

# WHAT'S IN MY BAG?

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**PERSONAL RED SEEDLESS WATERMELON**, Riverside Produce Farm, King William County, VA

The sweetest treat! This little melon is a smaller version of the large watermelons you may be used to. Hopefully, it is a little easier to cut into than the larger ones, and much easier to fit on your countertop or in your refrigerator!

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

**PINK LADY (PINK EYE) PEAS / TEXAS CREAM PEAS**, Old Tyme Bean Company, Ellorree, SC

Named for the pink colored ring around the “eye” of the pea, these shelled peas come from our friends in South Carolina. Grow Food Carolina supports and distributes produce from small family farms in SC, similar to what we do in VA. Their farmer, Old Tyme Bean Company, had more peas than they could sell in South Carolina, so we took advantage and brought some to VA. See the back for a recipe.

**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.

**GINGER GOLD APPLES**, Silver Creek and Seamans’ Orchard, Nelson County, VA

**GREEN BELL PEPPERS**, Buckingham Amish Produce Co-Op, Buckingham County, VA

These sweet peppers are great raw or cooked. You can add them to a salad, have them as a raw snack on their own, or cook them on the stove. They would go great alongside zucchini.

**ZUCCHINI**, Walnut Winds Farm, Pittsylvania County, VA

**JALAPENOS**, Kirby Farm, Hanover County, VA, and Singing Earth Produce, Augusta County, VA

These hot peppers can add great heat and spice to any dish. For less heat, remove the seeds before eating.

**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)

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## PINK LADY PEAS

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These shelled peas should be cooked and eaten as soon as you can, within a day or two after receiving your bag. Otherwise, put them in the freezer and defrost and cook when you are ready to enjoy them.

### Cooking Your Peas

Before eating, you will want to cook these peas. They can be eaten just after cooking as is, or used in additional recipes, such as making a hummus.

- 1 pound peas (the amount in your bag)
- 1 tablespoon cooking oil, preferably olive oil
- ½ cup finely chopped onion
- 2 garlic cloves, finely chopped
- 1 jalapeno pepper, seeds removed, and finely chopped
- 3 cups vegetable or meat broth (chicken, beef), or water
- Salt and pepper, to taste

Heat oil in a large pan over medium-high heat. Add onion, garlic, and jalapeno. Cook for 3 minutes, until the onion is tender. Add peas, broth or water, and salt and pepper. Bring to a boil, then reduce the heat and simmer for 50 minutes, or until the peas are tender. Stir occasionally.

### Pink Lady Pea Hummus

To make a hearty dip for crackers, bread, or vegetables, try this Pink Lady Pea hummus! Cook the peas, following the recipe above, but do not include the onion or jalapeno. Blend the cooked peas with lemon juice (about 1 tablespoon), oil (about 2 tablespoons), and your favorite seasonings or herbs in a blender or food processor until smooth. For a smoother dip, add more oil.