

# WHAT'S IN MY BAG?

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## **BLUEBERRIES**, Macrie Brothers, New Jersey

Our Virginia blueberry grower sold out of blueberries so fast that we had to look outside of the state. Our strawberry grower in Virginia, Agriberry Farm, has worked with Macrie Brothers in NJ for several years and helped us bring these blueberries to you!

## **GREEN BELL PEPPERS**, Buckingham Amish Produce Co-Op, Buckingham County, VA

The first bell peppers of the season! These are fantastic cooked on the grill, roasted in the oven, or cooked on the stove in a stir fry.

## **TOMATOES**, Buckingham Amish Produce Co-Op, Buckingham County, VA

These are the first field grown tomatoes from Virginia of the season. Add slices to a sandwich, dice them and add them to a salad, or cook them alongside the green bell peppers. They will go great with fresh herbs, too!

## **PICKLING CUCUMBERS**, Superfood Farm, Culpeper, VA

Just like the name, these cucumbers make for great pickles! They are also delicious as a crisp, refreshing snack, or used in fresh salads. You often do not need to peel the skin, as it is very thin and easy to chew.

## **ZUCCHINI**, Superfood Farm, Culpeper, VA

Summer is in full swing and so is summer squash season!

## **FRESH HERBS**, Radical Roots Community Farm

Your bag will include either a bunch of parsley or a bunch of cilantro. Both are great additions to a fresh salad, or to any cooked veggie or meat dish.

## **SALAD MIX**, Radical Roots Community Farm, Rockingham County, VA

This week's bag makes for the perfect salad, with salad mix, cucumbers, tomatoes, and fresh herbs. Maybe you like to add some fruit to your salad, too, or even slices of green bell peppers, or a hardboiled egg for a full meal.

## **PRISTINE APPLES**, Saunders Brothers Orchard, Nelson County, VA

That's right, it is apple season again! These summertime apples were bred for their resistance to pests and disease, which can be a challenge for farmers, especially in the summertime. These green skinned apples have a sweet, slightly tart flavor, and make for a quick and easy snack.

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

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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](http://localfoodhub.org/fresh)

## ROASTED PEPPERS AND ZUCCHINI

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### Ingredients

Cooking oil, preferably olive oil

2 green bell peppers

2-4 zucchini (if you need to feed more people, use more zucchini)

Fresh herbs

Salt and pepper, to taste

### Method

1. Preheat the oven to 450 F.
2. Wash all produce and herbs well with water. Slice the zucchini into  $\frac{1}{4}$  inch sticks, like carrot sticks, discarding the end pieces. Slice the pepper into  $\frac{1}{4}$  inch strips by first slicing it in half, down the stem. Remove the stem and seeds and discard. Finely chop the herbs and set aside.
3. In an oven safe dish or on a foil lined baking sheet, toss the peppers and zucchini with enough oil to coat the veggies. If you want to use less oil, you can use a few drizzles and still get the same great flavor.
4. Season with salt and pepper, to taste.
5. Roast the veggies in the oven for 15 minutes.
6. Remove the veggies from the oven and toss them. This will help to get an even cooking across all pieces.
7. Roast in the oven for 15 more minutes. The veggies should be tender and the edges browned.
8. Remove from the oven, and sprinkle with fresh herbs. Enjoy!