

WHAT'S IN MY BAG?

YELLOW PEACHES, Saunders Brothers Orchard, Nelson County, VA

The earliest varieties of peaches to grow in Virginia are called clingstones, which means that the flesh of the peach clings to the pit in the center. As the growing season progresses, freestone peaches will become available, where the pit is free from any flesh and therefore is easier to remove. Let peaches sit at room temperature in order to ripen. The best place to store them is on a countertop, away from sun or any heat.

YELLOW NECTARINES, Crown Orchard, Albemarle County, VA

Nectarines are similar to peaches, but lack the classic fuzzy skin of a peach in favor of smooth skin. Like peaches, they are sweet, and a delicious snack on their own, or used in many recipes, from salads to baked goods. Store at room temperature, away from sun and heat.

UNSALTED PEANUTS, Belmont Peanuts, Courtland, VA

These peanuts are grown in Virginia and roasted by Belmont Peanuts. There is no added salt. Peanuts can be a great source of protein and are a quick, tasty snack. If peanut allergies are a concern, we hope you can find a friend or family member to give them to. They are tightly sealed in their container and will not contaminate the other items in your bag.

CURLY KALE, Church Hill Produce, Highland 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.

TOMATILLOS, Kirby Farm, Hanover County, VA

See the back for more details and a recipe!

ZUCCHINI, Superfood Farm, Culpeper, VA

This summer squash is great on the grill, or sautéed on the stove with oil and herbs. Try it alongside the candy onion!

RED CANDY ONION, Buckingham Amish Produce Co-op, Buckingham County, VA

As the name implies, this is a sweet, mild variety of onion that can be enjoyed raw or cooked. Chop a few thin slices and add them to a salad or to a sandwich or burger, or try grilling them with the zucchini!

SALAD GREENS, Radical Roots Community Farm, Rockingham County, VA

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

TOMATILLOS

Tomatillos are also known as “husk tomatoes” for the paper-like shell that you will find on the outside. Remove the husk just before eating, and wash the tomatillo with lukewarm water. The flavor is more acidic and less sweet than a regular tomato, and the flesh is more dense. Tomatillos are great raw or cooked. They would be great raw, on top of a salad, or cooked alongside onions or zucchini. And, they make for a great salsa verde!

SALSA VERDE

Ingredients

6-10 tomatillos

1 jalapeno – remove the seeds and ribs for a milder heat, or include them for a hotter heat

2 garlic cloves, finely chopped

1 bunch cilantro (finely chop if you do not have a food processor)

Salt and pepper, to taste

Method

1. Remove the husks from the tomatillos and rinse. Place the tomatillos and the jalapeno in a pan on the stove, and cover them with water. Place over medium-high heat and boil until the tomatillos are fully cooked and are a dull green color, about 10 minutes.
2. Strain the mixture, then place the tomatillos and jalapeno in a food processor or blender. Add the garlic and cilantro and blend until smooth. Season to taste with salt and pepper.
3. Enjoy with tortilla chips, or add a few spoonfuls to any meat, veggie, egg, or other dish for some extra flavor!