

# LYNCHBURG

is for

# LOCAVORES



COOKING DEMONSTRATION WITH WILLIE PAYNE  
ALL RECIPES ARE BY WILLIE PAYNE

## Apple Vinegar Marinade Veggies

2 Onions  
2 Tomatoes  
2 Cucumbers  
½ Cup Apple Cider Vinegar  
Sugar  
Salt & Pepper, To Taste

Dice all of the vegetables. Add a pinch of sugar, salt and pepper.  
Pour in half a cup of vinegar. Chill for one hour or more and serve.

## Ground Pork Canapes

1 Lb Ground Pork  
3 Tbs Butter  
1 Small Pepper  
1 Small Onion  
1 Tsp Garlic  
½ Cup Cheddar Cheese  
Salt & Pepper, To Taste  
French Baguette

Slice baguette and sprinkle with cheddar cheese. Bake on a low temperature until cheese melts and bread is slightly toasted.  
Brown pork. Melt butter and sauté peppers, onions, and garlic. Mix together and serve on sliced baguette.

MORE RECIPES ON BACK! 

# Honey Cinnamon Fruit Salad

1/2 Medium Watermelon  
1 Cup Cantaloupe  
1 Cup Kiwi  
4 Tbs Pineapple Juice  
3 Tbs Local Honey  
1 Tbs Ground Cinnamon

Cut all fruit to desired size and mix in large bowl. Add honey, cinnamon, and pineapple juice. Mix, chill for one hour, and serve.

ENJOY AND COME BACK NEXT WEEK FOR MORE RECIPES  
WITH FEATURED CHEF IVY TAYLOR!

