

WHAT'S IN MY BAG?

STRAWBERRIES, Agriberry Farm, Hanover County, VA

The sweetest treat! Keep refrigerated to preserve freshness, and wash just before eating.

BLUEBERRIES, Happy Dirt Food Hub, Durham, NC

From our farming friends in North Carolina, where blueberry season starts much earlier than the season in Virginia. These sweet little berries are full of good nutrients for your health!

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.

SWISS CHARD, Radical Roots Community Farm, Rockingham County, VA

Finely chop the leaves. Heat oil in a pan over medium high heat. Add the leaves and cook until tender, about 8-10 minutes. If the leaves look dry while cooking, add a little lemon juice or water. It will help to keep them soft!

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!

APPLE CIDER, Seamans' Orchard, Nelson County, VA

This cider is made with only Virginia apples, and there is no sugar added. Seamans' uses a variety of apples to achieve the perfect balance of a sweet flavor. Keep refrigerated, and enjoy this anytime as a refreshing and filling drink.

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.





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.

Your participation in this program directly supports our local farmers. Thank you for your support!

COOKING TIPS

Pickled Carrots, *provided by Chef Harrison Keevil of Keevil and Keevil in Charlottesville.*

1 lb carrots

1 cup apple cider vinegar (or white vinegar)

½ cup apple cider

½ cup sugar

1. Peel carrots so that outer skin is removed. Then slice carrots thinly into rounds. Place carrots in a glass jar.
2. Mix apple cider vinegar, apple cider, and sugar together in a pot. On the stove, bring to a boil.
3. Carefully pour boiling liquid directly over carrots into glass jar. Cover jar with lid or tight plastic wrap.
4. Let sit at room temperature for 30 minutes. Then refrigerate. Eat chilled as a side dish, or add to salads. Store in the refrigerator for up to 2 weeks.

WHAT'S IN MY BAG, CONTINUED!

GOLD RUSH APPLES, Seamans' Orchard, Nelson County, VA

RED CHILI FLAKES AND CUMIN, generously donated by The Spice Diva of Charlottesville.

Red chili flakes can add a bit of spice to any meal. Sprinkle on top of eggs, cooked greens, or any dish that you want to add a little heat to. Cumin is a spice that is often used in chili, baked beans, soups, and marinades. Sprinkle some on any meat or vegetable dish for a warm, earthy flavor!