

# 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.

**PATTYPAN SQUASH**, Goldman Farm, Charlotte County, VA

This summer squash is similar to the long, thin yellow squash and green zucchini you may be used to, just in a different shape! It cooks and tastes just like other summer squashes, even though they are shaped like saucers. See the back for more details.

**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.

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

**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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## PATTYPAN SUMMER SQUASH

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### TO CUT

You can slice and dice this squash any way you like. Smaller pieces will cook more quickly than larger pieces, and may be easier to chew and use in recipes. You can cut the squash into chunks or cubes, or thin slices from either direction (from the top of the saucer, or from the side).

### HOW TO COOK

Pattypan squash can be cooked like other summer squash. It is great on the grill, roasted, sautéed in a pan on the stove, or baked into another recipe, perhaps with some cheese.

### ROASTING

Heat the oven to 400 F. Cut the pattypan as you like, and arrange it in a thin layer on a foil lined baking sheet. Drizzle with oil, preferably olive oil, and add your favorite herbs and seasonings, like salt, pepper, garlic powder, red chili flakes, oregano, or basil, to name a few.

Roast in the oven for 15-25 minutes, depending on how large your pieces are. When the squash is tender and ready for eating, you should be able to easily poke the pieces with a fork.

Serve while warm. Try sprinkling a little shredded mozzarella cheese on top. You could also make this recipe with the green bell peppers or banana peppers.