

WHAT'S IN MY BAG?

ASIAN PEARS, Saunders Brothers Orchard, Nelson County, VA

Asian pears grow very well in Virginia and are an end of summer/early fall treat. You do not need to peel the skin – it is thin enough to chew – and you can bite into it like an apple, or cut into slices.

GALA APPLES, Dickie Brothers Orchard, Nelson County, VA

That's right – apple season is upon us! Gala apples are one of the earliest varieties to show up in Virginia. Known for their sweet flavor and crisp crunch, they are an excellent snacking apple.

CUBANELLE PEPPERS, Archlynn Farm, Charlotte County, VA

These sweet peppers are also known as Italian frying peppers. They are fantastic roasted in the oven, stir fried in a pan on the stove, or cooked on the grill. They would make for a fantastic taco topping!

BLUE OR YELLOW CORN TORTILLAS, Ula Tortilla, Nelson County, VA

These tortillas are made from organic, non-GMO corn, and are stone ground by husband and wife duo Stephanie and James. They use an ancient process of soaking the corn overnight with lime, which creates an incredibly fresh flavor. Store in the refrigerator.

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 has a fantastic shelf life, and will last for at least a week in your refrigerator.

RED AND GREEN BELL PEPPERS, Tallawah Farms, Princess Anne, MD

Tallawah Farms is a group of diverse growers, native from the Caribbean, who live on the Eastern Shore of Maryland and practice farming as lifestyle. Their motto is “eat what you grow, and grow what you eat.” Their sweet bell peppers are great on their own as a snack, or used in a stir fry, or in a taco!

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

PINK LADY PEAS

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.