

LYNCHBURG

is for

LOCAVORES

COOKING DEMONSTRATION WITH

Ivy Taylor of Forest Kroger



Tomato Squash Cobbler with Cheddar Chive Biscuits

4 tablespoons butter, divided
1 large onion, sliced
2 cloves garlic, minced
2 medium zucchini, sliced
2 medium yellow squash, sliced
1 pint cherry tomatoes
1 tablespoon each of fresh thyme and fresh oregano, chopped
Salt and pepper to taste
¼ cup flour

2 cups flour
1 teaspoon salt
1 teaspoon baking powder
1 teaspoon sugar
1 ½ cup shredded sharp cheddar, divided
2 tablespoons chopped chives
1 ¼ cups heavy cream

Preheat oven to 400 degrees.

Melt 2 tablespoons of butter in a large frying pan and cook onion, stirring regularly, until soft and beginning to brown, about 15 minutes. Add the squash and garlic and continue to cook until squash is softened. Add tomatoes and herbs. Season with salt and pepper. Toss with ¼ cup flour and place in a greased two-quart baking dish. Set aside.

Stir together 2 cups of flour, salt, sugar, baking powder, 1 cup of cheddar and chives. Add the cream and mix until blended and it forms a soft dough. Drop by the spoonful over the vegetable mixture. Brush the tops of the biscuits with the remaining 2 tablespoons of melted butter and sprinkle with additional cheddar.

Bake for 25 minutes until biscuits are browned and vegetables are bubbly.

MORE RECIPES ON BACK!

Enjoy and come back next week for another **LOCAVORE DEMO**

Carrot and Zucchini Cupcakes

2 cups all purpose flour
2 teaspoons baking soda
1 teaspoon salt
2 teaspoons ground cinnamon
2 cups sugar
1 ¼ cups canola oil
4 large eggs
1 ½ cups shredded zucchini
1 ½ cups grated peeled carrots
1 ¼ cups chopped toasted walnuts

Preheat oven to 350 degrees. Line muffin pans with baking cups.

Whisk flour, baking soda, salt and cinnamon in a medium bowl to blend. Whisk oil and sugar in a large bowl until blended. Whisk in eggs 1 at a time. Add flour mixture and stir until blended. Stir in carrots, zucchini and walnuts. Mix until thoroughly combined.

Using an ice cream scoop, place mixture into lined muffin cups and bake for 12 to 15 minutes or until toothpick inserted in center comes out clean.

Top with your favorite cream cheese icing.

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