

# WHAT'S IN MY BAG?

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## **WHITE PEACHES**, Saunders Brothers Orchard, Nelson County, VA

Peach season is ending soon, so enjoy these last of the season peaches. Store them at room temperature, away from heat and sun, to allow them to ripen.

## **GALA APPLES**, Dickie Brothers Orchard, Nelson County, VA

## **MIXED CHERRY TOMATOES**, Singing Earth Produce, Augusta County, VA

Although the weather is crisp and cool, these sweet little colorful tomatoes continue to burst with summer flavor! Store them at room temperature, away from heat and sun. Add them to a salad, or pop them in your mouth for a quick and easy snack.

## **GREEN BELL PEPPERS**, Sunnyfield Farm, Rockingham County, VA

Try thin slices with dressing for a snack, or sauté on the stove with oil and garlic for a side dish.

## **TURNIP GREENS**, Goldman Farm, Charlotte County, VA

These greens grow above ground and are attached to the turnip bulb that grows below ground. They are similar to kale, collards, and chard, with a slightly bitter taste. You can use them raw, or cook them as you would other leafy greens.

## **BABY KALE**, Phantom Hill Farm, Louisa County

As the name implies, this kale is a young, more tender version of mature kale that you may be used to. It is great to eat raw.

## **RED RADISHES**, Goldman Farm, Charlotte County, VA and Eby Produce, Pittsylvania County, VA

Radish season is back! These crisp, peppery radishes are a great addition to a salad or sandwich, or eaten on their own as a snack. If the radishes start to get soft, put them in a bowl of water and store them in the refrigerator. This will help them to get crispy again! You can eat the tops as well, just like the turnip greens!

## **CHAMPAGNE VINAIGRETTE SALAD DRESSING**, Dress It Up Dressing, Bethesda, MD

This pre made salad dressing only has a few simple ingredients – olive oil, champagne vinegar, balsamic vinegar, garlic, Dijon mustard, and sea salt. It is low sodium and sugar free. You can keep this dressing at room temperature, even after it is opened.

## **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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## YOUR VOTE COUNTS!

The deadline to register to vote in the upcoming US Presidential election is October 13. Please contact Seirra Winn, Community Health Worker, [swwinn@sentara.com](mailto:swwinn@sentara.com), (434) 984- 6220 for help.

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## QUICK AND FILLING SALAD

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There are many flavorful items in your bag this week to make a tasty salad. Here are a few suggestions.

### Leaves/The base

The start to many great salads is lettuce. In place of lettuce, you could finely chop the turnip greens, kale, and radish tops to create your own mix.

### The toppings

The best part – colorful items to add to your green base. More colors can mean more flavor and nutrition, so go for the rainbow! Add the cherry tomatoes, slices of the green pepper, and thin slices of the red radish. If you like something sweet in your salad, add a few slices of peach and/or apple.

### The Dressing

Try the dressing packet this week. If you like it, try to re create it with your own ingredients. Sometimes a simple olive oil and lemon, or olive oil and vinegar dressing can make for the best salads!

### More Protein

Add a hardboiled egg to your salad. Boil a small pot of water on the stove, and carefully add eggs. Boil for 7 minute for a soft, runny yolk, or boil for 10 minutes for a firm yolk. You can hard-boil eggs ahead of time and store them in the refrigerator to eat later – they will last for several days!