

LYNCHBURG

is for 

LOCAVORES

COOKING DEMONSTRATION WITH
Brenda Peregoj of Crooked Creek



Creamy Dill Dip

1 (8 ounce) package cream cheese, at room temperature
1 cup sour cream
2 tablespoons green onions, finely chopped
1/2 teaspoon salt

2 tablespoons chopped fresh dill weed
1/2 teaspoon minced garlic (optional)
2 tablespoons milk (optional)

If you do not have fresh dill, use 1/3 the amount of dried dill.

In a medium bowl, blend cream cheese and sour cream with an electric mixer until smooth. Mix in green onions, salt, dill and garlic. Refrigerate for at least 30 minutes to blend flavors. If the dip is too thick after chilling, stir in milk 1 tablespoon at a time until you reach your desired consistency.

Serve with fresh vegetables, crackers, or atop freshly grilled fish.

MORE RECIPES ON BACK!

Enjoy and come back next week for another

LOCAVORE DEMO



Strawberry Salsa

1 pint strawberries, hulled and finely diced
1 jalapeno, stem and seeds removed, finely diced
half of a small red onion, peeled and finely diced
(about 1/2 cup)
2/3 cup finely-chopped fresh cilantro, loosely-
packed
juice of 1 lime, about 2 tablespoons
salt and pepper to taste

Toss all ingredients together until combined. Season with extra salt and pepper, if needed.

Lynchburg Community Market

WE GOT THE

Free for Adults & Children!



The We Got the Beet campaign, a collaborative effort between the City of Lynchburg, Central Virginia Health District of Virginia Department of Health and Virginia Cooperative Extension, will occur every **Wednesday and Saturday, 10-12pm from June to August**. Educational programming will be offered to both children and adults to include cooking demonstrations with tastings, recipes, and meal-starter kits.

Join the Beet as we move, shake, and **EVEN BAKE** our way to wellness! Youth programming will include movement, craft activities, and cooking demonstrations in order to engage a variety of learners. After each cooking demonstration, kids who have attended for three consecutive programs will be given a “Beet Box” that contains produce and recipes from that day’s lesson. Attend weekly to build your knowledge of a healthy lifestyle and celebrate your success at Graduation.

Learn more by visiting

www.LynchburgCommunityMarket.com/WeGotTheBeet