

WHAT'S IN MY BAG?

STRAWBERRIES, Agriberry Farm, Hanover County, VA

The sweetest treat! Keep refrigerated to preserve freshness, and wash just before eating.

SWISS CHARD, Radical Roots Community Farm, Rockingham County, VA

Finely chop the leaves. Heat oil in a pan over medium high heat. Add the leaves and cook until tender, about 8-10 minutes. If the leaves look dry while cooking, add a little lemon juice or water. It will help to keep them soft!

BROCCOLI, Kirby Farms, Hanover County, VA

Broccoli season is on! Try it raw in a salad, or as a snack, dipped into your favorite dressing. Or, chop the heads into bite size pieces and place on a baking sheet lined with foil. Heat the oven to 450 degrees. Drizzle broccoli with oil and add your favorite seasonings. Roast for 15-20 minutes, to your desired crispiness.

RED OR FRENCH BREAKFAST RADISHES, Eby Produce, Pittsylvania County, VA and Phantom Hill Farm, Louisa County, VA

Red radishes are slightly more spicy than French Breakfast radishes, which are longer, thinner, and the coloring graduates from red near the tops to white at the tip of the radish. You may have either variety in your bag this week, and both are best enjoyed raw. They would go great in a salad, or enjoyed on their own as a snack. You can even eat the tops! Wash well and cook them as you would kale, collards, chard, or another hearty green.

GREEN BEANS, Coggins Farm, Lake Park, Georgia

From our friends in Georgia, where the green bean season starts earlier than the season in Virginia. See the back for a quick recipe!

CILANTRO OR PARSLEY, Radical Roots Community Farm, Rockingham County, VA

These flavorful herbs can be chopped and added to nearly any cooked or raw meal. Try it in a salad, with eggs or in an omelette, or with your favorite meat or poultry dishes. You may have either herb in your bag this week.

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

Enjoy a hearty salad, or add some greens to a sandwich or egg dish.

CAGE-FREE FARM EGGS, Shepherd's Hill Farm, Greene County, VA

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.



Welcome to Local Food Hub's Fresh Farmacy: Fruit and Veggie Prescription 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

Quick and Delicious Green Beans

Ingredients

Green beans (2 pounds are included in your bag)
Cooking oil, preferably olive oil
Salt and pepper
Cured garlic and/or lemon juice, if available
Water

1. Wash the green beans with cool water and cut the stem ends off. You can either "snap" the ends off by using your hands, or cut the ends off with a knife on a cutting board. You don't need to remove much – just the very tip to remove the tough stem.
2. Heat a large skillet over medium high heat on the stove. Add enough oil to coat the bottom of the pan. If you have cured garlic bulbs available, finely chop a clove and add it to the oil. If not, no worries, the beans will be just as delicious!
3. When the garlic starts to brown or when the oil is starting to move around the pan due to the heat, carefully add the green beans. Be careful – the hot oil could splatter. Add the beans slowly and in small batches to avoid splattering, or, use tongs.
4. Season with salt and pepper and cook for 5-7 minutes, turning the beans often to coat then with oil.
5. Add a few tablespoons of water to the pan and cover, and cook for 1-2 minutes until the beans become tender. If you have lemon juice, this would be a great time to add a splash of lemon! If not, they will still be as delicious.
6. Serve immediately and enjoy!