

WHAT'S IN MY BAG?

WHITE PEACHES, Saunders Brothers Orchard, Nelson County, VA
Peach season continues! Store these on your countertop or table, away from heat and sun. They will ripen up to be nice and soft in a few days. If you want to keep them for longer, store them in your refrigerator.

GALA APPLES, Dickie Brothers Orchard, Nelson County, VA
These apples can last up to several weeks in the refrigerator. Store them away from any leafy greens, like lettuce. Apples naturally release a gas called ethanone, which makes other fruits and veggies ripen more quickly. Storing apples and lettuce together could cause the lettuce to wilt.

ORGANIC HEAD LETTUCE, Radical Roots Community Farm, Rockingham County, VA

ANAHEIM PEPPERS, The Farm at Sunnyside, Rappahannock County, VA
These peppers have a subtle heat that is not as hot as a jalapeno or habanero. They make for great stuffing peppers – like with cheese and/or meat! They are also great ingredients for soups, salsas, and sauces.

HABANERO PEPPERS (HOT!), Tallawah Farms, Princess Anne, MD
Tallawah Farms is a group of diverse growers, native from the Caribbean, who live on the Eastern Shore of Maryland and practice farming as a lifestyle. They grow many foods native to the Caribbean. These habanero peppers are very spicy/hot – one pepper can go a long way!

CHEDDAR CHEESE, Mountain View Farm Products, Rockbridge County, VA
Sprinkle a little cheese on almost any dish for some additional flavor.

BROCCOLI, Churchill Produce, Highland County, VA
Broccoli has two growing seasons in Virginia – one in late spring/early summer, and a second one in late summer/early fall. Fresh broccoli can taste so sweet and flavorful that you might even enjoy it raw, such as in a salad or as a snack. See the back for recipe ideas.

CHERRY TOMATOES, Singing Earth Produce, Augusta County, VA
These cherry-sized tomatoes are easy to pop into a salad, or directly into your mouth!

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

BROCCOLI

This broccoli is so flavorful and fresh that it is great raw or cooked.

ROASTED BROCCOLI

Ingredients

- 2 lbs broccoli (the amount in your bag)
- 3 tablespoons cooking oil, preferably olive oil
- Salt and pepper, to taste

Method

1. Preheat oven to 450 degrees.
2. Wash broccoli in cool water and shake out to dry. The stem of the broccoli can be very tough. You can either cut off the stem and discard it, or, cut the stem into bite size pieces. Cut the head of the broccoli into bitesize pieces as well.
3. On a foil lined baking sheet, toss the broccoli pieces with oil, salt, and pepper. Spread them out on the sheet in an even layer. Roast in the oven for about 20 minutes, until crispy and tender.
4. Optional: Sprinkle some of your shredded cheddar cheese on top just before eating!

RAW BROCCOLI

Following the cutting method in #2 above, you can enjoy this broccoli raw! Add the bitesize pieces to a salad, or dip them into your favorite dressing for a snack. A broccoli-tomato-cheddar cheese salad sounds delicious!