

WHAT'S IN MY BAG?

STAYMAN APPLES

Silver Creek Orchard, Nelson County, VA

Try dipping them in honey for a sweet snack, or top them on pancakes!

RAINBOW 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.

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.

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.

WILDFLOWER HONEY

Hungry Hill Orchard, Nelson County, VA

Honey can be great in tea, on toast or crackers, lightly drizzled over roasted vegetables or fresh apples, or added to a recipe for a little touch of sweetness. Or, try them on pancakes in place of syrup!

SOFT RED WHEAT FLOUR, ORGANIC

Grapewood Farm, Montross, VA

This flour is made from organic wheat grown in Virginia, and is milled right here in Virginia! See the bag of this sheet for a pancake recipe.

**Some of you may receive pancake mix in place of flour.*





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!

PANCAKE RECIPE

Ingredients

1 1/2 cups (195 grams) wheat flour
2 tablespoons sugar
1 tablespoon baking powder
1/2 teaspoon kosher salt, 1/4 teaspoon if using table salt
1 1/4 cups (295 ml) milk, dairy and non-dairy both will work
1 large egg
3 tablespoons unsalted butter, melted
1 teaspoon vanilla extract
Vegetable oil for skillet (or other neutral tasting oil)

Mix flour, sugar, baking powder and salt into a medium bowl. Warm milk until lukewarm. Whisk milk, egg, melted butter, and vanilla extract until combined.

Make a well in the center of the dry ingredients, pour wet ingredients into the well and use a whisk to stir until you no longer see clumps of flour. It is okay if the batter has small lumps – it is important not to over-mix the batter.

Heat a large skillet (or use griddle) over medium heat. Lightly brush skillet with oil using a paper towel. Gently pour the batter into a 4-inch circle. When edges look dry, and bubbles start to appear and pop on the top surfaces of the pancake, turn over. This takes about 2 minutes. Once flipped, cook another 1 to 2 minutes or until lightly browned and cooked in the middle. Serve immediately and ENJOY!!