

LYNCHBURG

is for

LOCAVORES

COOKING DEMONSTRATION WITH
Ivy Taylor of Forest Kroger



Strawberry Coulis

1 cup frozen sweetened strawberries
1 cup fresh unsweetened strawberries
¼ cup organic sugar
2 tablespoons lemon juice

In a medium saucepan, combine the strawberries, sugar, and lemon juice. Bring to a boil over medium-high heat.

Transfer to a blender. Puree until smooth, strain, and set aside.

Store in a sealed container in the refrigerator for up to 1 week. Serve over pound cake or use as a topping for your favorite ice cream.

Strawberry Vinaigrette

1 cup sliced fresh strawberries
½ cup orange juice
2 tablespoons raspberry vinegar
2 tablespoons olive oil
3 tablespoons honey
¼ teaspoon salt

In a blender, combine the six ingredients. Cover and process until pureed. Refrigerate until ready to serve.

Toss with your favorite local fruits and vegetables to make a delicious salad. We recommend a blend of kale, carrots, tomatoes, dried cranberries, edamame, blueberries, red onion, napa cabbage, sunflower kernels, candied nuts.

MORE RECIPES ON BACK!

Enjoy and come back next week for another

LOCAVORE DEMO



Vegetable Pasta Salad

1 pound box tri-colored pasta
1 pound asparagus, blanched and chopped
2 cups bell pepper (green or red), chopped
2 cups diced yellow and red tomatoes
1 cup diced red onion
1/2 lb cubed provolone cheese (optional)
1/2 lb sliced pepperoni
1/2 cup sliced black olives

DRESSING

3/4 cup extra virgin olive oil
3/4 cup red wine vinegar
1/4 cup sugar
1 tablespoon oregano
1 teaspoon salt
1/2 teaspoon pepper

Mix together dressing first in a blender until thoroughly combined. Set aside until sugar is dissolved completely.

In a large saucepan, boil water and submerge asparagus, cooking 3-4 minutes until tender but still slightly crisp. Remove from heat and submerge in cold water to stop the cooking process.

Cook pasta according to box directions and rinse under cold water until cool. Prepare the vegetables by chopping and dicing where necessary. Slice the sliced pepperoni circles in half and separate slices. Mix together with pasta and chopped items, except the provolone cheese. Pour dressing over it all and mix well.

Chill completely and add provolone cheese to salad before serving, otherwise it gets soggy. You may have to add extra red wine vinegar or olive oil to get it to the desired consistency.

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