

WHAT'S IN MY BAG?

STRAWBERRIES, Agriberry Farm, Hanover County, VA

The sweetest treat! Keep refrigerated to preserve freshness, and wash just before eating. This may be the last week of strawberry season in Virginia, so take advantage!

BLUEBERRIES, Ivanhoe Blueberry Farms, Ivanhoe, NC

Mix your blueberries with some slices of strawberries for the most flavorful fruit salad! Eat it alone, or top it on yogurt, oatmeal, or cereal.

GREEN CURLY 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.

KOHLRABI, Superfood Farm, Culpeper, VA

This unique vegetable can be eaten raw or cooked. It is in the same species as cabbage, broccoli, cauliflower, kale, and collard greens. See the back for some cooking and prep tips!

YELLOW SUMMER SQUASH, Kirby Farms, Hanover County, VA

The first summer squash of the season! Just like green zucchini, yellow squash is great on the grill or sautéed on the stove.

COLLARD GREENS, Kirby Farms, Hanover County, VA, and Bellair Farm, Albemarle County, VA

Remove the center rib of the leaves before cooking. Carefully chop or tear the leaves into bite sized pieces. In a large pan over medium-high heat on the stove, add enough oil to cover the bottom of the pan. Add the greens and season with salt, pepper, or your favorite seasonings. Stir often and add a few spoonful's of water if the leaves begin sticking to the pot. Cook for 5-10 minutes.

ROMA TOMATOES, Patterson Farms, Chinagrove, NC

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.

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

KOHLRABI

Kohlrabi is German for "cabbage turnip." It has a wonderful raw crunch, much like a turnip, or when cooked until soft, has a sweet flavor. Whether eating it raw or cooked, you will want to remove the stems and peel the skin first.

Remove the stems and greens from the bulb part with a sharp knife. You can cook the stems and greens like you would collard greens.

To peel the bulb, cut a thin slice from the top and bottom of the kohlrabi to create a flat surface on each end.

Rest the kohlrabi on the larger of the two flat ends you just created. Working from top to bottom, following the curve of the kohlrabi, slide your knife under the skin to peel away the tough outer skin. This is similar to how you might remove the skin of a pineapple. Once you get most of the outer skin off, you can use a vegetable peeler to get any additional tough skin off. When the skin is removed, the kohlrabi should be easy to cut through with a knife.

To enjoy it raw, cut it into sticks, like carrot sticks, and enjoy with hummus or your favorite dip.

To try it cooked, cut it into sticks and place it in a pot on the stove. Add enough water to cover the kohlrabi and bring to a boil, then reduce the heat to medium and simmer for 6-8 minutes. This will make it soft and tender.

Drain the water from the kohlrabi. Toss the kohlrabi with oil, salt, and pepper, and place it on a baking sheet lined with foil. Roast in the oven at 450 degrees for 15 minutes, then stir and roast for 10-15 more minutes, until more tender.