

WHAT'S IN MY BAG?

CANTALOUPE, Riverside Produce Farm, King William County, VA

Melon season is upon us! Cantaloupes grow on the ground, so you will want to wash the outside well to remove any soil. Cut the melon in half, starting at the stem point at the top. Slice each half into half moon sizes of your choice. Remove and discard the seeds with a spoon or knife. Enjoy on its own, or with cheese or yogurt!

YELLOW PEACHES, Saunders Brothers Orchard, Nelson County, VA

Peach season continues, so take advantage! If you want the peaches to ripen more quickly so that they become soft and ready to eat, leave them on the countertop, away from sun or any heat. If you want them to last longer, store them in the fridge, and move them to the countertop a day or so before you plan to eat.

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

This lettuce mix will last for a long time in the refrigerator - at least one week! Add sliced tomatoes and peaches on top of a bed of lettuce for a sweet salad. Top with your favorite dressing or oil.

RED SLICING TOMATOES, Jem Valley, Buckingham County, and Ray's Produce, Orange County, VA

These tomatoes are great for a sandwich, or diced for a salad or a cooked dish.

COLLARD GREENS, Kirby Farm, Hanover 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.

ZUCCHINI, Walnut Winds Farm, Pittsylvania County, VA

See the back for a recipe.

YELLOW SWEET ONION, Buckingham Amish Produce Co-Op, Buckingham County, VA

As the name implies, this onion is sweet like candy. You can enjoy it raw, or cooked.

MOZZARELLA CHEESE, Mountain View Farm Products, Rockbridge County, VA

This cheese is made from cows that roam on grassy pasture outside of Lexington, VA. Mozzarella goes with just about anything. Try it with slices of fresh tomatoes with crackers or bread, or melt it on some cooked zucchini!

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

BAKED ZUCCHINI, TOMATO, AND MOZZARELLA CASSEROLE

Ingredients

One zucchini
2 tomatoes
8 oz mozzarella cheese
Salt and pepper
Oil, preferably olive oil

Method

1. Preheat the oven to 375 F.
2. Wash the zucchini and tomatoes, and slice them both into quarter inch thick rounds. For the zucchini, discard both ends.
3. Slice the mozzarella into thin rounds, about 1/8 of an inch.
4. In an oven safe baking dish, or on a foil lined sheet, cover the bottom with sliced of zucchini. Season with salt and pepper. Add your favorite herb or seasoning if you'd like.
5. Place the tomato slices on top of the zucchini. Season with salt and pepper.
6. Repeat alternating layers of zucchini and tomatoes until you have used all slices.
7. Drizzle the top of the layered veggies with oil, enough to ensure the veggies are coated and the oil seeps through to the bottom of the pan or dish.
8. Cover the top of the veggies with mozzarella slices.
9. Bake in the oven for 20 minutes, until the veggies are soft and you can easily poke a fork into them, and the cheese is melted and slightly browned.
10. Enjoy!