

# WHAT'S IN MY BAG?

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**GALA APPLES**, Dickie Brothers Orchard, Nelson County, VA

Apples are best kept in refrigeration and can last up to several weeks.

**YELLOW PEACHES**, Saunders Brothers Orchard, Nelson County, and Crown Orchard, Albemarle County

Peach season continues! Keep these at room temperature, away from sun and heat, to allow them to ripen over the next several days. To delay ripening and keep them for longer, store them in your refrigerator.

**GREEN BELL PEPPERS**, Sunnyfield Farm, Rockingham County, VA

Did you know that all bell peppers come from the same plant, and their color indicates when they were picked? Green peppers are the youngest and the first to be picked from the plant. If left on the vine, the peppers will turn from green to yellow, orange, finally and red. Red peppers are the most mature and often are the sweetest, whereas the green are the least sweet among the colors.

**YELLOW SUMMER SQUASH**, Goldman Farm, Charlotte County, VA, and Buckingham Amish Produce Co-Op, Buckingham County, VA

**SWEET POTATO GREENS**, Theresam Fam, Prince George County, MD

While sweet potatoes grow under the soil, these gorgeous, nutritious greens grow above the ground and are the leaves of the sweet potato. See the back for more information.

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

These peppers are a member of the chili family but have more of a mild, tangy, even sweet taste, unlike other peppers in the family that have a hot heat. You can slice them and add them to salads or sandwiches, or stuff them with cheese and protein.

**SHREDDED MOZZARELLA CHEESE**, Mountain View Farm Products, Rockbridge County, VA

This cheese comes from a herd of 200 cows that roam grassy pastures outside of Lexington, VA. Farmer Christie milks the cows on the farm, and makes the cheese in a state-of-the-art facility on the farm. She recently purchased a large, expensive piece of equipment that allows her to shred the cheese. This purchase enabled her to grow her business, as we all love shredded cheese!

**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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## SWEET POTATO GREENS

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Sweet potato greens are similar in taste and texture to other hardy greens, such as spinach, kale, and turnip tops. They can be eaten raw or cooked, though the flavor is likely to be stronger when they are raw. They have a bitter taste and the leaves can be tough to chew, so if you do try them raw, finely chop the leaves and stems before eating. A small amount would add a unique flavor to a fresh salad.

Be sure to wash the greens well in cool water before eating them raw or cooking them. They grow close to the ground, like spinach, and therefore could have traces of soil.

### TO COOK

Chop the leaves and stems into bitesize pieces. Heat oil, preferably olive oil, in a pan on the stove over medium high heat. Add the stems first, stirring them around in the pan, and cook for 1-2 minutes. Then add the leaves and cook for an additional 2-4 minutes, until the greens are wilted and resemble cooked spinach. If the greens are burning or becoming dry while cooking, add a bit of water to the pan.

Drain off any excess water and serve immediately. You could also add in some other flavors to this recipe, such as garlic, lemon juice, ginger, salt and pepper, red pepper flakes, etc.

These greens are a great side dish to any meal. They go great with pasta, rice, or even eggs!