

WHAT'S IN MY BAG?

STRAWBERRIES

Agriberry Farm, Hanover County, VA

Agriberry is known for growing beautiful, juicy, super sweet berries, and we think you'll agree! Enjoy berries with breakfast, throughout the day as a snack, or try them sliced on top of a salad for some sweetness with your greens.

ASPARAGUS

Holland's Three Rivers Farm, Rockingham County, VA

This is the first asparagus of the season in Virginia! Asparagus season does not last long, so take advantage while these flavorful and nutrient-dense stalks are here. Remove the bottom 1-2 inches of the stalk as they can be very hard to chew. Try them roasted in the oven at 425 degrees for 10-15 minutes, or on the grill!

FRENCH BREAKFAST RADISHES

Bellair Farm, Albemarle 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. Did you know you can eat the green tops as well? Add them to a salad, or lightly cook them with oil in a pan on the stove top, like you would cook spinach or kale.

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.

GREEN GARLIC

Bellair Farm, Albemarle County, VA

Green garlic is like baby garlic. The white cured garlic cloves you may be familiar with grow in the ground, and these green tops grow above the soil in the spring. Garlic cloves are not harvested until the fall, so the tops are another way to enjoy garlic in the spring. See the back of this sheet for cooking and eating tips.

GREEN KALE

Radical Roots Community Farm, Rockingham 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.





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

Green Garlic

Green garlic can be used in any recipe that calls for garlic, such as sautés, sauces, roasts, and more. It has a more mild flavor than the white garlic bulbs you may be familiar with, so you may want to use more green garlic in your cooking to get a stronger flavor. Because it is a mild flavor, you can also enjoy green garlic raw. Finely chop a few stems and add them to a salad. They would also be great added to however you prepare your kale, and would be delicious in some scrambled eggs! You could also finely chop and add to your cooked asparagus, just before eating.

Asparagus and Eggs, for Breakfast, Lunch, or Dinner!

Eggs can make for a delicious, filling meal, anytime of the day. To enjoy them with asparagus, you could prepare the asparagus just as is detailed on the front of this sheet, and then top the stalks with your favorite egg format (scrambled, fried, or maybe poached?).

For a one pan meal, heat a skillet over medium heat. Add oil and asparagus, and cook for 4-5 minutes. Crack a few eggs over the asparagus, reduce the heat to low, and cover the skillet. Let it cook until the egg whites are firm and the yolk is your desired consistency, about 8-12 minutes. Add some chopped green garlic at the end for more flavor!