

WHAT'S IN MY BAG?

YELLOW PEACHES, Saunders Brothers Orchard, Nelson County, VA

The first peaches of the season! The earliest varieties of peaches to grow in Virginia are called clingstones, which means that the flesh of the peach clings to the pit in the center. As the growing season progresses, freestone peaches will become available, where the pit is free from any flesh and therefore is easier to remove. Let peaches sit at room temperature in order to ripen. The best place to store them is on a countertop, away from sun or any heat.

SWEET RED CHERRIES, Seamans' Orchard, Nelson County, VA

Oh so sweet, the first cherries of the season! These cherries have a pit in the middle, so be careful! This year was not a good growing year for cherries, due to the late freeze in May, followed by too much rain. We are lucky to have a few from our farmer!

CUCUMBERS, Goldman's Farm, Charlotte County, VA

The week of the firsts – these are the first cucumbers of the season! These cucumbers are best enjoyed with the skin removed – you can use a vegetable peeler or a sharp knife (but be careful!). Have them as a snack on their own, or add them to a salad. They would be delicious with parsley!

PARSLEY, Radical Roots Community Farm, Rockingham County, VA

This herb can add a bright, fresh flavor to nearly any dish, including potatoes, pasta, grains (like grits!), or any cooked or raw veggie dish. The stems can be bitter and tough to chew. Remove most of the stem and chop the leaves finely with a sharp knife. Add to any cooked or raw dish!

YELLOW SUMMER SQUASH, Superfood Farm, Culpeper, VA

This summer squash is great on the grill, or sautéed on the stove with oil and herbs, such as parsley, or spices.

YELLOW GRITS, Wade's Mill, Nelson County, VA

These grits are stoneground from non-GMO corn grown in Dayton, VA. See the back for a recipe!

LETTUCE MIX, Radical Roots Community Farm, Rockingham County, VA

Making a quick salad can be easy with these lovely greens. Toss them in a bowl or on a plate, and add your favorite salad toppings – cucumbers, tomatoes, carrots, corn, peas, radishes – and top with your favorite dressing.

CAGE-FREE FARM EGGS, Shepherd's Hill Farm, Greene County, VA and Wadel's Farm Wagon, Rockingham County, VA



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!

If you are able to access the Internet, we now have a webpage with more information. Visit localfoodhub.org/fresh

YELLOW GRITS

Grits can be an easy meal to prepare with a delicious and filling outcome. You can serve your grits with just about any kind of vegetable, meat, chicken, or seafood that you like. They are most excellent with shrimp, sausage, grilled chicken, mushrooms, summer squash, or even with eggs for breakfast!

Ingredients

1 cup grits
3 cups water

Method

1. Bring water to a boil on the stove, and slowly pour in the grits.
2. Cook, stirring occasionally to prevent the grits from sticking to the pan, for about 15 minutes.
3. Add salt and pepper to taste, or any herb or spice that you like. Chopped parsley would make for a refreshing flavor.
4. Enjoy as a complete meal by adding your favorite vegetable, meat, seafood, or chicken recipe.