

WHAT'S IN MY BAG?

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.

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.

VIDALIA ONION, Oh So Sweet, Georgia
Named for the town in Georgia where these onions were historically grown, Vidalia onions are a sweet onion. They have thinner skin and are juicier than traditional storage onions, so they will not store as long as other onions. Keep it in the crisper drawer in your fridge, in a brown paper bag or on newspaper. The flavor is not as strong as a traditional onion, so you can enjoy it raw, or cooked alongside any vegetable or meat!

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 strawberries, adding it to oatmeal or yogurt, or using it in baking recipes.

ZUCCHINI, Superfood Farm, Culpeper, VA
This summer squash is great on the grill, or sautéed on the stove with oil and herbs or spices. It would also taste great alongside the Vidalia onion, with a cooked or raw onion.

MIXED SALAD GREENS, Phantom Hill Farm, Louisa 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.

JALAPENO PEPPERS, Coggins Farm, Georgia
This hot chili pepper can add heat to any raw or cooked dish. The seeds inside the pepper increase how hot the taste is. If you prefer a more mild heat, remove the seeds before eating. If you want to bring on the heat, eat the seeds! See the back for a quick pickle recipe.

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

QUICK PICKLE OF JALAPEÑO PEPPERS

Pickling jalapeños is a great method for reducing the spicy heat of the peppers and also preserving them for future use. You can keep pickled jalapenos in your refrigerator for up to two months. Add them to salads and sandwiches, tacos, burgers, or any dish that you want to spice up with some flavor!

Ingredients

- 1 cup white vinegar
- 1 cup water
- 2 garlic cloves, smashed (optional)
- 2 tablespoons sugar
- 1 tablespoon salt
- 6-8 jalapeno peppers, thinly sliced, with the seeds included

Method

1. Combine the vinegar, water, garlic, sugar, and salt in a medium pot and bring to a boil. Add jalapeño slices and stir the pot for a few seconds. Remove the pot from the heat.
2. Let sit for at least 8 minutes.
3. Carefully remove the peppers from the hot liquid and put them into a heat-safe container, such as a glass jar. You can use a big spoon or tongs to get the peppers out of the liquid.
4. Pour the liquid from the pot over the jalapeños in your container until the container is full.
5. Store in the fridge for up to 2 months.