

LYNCHBURG

is for

LOCAVORES

COOKING DEMONSTRATION WITH

Brenda Peregoj of Crooked Creek



Fruit Pizza

1/2 cup butter, softened
3/4 cup white sugar
1 egg
1 1/4 cups all-purpose flour
1 teaspoon cream of tartar

1/2 teaspoon baking soda
1/4 teaspoon salt
1 (8 ounce) package cream cheese
1/2 cup white sugar
2 teaspoons vanilla extract

Your favorite fruit!

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl, cream together the butter and 3/4 cup sugar until smooth. Mix in egg. combine the flour, cream of tartar, baking soda and salt; stir into the creamed mixture until just blended. Press dough into an ungreased pizza pan.

Bake in preheated oven for 8 to 10 minutes, or until lightly browned. Cool.

In a large bowl, beat cream cheese with 1/2 cup sugar and vanilla until light. Spread on cooled crust.

Arrange desired fruit on top of filling, and chill.

MORE RECIPES ON BACK!

Enjoy and come back next week for another

LOCAVORE DEMO



Cucumber Salad

2 large cucumbers - peeled and sliced
1 tablespoon dill
1 cup mayonnaise
1 tsp apple cider vinegar
1 tsp salt
1/4 tsp pepper

In a large bowl, coat cucumber slices with vinegar and salt. Let it sit for 20 minutes.
Drain cucumber slices in a colander for 20 minutes. Dry the slices with a paper towel.
Mix dill, mayo, salt and pepper in a bowl. Add cucumber slices and mix well. Keep cold until served.

Triple Threat Fruit Smoothie

1 kiwi, sliced
1 banana, peeled and chopped
1/2 cup blueberries
1 cup strawberries
1 cup ice cubes
1/2 cup orange juice
1 (8 ounce) container peach yogurt

In a blender, blend the kiwi, banana, blueberries, strawberries, ice, orange juice, and yogurt until smooth.

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