cream
1 Cup Mayonnaise
1 Tbs Lemon Juice
2 Tbs Honey
4 Tbs Sugar
Salt And Pepper To Taste

Combine mayonnaise, sour cream, lemon juice, honey and sugar with a whisk in a large bowl. Add cabbage, tomatoes, cucumbers, scallions, salt and pepper in with the summer slaw dressing and toss to coat.

MORE RECIPES ON BACK!



ENJOY AND COME BACK NEXT WEEK FOR MORE RECIPES!

FEATURED CHEF ELDON BLOSSER FOR *Favored Flavors*.



Creamy Blueberry Dressing

1/2 Cup Sour Cream OR Yogurt
1/2 Cup Fresh Blueberries
1/2 Cup Vegetable Oil
1/4 Cup Honey
1/4 Cup Red Wine Vinegar
1/2 Small Shallot, Minced
1 Tbs Fresh Lemon Juice

Place all ingredients in a food processor or blender and pulse until dressing is smooth and all ingredients are combined thoroughly. This dressing can be served over a fresh salad made from your locally grown fruits and vegetables.

Sweet Potato Bread

1 Cup Butter, Softened
2 Cups Brown Sugar
4 Eggs
3 Cups Cooked, Mashed, Sweet Potatoes
2 Cups Grated Zucchini
2 Tsp Vanilla Extract
3 Cups All-purpose Flour
2 Tsp Baking Powder
1 Tsp Baking Soda
1 Tsp Cinnamon
1/2 Tsp All-spice
1/2 Tsp Salt

Cream butter and brown sugar together in a large mixing bowl. Add eggs one at a time, beating well after each addition. Add sweet potatoes, zucchini and vanilla extract. Sift together flour with the next five dry ingredients and gradually add to the sweet potato mixture. Beat well and pour batter into a well-greased and floured tube bundt pan. Bake at 350 degrees for 1 hour and 15 minutes or until it tests done with a toothpick. Allow to cool in pan for 15 minutes, remove from pan, and let cool completely.

Peaches and Cream Pie

Pastry For A 9" Single Crust Pie
3/4 Cup Brown Sugar
1/2 Cup All-Purpose Flour
1 Tsp Ground Cinnamon
2 Cups Sliced Fresh Peaches
(Approx. 4 Medium Peaches), Peeled
2 Cups Sliced Fresh Plums
(Approx. 6 Small Plums), Peeled
1 Cup Heavy Whipping Cream

Preheat oven to 350 degrees. Line a 9" pie pan with the crust and crimp edges. Set aside. Combine the sugar, flour and cinnamon in a large bowl, whisking to combine well. Add the sliced peaches and plums and toss to coat them evenly with the sugar mixture. Scoop the peaches and juices into the pie crust and spread them out evenly. Pour the cream over the peaches and then move the peaches and plums about so the cream covers them evenly. Place the pie on the bottom shelf of the oven. Bake until the fruit is tender and cream has made a soft custard around them, 35 to 45 minutes. Place the pie on a cooling rack to cool. Top with whipped cream or home-made ice cream.