

WHAT'S IN MY BAG?

GOLD RUSH APPLES, Silver Creek Orchard, Nelson County, VA

ZUCCHINI, Kirby Farms, Hanover County, VA

The first of the season summer squash is here! Zucchini is a great veggie for the grill, or sautéed on the stove. See the back for a recipe.

WILDFLOWER HONEY, Hungry Hill Farm, Nelson County, VA

Honey can be great in tea, on toast or crackers, lightly drizzled over roasted vegetables or fresh apples, or added to a recipe for a little touch of sweetness. Or, try them on pancakes in place of syrup!

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.

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.

SPRING ONIONS, Superfood Farm, Culpeper, VA

Sweeter and more mild than regular onions, the bulb part is great grilled or roasted. The green tops are a great addition to any fresh or cooked dishes, including on a salad, on a baked potato, or in an omelette.

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

A few leaves are a great addition to a sandwich. Or, try using the leaves as a wrap! Stuff them with cooked veggies, rice, beans, meat, or anything you would put in a flour or corn wrap.

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

Salad turnips can be enjoyed raw or cooked. They have a sweet, almost fruity flavor, with a bit of a bite like the classic turnip. Slice them and add them to a salad, or sauté them with oil and garlic. You can even cook and eat the tops, just as you would cook any leafy green.

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 where we can share more cooking tips and recipes, and information about our farms. Visit localfoodhub.org/fresh

COOKING TIPS

Sautéed Zucchini with Spring Onions

Ingredients

Zucchini
Cooking oil, preferably olive oil
Salt and pepper
Spring onions

1. Wash the zucchini and spring onions well in cold water. The bulb of the spring onions grow in the ground, so there may be some soil to remove.
2. Slice the zucchini to your desired shape and size. You could quarter the zucchini and dice it into cubes, or cut the zucchini in half through the width and cut each half into sticks, similar to carrot sticks.
3. Remove the bottom root portion of the spring onion and discard. Chop the green onion into thin pieces, about a quarter inch in size or less.
4. In a pan on the stove, cover the bottom with oil and heat over medium high heat.
5. Add the zucchini and cook for 2-3 minutes.
6. Stir up the zucchini and add the spring onions. Season with salt, pepper, or your favorite seasonings.
7. Cook until golden brown and easy to poke with a fork. If you cook it for too long, the zucchini can become mushy.
8. Serve as a side, an entree, or you could even add it to a lettuce wrap!