

LYNCHBURG

is for 

LOCAVORES

COOKING DEMONSTRATION WITH STEPHANIE FEES

ALL RECIPES ARE BY STEPHANIE FEES



Berries and Cherries

The Greatest, Healthiest Summer Salad

This 'recipe' is hugely adaptable to whatever is at the market. I like to use zucchini noodles as a base because they're widely available throughout the summer, but carrots work great, too!

The Salad

3 zucchini, cut into noodles (using a spiral cutter or julienne peeler)
1 pint blackberries
2 peaches, sliced
½ red onion, sliced very thinly and rinsed with cold water
1 pint cherry tomatoes, halved
Toasted sunflower seeds (optional)

The Dressing

Use any sweet vinaigrette you might have in the fridge, but this raspberry one is especially delicious.

¼ c. raspberries
2 tbsp. lemon juice
2 tbsp. red wine vinegar
1 tsp. sugar
6 tbsp. olive oil
salt and pepper

Crush raspberries with a fork, then combine with other ingredients. Strain if you don't like the seeds.

Compose the salad, then pour vinaigrette over for serving.

The salad can be made up to one day ahead without dressing.

MORE RECIPES ON THE BACK! 

Easy Berry Breakfast Smoothie

3 cups fresh blueberries or blackberries
1 cup chopped spinach or kale
2 cups vanilla almond milk
½ cup greek yogurt
½ frozen banana
Chia seeds (optional)

Blend all ingredients together and top with chia seeds for extra protein!

'Old-Fashioned' Cherry & Rye Galette

Crust:

2/3 c. Rye Flour
1.5 c. All-purpose flour
1/2 tsp. salt
1 cup butter, chilled, and cut in cubes
1/3 cup cold water

Filling:

4 cups red cherries, pitted
1 cup sugar
¼ cup flour
1 tsp. Angostura bitters (any brand of bitters is fine), optional
zest of one orange, optional
(if omitting bitters, add ½ tsp. of ground cinnamon)

Crust:

Combine flours, salt, and chilled butter in a food processor fitted with a blade, and pulse four times. Add water slowly, pulsing with each addition until the dough forms a loose ball. Empty from food processor onto parchment paper with flour, then roll out into a rough circle.

Filling:

Shake all ingredients together in a plastic bag (old grocery bags work great).
Pour out cherry mixture into the center of the rolled out crust, then fold the sides to hold in the cherry filling – if it seems really full, that's ok! The cherries will cook down. Bake at 425 for 25 minutes, then lower oven to 350 and bake for an additional 20-25 minutes. Cool, slice, and serve with vanilla ice cream.

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TO PREPARE OUR SPOTLIGHTED PRODUCE ITEM: TOMATOES!



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