

WHAT'S IN MY BAG?

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.

MUSTARD GREENS, Goldman Farm, Charlotte County, VA

These mustard greens are an heirloom variety called Florida Broad Leaf. Mustard greens can be eaten raw or cooked, and are known for their peppery flavor and dense nutrients. Cook them like you would kale or spinach, or add them fresh to a salad or sandwich.

BABY BOK CHOY, Phantom Hill Farm, Louisa County, VA

In the cabbage family, bok choy is a leafy green that originated in China and is often used in Asian cooking. Cook it like you would spinach, mustard greens, or kale. It would be fantastic with some fresh garlic! If you have soy sauce, you can drizzle a little into the pan as you are cooking for even more flavor.

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, 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

PANCAKES

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!