

# WHAT'S IN MY BAG?

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## **BLACKBERRIES**, Agriberry Farm, Hanover County, VA

These plump blackberries are super sweet and extra delicious! Enjoy them on their own, or add them to cereal, yogurt, or oatmeal.

## **WHITE PEACHES**, Saunders Brothers Orchard, Nelson County, VA

Also a very sweet fruit, these peaches are full of juice and flavor!

## **PURPLE EGGPLANT**, Buckingham Amish Produce Co-Op, Buckingham County, VA

Eggplants are packed full of healthy nutrients and antioxidants. With a little practice, they can be easy to prepare and delicious to enjoy as you do not need to remove the skin, and you can eat nearly the entire eggplant, minus the leafy green stem you may find at the top. See the back for a recipe!

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

Green beans can be delicious raw or cooked. Before eating, snap or cut off the stem end.

## **JALAPENOS**, Singing Earth Produce, Augusta County, VA

These spicy hot peppers can add intense heat to any dish. You can enjoy them raw or cooked. To reduce the heat of the spice, remove the seeds and white veins inside the pepper. Use thin slices in your dish to easily control the heat. Just add more slices if you need more heat!

## **CHEDDAR CHEESE**, Mountain View Farm Products, Rockbridge County, VA

This cheese is made from cows that roam on grassy pasture outside of Lexington, VA. Farmer and cheese maker Christie takes care of up to 200 cows, milks them twice per day, and makes several kinds of delicious cheeses!

## **MIXED CHERRY TOMATOES**, Superfood Farm, Culpeper, VA

These cherry tomatoes are all colors of the rainbow and packed full of flavor! Eat them on their own or add to a salad or cooked dish, like pasta.

## **VAHOTCHA BBQ SAUCE**, Catbird, Roanoke and Charlottesville, VA

Owner and sauce maker Bridger Meagher is a chef and gardener that wanted to make sauces that any home cook or eater could enjoy. She utilizes local ingredients when possible, and does not use thickeners, preservatives, or other unnatural ingredients. You can taste the freshness! This BBQ sauce can add flavor to any meat or vegetable dish, and can be added just before eating, or used during cooking.

## **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)

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## ROASTED EGGPLANT

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### Ingredients

One eggplant

Oil, preferably olive oil – several tablespoons, enough to coat the eggplant

Salt and pepper

Cheese, such as cheddar (optional)

### Method

1. Preheat the oven to 400 F.
2. Wash the eggplant. Remove the leafy green stem by cutting off the top portion with a sharp knife.
3. Slice the eggplant into quarter inch thick rounds, cutting across the eggplant width-wise.
4. Place the rounds on a foil lined baking sheet. Drizzle with olive oil, enough to lightly oil each round, and season with salt and pepper. You could add your favorite herb or spice, too.
5. Roast in the oven for about 30-35 minutes, until the slices are golden brown and soft.
6. If you wanted to add cheese, add shredded or sliced cheese on top of the eggplant rounds about 5-10 minutes before removing them from the oven. It should be nice and melty on top!

Eggplant goes great with tomatoes. You could add the raw mixed cherry tomatoes (slice them in half for easier eating) on top of the eggplant. The eggplant will also taste great with BBQ sauce, or spice it up with a few slices of jalapenos!