

WHAT'S IN MY BAG?

GRAPE TOMATOES, Browntown Farms, Brunswick County, VA

Tomatoes are best stored at room temperature, away from any heat or sun. While storing them in the refrigerator will help them last longer, it also reduces their yummy flavor.

CANARY MELON, Buckingham Amish Produce Co-Op, Buckingham County, VA

This sweet melon is similar to honeydew melon. Named for its brilliant yellow color that is reminiscent of canary birds, the sweet flesh is also yellow in color. Just like a honeydew, you do not want to eat the seeds inside. Store your melon at room temperature, on your countertop or a table away from heat and sun. After cutting it open, store in the refrigerator.

GREEN CURLY KALE, Church Hill Produce, Highland County, VA

YELLOW NECTARINES, Saunders Brothers Orchard, Nelson County, VA

HYDROPONIC SALAD MIX, Schuyler Greens Company, Albemarle County, VA

This salad mix is grown indoors in water rather than outdoors in soil. This allows the lettuce to be grown year round, even during a hot summer or a cold winter. Because of how it is grown, it will last for over a week in your refrigerator.

GALA APPLES, Silver Creek and Seamans' Orchard, Nelson County, VA

Apples release a natural gas called ethylene. This gas causes other produce to ripen more quickly, meaning it can make the produce turn bad more quickly. Store your apples separate from any leafy greens (like kale or lettuce) or soft fruits (like tomatoes, peaches, berries, etc.). You can put the apples in a brown paper bag or plastic bag in the fridge, or keep them in a different drawer.

SLICING CUCUMBERS, Buckingham Amish Produce Co-Op, Buckingham County, VA, and Singing Earth Produce, Augusta County, VA

These cucumbers are great for slicing up a quick snack, or having with a full salad. You will want to peel the skin with a sharp knife or vegetable peeler before eating. Slice into thin rounds for a snack, or add to a salad with your lettuce and grape tomatoes.

CAGE-FREE FARM EGGS, Shepherd's Hill Farm, Greene County, VA, and Wadel's Farm Wagon, VA (Wadel's works with PA farmers to bring you eggs)

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

SIMPLE AND DELICIOUS SALAD DRESSING

This is the best time of year for fresh salads, with all of the core ingredients growing right now in Virginia: lettuce, tomatoes, cucumbers, and even sweet fruits like berries and melons. You can get creative with adding all kinds of foods to your salad to create a full meal: meats, a hardboiled egg, cheese, nuts, seeds, tofu, fish, chickpeas, beans...the list goes on!

Ingredients

1 garlic clove, peeled

Juice from ½ of a lemon, or a whole lemon if you love lemon juice!

Water (about ½ cup)

Olive oil (about ¼ cup)

Salt and pepper

1. In a large bowl, smash the garlic clove with a fork so that it is broken up into bits. Take a paper towel and wipe the garlic all over your bowl, so that you are rubbing the juices all over. Discard the garlic bits and paper towel.
2. Pour olive oil and lemon juice into the bowl. Slowly add a small amount of water at a time, until you enjoy the taste and have enough dressing to coat your salad ingredients. Add more oil, lemon, and water if you are making a large salad. Adjust to your taste preferences.
3. Add salt and pepper, to taste. Mix your dressing up with a fork, like you are beating an egg.
4. Add your salad ingredients into the bowl, and toss. Enjoy!