

WHAT'S IN MY BAG?

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!

LETTUCE MIX, Phantom Hill Farm, Louisa County, VA

Farmers Kathryn and Chris grow their food on less than one acre, which is just over half of the size of a regulation soccer field, or slightly larger than an American football field. Tiny by farm standards, Kathryn and Chris can produce a lot of food in a small space.

BROCCOLI, Kirby Farms, Hanover County, VA

First of the season broccoli! Try it raw in a salad, or as a snack, dipped into your favorite dressing. Or, chop the heads into bite size pieces and place on a baking sheet lined with foil. Heat the oven to 450 degrees. Drizzle broccoli with oil and add your favorite seasonings. Roast for 15-20 minutes, to your desired crispiness.

FRENCH BREAKFAST RADISHES, Phantom Hill Farm, Louisa County, VA

These radishes offer a crisp, mildly spicy flavor. You can enjoy them raw – slice them and add to a salad or sandwich, or try a little salt on them for an easy snack.

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

Wash well. Starting at the stem and working upwards, cut the stems and leaves into bite size pieces. Heat a large pan over medium heat and add oil. Add the chard and season with just about anything – salt and pepper, red pepper flakes, garlic, lemon juice, vinegar, etc. Toss the chard often in the pan until it becomes wilted and the stems are soft, about 4-6 minutes total.

ASPARAGUS, Holland's Three Rivers Farm, Rockbridge County, VA

We are nearing the end of asparagus season, so take advantage while it is here! The bottom few inches of asparagus can be very woody tasting, so be sure to remove the ends by snapping or cutting them before cooking.

APPLESAUCE, Wadel's Farm Wagon, Rockingham County, VA

Made with Virginia apples, this apple sauce can make for a quick and hearty snack. In addition to eating it as is, you might try topping it with some blueberries, adding it to oatmeal or yogurt, or using it in baking recipes.

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!

FARMER SPOTLIGHT

Dixon Holland, of Holland's Three Rivers Farm



Dixon's family has been farming in Rockbridge County for almost 100 years, since his great-grandfather purchased the land in the 1920s. Dixon and his family manage over 1500 acres of land, with 60 acres of produce and the rest dedicated to livestock and grain. The farm sits at the intersection of three rivers - The Maury, South, and James – where the soil is rich and ideal for growing produce. Dixon grew your asparagus this week!

Brick Goldman, of Goldman Farm

Brick runs a sixth-generation family farm where he grows all kinds of produce, including kale, collard greens, peas, summer squash, and melons. Brick is known as a community leader, especially among farmers in southern Virginia.



Brick and John Eby, of Eby's Produce, often take turns driving their produce two hours from their fields to Charlottesville in order to get it into your bag. You have enjoyed their kale, chard, and spinach already!