

# WHAT'S IN MY BAG?

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**GARLIC**, Ray's Produce, Orange County, VA and Buckingham Amish Produce Co-Op, Buckingham County, VA

Adding a clove (or two!) of garlic to any meal or recipe can make all the difference. Store this garlic at room temperature and keep it from getting wet. Garlic can last for up to several months.

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

A quick sauté of garlic, oil, zucchini, and your favorite herbs or spices can be a fast and delicious meal. Heat oil in a pan over medium heat. Add a finely chopped garlic clove and cook for 1 minute. Add zucchini and cook until tender, about 7-9 minutes. Season with your favorite flavors.

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

Empire apples are a cross between Red Delicious and McIntosh. They have a sweet flavor and a crisp crunch. Store in the refrigerator.

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

Named for the city that made this pepper popular - Anaheim, California – these chili peppers are mild in flavor and in heat. They would be great cooked alongside the zucchini, or roasted or sauteed on their own.

**SIBERIAN KALE**, Goldman Farm, Charlotte County, VA

This kale is known for its tender leaves and mild flavor. It is great raw or cooked. You could make a raw kale salad with your favorite salad dressing, or sauté it on the stove with garlic, oil, and your favorite seasonings. The stems can be bitter so it is best to remove them. If the leaves become wilted, place them in bowl of cold water for an hour or so to crisp up.

**RED RADISHES**, Goldman Farm, Charlotte County, VA

Crunchy and with a bit of spice, red radishes are great on their own, added to salads, or sliced thin and added to a sandwich. The green tops are edible, too. You can cook them like you would another leafy green, like kale or collard greens. If the radishes start to get a bit soft, you can put them in a bowl of water and store them in the fridge. This will help them to crisp up.

**PLAIN OLD PANCAKE MIX**, Wade's Mill, Rockbridge County, VA

This pancake mix is made with stone-ground wheat flour that is grown in Virginia and milled in the Shenandoah Valley at Wade's Mill, a more than 250 year old mill. The grains are 100% natural with no preservatives. Store the mix in the refrigerator, if you can wait that long to make pancakes!

**CAGE-FREE FARM EGGS**, Shepherd's Hill Farm, Greene County, VA

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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)

## PANCAKES

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This pancake mix does not contain any preservatives or added sugar. They can be a nice treat to have every once in a while. For a full breakfast, serve them with eggs, and maybe some cooked veggies, like zucchini.

### Ingredients

- 1 cup pancake mix
- 1 egg
- 1 cup milk or water
- 2 tablespoons olive oil or melted butter

### Method

In a large bowl, lightly beat the egg. Add the milk or water and oil or butter and whisk to combine. Slowly add the pancake mix, stirring in a little at a time until the batter is thick and moist.

Heat a pan on the stove over medium high heat. Grease the bottom of the pan lightly with oil or butter. Pour in a few spoonfuls of batter to make one pancake. You can cook a few at a time if you have room in your pan. When bubbles appear on the surface, flip the pancake over and cook until they are no longer runny.

Top your pancakes with slices of apples, and try using honey in place of syrup. Yum!