

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!

SWEET POTATOES, Kirby Farms, Hanover County, VA

Baked sweet potatoes are a quick and delicious way to enjoy this nutritious potato. Heat oven to 425 degrees and line a baking sheet with foil. After washing the potatoes, prick them all over with a fork. Bake until tender, about 45-50 minutes. Let cool, split open the tops, and add your favorite toppings!

GREEN CURLY KALE, Radical Roots Community Farm, Rockingham County, VA

For a hearty salad, remove the stems of the kale leaves and finely chop the leaves. Drizzle the leaves with oil, lemon or lime juice, salt and pepper, or your favorite herbs or seasonings. Massage the kale with your hands like you are kneading dough. This helps to make the leaves more tender and easier to chew.

COLLARD GREENS, Goldman Farm, Charlotte County, VA

See the back for a recipe!

RED BUNCHED BEETS, Kirby Farms, Hanover County, VA

Did you know you can also eat the leafy green tops of beets? You could add them to the collard green recipe on the back, or use beet tops in place of collard greens. For the beets, slice them into bite sized chunks, and roast them in a shallow dish in the oven at 425 degrees for 40-50 minutes. You may want to add some water or oil to help soften the beets as they cook.

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

CAGE-FREE FARM EGGS, Shepherd's 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.





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

Easy and Delicious Collard Greens

Ingredients

Collard Greens

Oil, preferably olive oil

Your favorite herbs, spices, or seasonings

1. The thick center rib of the leaves can be very tough to chew. Carefully remove the rib with a knife, or try ripping the leaves off by holding the end of the stem in one hand and pulling your other hand down the stem in the opposite direction. Pull off any extra leaf bits that are left behind on the stem, and discard the stem.
2. Carefully cut the leaves into thin strips. Even after cooking, collards can be tough, so the smaller the strips, the easier it will be to chew.
3. Heat a large pan on the stove over medium-high heat and add enough oil to cover the bottom of the pan. Add the collard greens, and toss them in the pan to coat them with the oil. Continue to stir the collards and cook for about 5-10 minutes, until they are a darker color and wilted looking. As you are cooking, add in your favorite spices, like red pepper flakes, cumin, or salt and pepper.
4. Enjoy immediately! A drizzle of lemon or lime juice can add a delicious splash of flavor!