

WHAT'S IN MY BAG?

SPINACH

Eby's Produce, Pittsylvania County

Spinach grows close to the ground and can often have soil stuck to the leaves. Rinse well in cool water. Cook in a pan over medium heat with a little oil until it is tender. This method is called sautéing.

RAINBOW CARROTS

Van Dessel Farms, Accomack County

Eat them raw as a snack, shred or chop and add to a salad, roast them in the oven with oil and herbs, or dip them into a favorite dressing!

RED BEETS

Van Dessel Farms, Accomack County

Carefully cut into chunks, toss with oil in an oven safe dish or baking sheet, and roast in the oven at 425 degrees for 35-40 minutes. Season with salt, pepper, or other spices and herbs.

SALAD MIX

Schuyler Green's Farm, Albemarle County

Add to a sandwich, make a salad with a hardboiled egg, or add the greens to an omelet!

CAGE-FREE FARM EGGS

Shepherds Hill Farm, Greene County

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.

VIRGINIA WHEAT PASTA

Scratch Pasta Company, Lynchburg

Boil water, add a pinch of salt, and cook for 6-8 minutes. Made with 50% whole wheat from Virginia!

GOLD RUSH APPLES

Silver Creek Orchard, Nelson County

The perfect snack!





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.

We know there is a growing need for access to fresh food. We are working closely with the community to address these needs as best we can. Thank you for your support during these times.

COOKING TIPS

How to roast vegetables

Roasting vegetables is a quick, easy, and healthy way to make a meal. Here are some tips that can work with hard vegetables like potatoes, carrots, beets, or softer vegetables like onions, peppers, and tomatoes.

Step 1: Preheat oven to 425 degrees F.

Step 2: Chop vegetables into a uniform size. Place into a bowl and toss with oil, salt and pepper, and any additional seasonings.

Step 3: Spread evenly across a baking sheet, leaving room in between the vegetables so that the air can circulate.

Step 4: Cook in the oven until tender and starting to brown. Hard vegetables, like beets and carrots, will take about 40 min. Softer vegetables, like onions and peppers, will take about 20 minutes.