

WHAT'S IN MY BAG?

ORGANIC HEAD LETTUCE, Radical Roots Community Farm, Rockingham County, VA
Store lettuce in a plastic bag or wrapped in a dish cloth in your refrigerator and wash just before eating. If the leaves become limp, soak them in ice cold water and watch them regain their crispiness.

RED RUSSIAN KALE, Goldman Farm, Charlotte County, VA
The leaves of this kale are tender enough that it makes for a great raw salad. Remove the stems as they can be bitter and hard to chew.

TURNIPS, Goldman Farm, Charlotte County, VA and Kirby Farm, Hanover County, VA
These Tokyo Cross Turnips can be enjoyed raw or cooked. Even the leafy green tops are edible and are full of nutrients! Cook the greens like you would kale or chard, or add them to a salad. Raw turnips are also great in a salad. To cook, roast them like you would winter squash or potatoes, or boil the turnips in water and mash them like you would mashed potatoes.

GALA APPLES, Dickie Brothers Orchard, Nelson County, VA

SWEET POTATOES, Kirby Farm, Hanover County, VA
First of the season sweet potatoes are in, and they are sweeter than ever! You can cook these like a baked potato, or try the “oven fries” recipe from last week. Or, try them mashed, just like you would make mashed white potatoes. Store them in your refrigerator and they will last for several weeks.

ANAHEIM PEPPERS, Sunnyfield Farm, Rockingham County, VA
These chili peppers have a mild flavor, which are great for adding a little heat to any dish. Roast them alone in the oven, or cook them with yellow squash, kale, or turnips.

YELLOW SQUASH, Archlynn Farms, Charlotte County, VA and Walnut Winds Farm, Pittsylvania County, VA
September and October can be some of the best months for Virginia produce, as summer produce is still in season while fall produce is coming into full production. This week, you have summer and winter squash in your bags, so keep summer alive with grilled yellow squash, and welcome winter with a warm butternut squash recipe!

BUTTERNUT SQUASH, Dickie Brothers Orchard, Nelson County, VA
You can store this squash at room temperature if you plan to eat it soon. If you keep it in the refrigerator, it can last for several weeks. The skin is extremely tough and cannot be eaten. See the back for cutting and cooking tips.

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)



Your participation in this program supports small family farms in our region. Thank you!

YOUR VOTE COUNTS!

Election Day is Tuesday, November 3. Have you made your plan to vote? There are many options for voting early this year. Visit www.elections.virginia.gov/citizen-portal to learn more.

FEEDBACK

We need your feedback on this program so that we can better serve you. Your feedback will also help us continue to offer this program. Please visit: www.localfoodhub.org/survey

BUTTERNUT SQUASH

This hardy winter squash makes for a warm and filling side dish or meal. The skin of the squash is very tough and can be difficult to cut and peel. With care, cut both ends off to create two flat edges. Peel the skin with a vegetable peeler, or very carefully with a knife. Cut the squash in half through the width, and then cut those pieces in half length wise. The bulb shape portion of the squash will have seeds. Remove the seeds with a spoon, just like you would carve a pumpkin. You can rinse the seeds and roast them, just like pumpkin seeds!

Cut the squash into cubes or half moon shapes. The smaller you cut the pieces, the faster they will cook.

Heat your oven to 400 degrees. Toss the squash with oil, preferably olive oil, and season with your favorite flavors – salt and pepper, garlic, dried herbs, etc. Arrange squash on a foil lined baking sheet. Roast in the oven until you can easily poke the squash with a fork, and the edges are slightly browned, about 25-30 minutes.

If peeling the skin is too hard, you can cook with the skin on. Remove the ends of the squash, and slice it in half lengthwise. Remove the seeds. Place skin side down on a foil lined sheet. Drizzle the flesh with oil and seasonings. Roast in the oven at 400 degrees until the flesh is tender, about 50-60 minutes. You can scoop it out of the skin to eat, or easily pull the skin away from the flesh.

