

WHAT'S IN MY BAG?

ASPARAGUS

Lyon Farms, Creedmoor, NC

From our friends in North Carolina, where asparagus season starts a few weeks ahead of the season in Virginia. The bottom 1-2 inches of the stalks can be very hard, as this part grows closest to the ground and needs to be strong to support the stalk. Snap or cut off this part before cooking. Try roasting them in the oven. Heat your oven to 425 degrees, put the asparagus on a sheet lined with foil, drizzle with oil, salt, and pepper, and roast for 10-15 minutes.

ORANGE CARROTS

Van Dessel Farms, Accomack County, VA

Peel and slice them for a quick snack on their own, or dip them into dressing or hummus. Or, try them roasted in the oven: heat oven to 425 degrees, drizzle with oil, and roast for 20 minutes, or until tender.

SALAD MIX

Schuyler Greens Farm, Albemarle County, VA

This salad mix is grown inside, in a heated greenhouse, and is grown in water rather than soil. This method is called hydroponic, and allows the item to be grown year round. Try a hearty salad with chopped carrots, roasted beets, and maybe a hardboiled egg!

RAINBOW SWISS CHARD

Goldman Farm, Charlotte County, VA

Aren't the colors of the stalks beautiful?! See the back of this sheet for a quick recipe.

RED BEETS

Van Dessel Farms, Accomack County, VA

Beets grow in the ground, below the surface, and are likely to still have some soil on them. Be sure to wash them well! Try them roasted in the oven. See the back for a recipe!

CAGE-FREE FARM EGGS

Shepherds Hill Farm, Greene County, VA

Did you know some breeds of chickens lay brown eggs, and some breeds lay white eggs? You may have brown or white eggs in your bag today. They are all grown on the same farm and are equally tasty and delicious.

STAYMAN APPLES

Silver Creek Orchard, Nelson County, VA



Welcome to Local Food Hub's Fresh Farmacy: Fruit and Veggie COVID-19 response program. We know these are hard and uncertain times. Now more than ever, our community needs access to fresh, healthy food. At the same time, local farmers are struggling to find new ways to sell their food, as many businesses where they sold their food have closed.

Local Food Hub provides this program for free, while buying food from partner farms at full price. Your participation supports local farmers. Thank you!

RECIPIES

Swiss Chard

Wash well. Starting at the stem and working upwards, cut the stems and leaves into bite size pieces. Heat a large pan over medium heat and add oil. Add the chard and season with just about anything – salt and pepper, red pepper flakes, garlic, lemon juice, vinegar, etc. Toss the chard often in the pan until it becomes wilted and the stems are soft, about 4-6 minutes total.

Roasted Beets

Wash beets well and scrub away any soil. Heat oven to 400 degrees. Cut large beets into smaller chunks – the smaller the chunks, the more quickly they will cook. Put beets in an oven safe dish and add enough water to cover the bottom of the dish. Cover with foil and roast for up to 50 minutes, checking every 20 minutes. If the beets look dry, add more water to the dish. Beets are done when you can easily poke a fork into them and they feel soft.

