

WHAT'S IN MY BAG?

YELLOW SUMMER SQUASH, Walnut Winds Farm, Pittsylvania County, VA
Summer squash can be an easy veggie dish to add to your meal. Slice the squash into thin rounds. Heat oil in a pan on the stove over medium high heat. Add the squash and cook until tender but not too soft, about 7-10 minutes. Season with your favorite flavors like salt and pepper, dried or fresh herbs, powdered garlic, red pepper flakes, etc.

GREEN BIBB LETTUCE, Fresh 2 O, Culpeper County, VA
This Certified Organic green bibb lettuce grows indoors in water, rather than outdoors in soil, and includes its roots. This gives the lettuce a very long shelf life – up to three weeks in the refrigerator – and lots of nutrition!

HONEYCRISP APPLES, Silver Creek Orchard, Nelson County, VA
These are some of the most prized apples, known for their crisp crunch and sweet flavor. They are best kept in the refrigerator and should last for a few weeks. Store them away from any leafy greens, like the bibb lettuce. Apples release a natural gas called ethylene, which can cause other produce to ripen and spoil more quickly.

ASIAN PEARS, Saunders Brothers Orchard, Nelson County, VA
These pears are best kept at room temperature, away from heat and sun. When ripe, they will still feel very firm, but you should be able to bite into them like an apple. They are very crisp and sweet.

CHERRY TOMATOES, Singing Earth Produce, Augusta County, VA
Summer continues with these colorful cherry tomatoes. Tomato season should last into October in Virginia, so there are plenty more to come. Store these tomatoes at room temperature, and only wash them before you are ready to eat them.

SLICING CUCUMBERS, Kirby Farms, Hanover County, VA
As the name implies, these cucumbers are great for slicing up as a snack, adding to a salad, or even adding to a sandwich. The skin can be tough to chew so it is best to peel the skin with a vegetable peeler or knife.

WILDFLOWER HONEY, Hungry Hill Farm, Nelson County, VA
Keep out of the refrigerator and add honey to just about anything you'd like to add a little sweetness to. See the back for a salad dressing suggestion.

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

SUMMER SALADS

The items in the bag this week would make for a great salad, with the bibb lettuce, cherry tomatoes, and slicing cucumbers. If you like a little sweetness in your salad, add a few slices of pear or apple, too. And, how about a quick and easy dressing with the honey?

HONEY LEMON DRESSING

Ingredients

1 tablespoon lemon juice
1 tablespoon honey
1/4 cup olive oil
Salt and pepper, to taste

Method

In a small bowl, whisk all ingredients together, and season with salt and pepper to your liking. You can store this dressing in the refrigerator for a few days. Drizzle on your salad and enjoy!

Adapted from foodandwine.com.