

# WHAT'S IN MY BAG?

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**HONEYDEW MELON**, Riverside Produce Farm, King William County, VA

This sweet melon is the ultimate treat on a hot summer day. Similar to a cantaloupe, this melon has a hard rind, a sweet green flesh, and small seeds in the center that you can discard. Store at room temperature until you are ready to eat.

**GARLIC**, Phantom Hill Farm, Louisa County, VA, and Ray's Produce, Orange County, VA

**BANANA PEPPERS**, Sunnyfield Farm, Rockingham County, VA

This mild chili pepper has a tangy, slightly sweet taste. Add thin slices to sandwiches or salads, or cook it alongside your favorite cooked veggies. It would make a great potato topping!

**HEIRLOOM TOMATOES**, Singing Earth Produce, Augusta County, VA and Radical Roots Community Farm, Rockingham County, VA

Have you ever had a tomato sandwich? These tomatoes are so sweet and juicy, we think it can make a tomato lover out of anyone! Thinly slice and enjoy between two toasted pieces of bread. Keep these beauties out of the refrigerator and store on your countertop or table.

**TOMATILLOS**, Kirby Farm, Hanover County, VA

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.

**RED FRIAR PLUMS**, Dickie Brothers Orchard, Nelson County, VA

Many of the plum trees in Virginia were severely damaged by the very late frost and freeze we had in mid May (remember when it was cold?!). Fortunately, Dickie Brothers were able to protect much of their orchard during the cold weather to produce a nice plum crop for you this week! Store at room temperature and eat when soft.

**YUKON GOLD POTATOES**, Phantom Hill Farm, Louisa County, VA, or **WHITE NEW POTATOES**, Buckingham Amish Produce Co-Op, Buckingham

These potatoes are great for roasting, making baked "fries," or boiled and used in a potato salad.

**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)

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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)

## THREE INGREDIENT ROASTED SALSA

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### Ingredients

- 1 garlic clove, peeled, and finely chopped
- 2-3 banana peppers (or more, if you love them!), finely chopped
- 1-2 lbs tomatoes (2-3 medium size), cut into quarters (or finely chopped if you do not have a blender)
- Salt and pepper, to taste

If you have a food processor or blender, you can blend this recipe. If you do not have one, you can make the same delicious recipe by finely chopping all ingredients, including the tomato.

1. Heat oven to broil. Place all ingredients on a baking sheet lined with foil. Roast for 20-30 minutes, or until the edges are slightly brown and roasted looking.
2. Carefully remove from the oven and allow to cool. Blend all ingredients in a food processor or blender, if you have one, to your desired consistency. If you do not have one, simply mix all ingredients together for a chunkier salsa.
3. Enjoy with chips, tacos, meat or fish dishes, or even eggs!

*Adapted from smittenkitchen.com.*