

# WHAT'S IN MY BAG?

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## **KALE**

Goldman Farm, Pittsylvania County, VA

The stems can be bitter, so remove the leaves from the stem before cooking. Chop or tear the leaves into smaller pieces, and cook in a pot or pan with oil over medium-high heat. Add water or lemon juice as needed to help them get soft. Cook until tender.

## **TOMATOES**

Yoders' Farm, Campbell County, VA

These tomatoes grow in a heated greenhouse, and the tomato plant grows in a system of water and nutrients rather than in soil. This growing process is called hydroponic, or in water. Tomatoes grown outside in the ground are not ready to eat until June or July, so this is a springtime treat! Try on a sandwich or in a salad.

## **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.

## **STRAWBERRIES**

Lewis Nursery, Rocky Point, NC

From our friends in North Carolina, where the strawberry season starts a bit earlier in the year than the strawberry season in Virginia due to warmer days. The farm began growing in the 1950's and grows all kinds of fruit, including blueberries and blackberries!

## **GOLD POTATOES**

Valley Farming, Rockingham County, VA

See the back of this page for a healthy fry 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.

## **PINK LADY APPLES**

Crown Orchard, Albemarle County, VA



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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!

## OVEN FRIES

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Heat oven to 450 F.

Wash the potatoes well to remove any soil. Cut them into ½ inch sticks, like a french fry.

Place them in a large pot and cover the potatoes with water, filling the water to 1-2 inches above the potatoes. Cook them on high heat on the stove for 10 minutes, until they are semi soft but not ready to eat.

Meanwhile, drizzle oil on a baking sheet, lined with foil if possible. Remove the potatoes from the water, and add them to a baking sheet. Drizzle oil on top of the potatoes, and add a little salt or other seasonings that you enjoy.

Roast in the oven for 20 minutes, then toss the potatoes a bit on the sheet, and return them to the oven for another 10-20 minutes, until your desired crunch. Let cool and enjoy!

*Adapted from smittenkitchen.com.*

