

WHAT'S IN MY BAG?

SPRING ONIONS

Kirby Farms, Hanover County, VA

Sweeter and more mild than regular onions, the bulb part is great grilled or roasted. The green tops are a great addition to any fresh or cooked dishes, including on a salad, on a baked potato, or in an omelette.

RED RUSSIAN KALE

Goldman Farm, Charlotte County, VA

This purple-colored kale is more tender and easier to chew than green kale. It can be used fresh in salads, or quickly cooked in a pan with oil and your favorite seasonings.

GOLDEN BEETS

Van Dessel Farms, Accomack County, VA

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.

HYDROPONIC TOMATOES

Yoders' Farm, Campbell County, VA

These tomatoes are grown in a heated greenhouse, with the roots growing in water rather than soil. This process allows us to have Virginia tomatoes in April, when it is not warm enough for tomatoes to grow outside in the ground. Those tomatoes will come in June or July!

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. When kept in the refrigerator, these eggs can last for up to several weeks.

GRANNY SMITH APPLES

Crown Orchard, Albemarle County, VA

Have you ever been peach or apple picking at Carter Mountain Orchard in Charlottesville, or Chiles Orchard in Crozet? The Chiles family owns all of these orchards, plus many more throughout the state. They have been growing tree fruit for over 100 years!

CHEDDAR CHEESE

Mountain View Farm Products, Rockbridge County, VA

This cheese is made from cows that roam on grassy pasture outside of Lexington, VA. Farmer and cheese maker Christie takes care of up to 200 cows, milks them twice per day, and makes several kinds of delicious cheeses!



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

Raw Greens Salad

Wash your big leafy greens (kale, collards, and chard work great). Stack them on top of each other, then roll them up tightly. Cut the roll into slices to create strips of greens. Put the greens into a large bowl and drizzle lightly with olive oil. Use your hands to massage the strips of greens between your fingers. This will help break down the strong fibers to aid in digestion. The greens should turn darker green. Then add any toppings you choose and toss with a dressing of your choice!

Easy Frittata with Eggs, Cheese, and Veggies

Preheat oven to 400 degrees. Oil the bottom and insides of an oven safe dish, preferably a 9 inch square dish. If you have a larger dish, you can use more eggs in your recipe. Whisk together 6 eggs, adjusting for the size of your dish. Add any veggies or cheese you might want to the eggs. Diced tomatoes, chopped asparagus, and torn kale leaves would all be delicious! Try shredding the cheddar cheese, or cutting it into tiny pieces. Pour this mixture into the baking dish. Bake in the oven until the frittata is golden and puffy, and the center feels firm and springy, about 25 minutes or longer.

