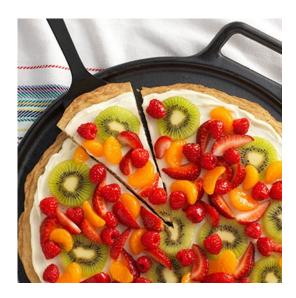
# LYNCHBURG Solvent Solvent Solvent Strends Str



# Fruit Pizza

1/2 cup butter, softened 3/4 cup white sugar

1 egg

11/4 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.



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