

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!

SALAD MIX, Schuyler Greens Company, Albemarle County, VA

These delicious greens grow indoors in water, rather than in soil. This method of growing produce is called "hydroponic." This allows Schuyler Greens to grow nutritious greens year-round.

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.

RED OR EASTER EGG RADISHES, Goldman Farm, Charlotte County, or Eby's Produce, Pittsylvania County, VA

Your radishes may be bright red, or they might be multiple shades of red, purple, and pink. These spicy radishes are best enjoyed raw. They would go great in a salad, or enjoyed on their own as a snack. You can even eat the tops! Wash well and cook them as you would kale, collards, chard, or another hearty green.

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.

SALAD TURNIPS, Radical Roots Community Farm, Rockingham County, VA

Like the name implies, these are great added to a salad, or enjoyed on their own as a snack!

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 the radishes in your bag this week. Brick is known as a community leader, especially among farmers in southern Virginia.



He 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. John Eby also grew the radishes this week!