

WHAT'S IN MY BAG?

ORGANIC SALAD MIX, Radical Roots Community Farm, Rockingham County, VA

This salad mix is washed and ready to eat. Make a quick salad with the tomatoes, broccoli, radishes, roasted beets, and apple.

BROCCOLI, Kirby Farm, Hanover County, VA

Broccoli has two growing seasons – the spring, and the fall. This is our first fall broccoli! Try it raw in a salad, or as a snack, dipped into your favorite dressing. Or, chop the heads into bite size pieces and place on a baking sheet lined with foil. Heat the oven to 450 degrees. Drizzle broccoli with oil and add your favorite seasonings. Roast for 15-20 minutes, to your desired crispiness.

FRENCH BREAKFAST RADISHES, Turnip the Beet, Nelson County, VA

These radishes offer a crisp, mildly spicy flavor. You can enjoy them raw – slice them and add to a salad or sandwich, or try a little salt on them for an easy snack. You can eat the green tops, too. Add them to a salad, or lightly cook them with oil in a pan on the stove top, like you would cook spinach or kale.

MUSTARD GREENS, Goldman Farm, Charlotte County, VA

This hardy leafy green is similar to kale and chard, but less bitter than the two with a more peppery flavor. It can be great raw or cooked. Heat oil in a pan on the stove over medium heat. Chop the greens and add to the pan; season with salt, pepper, and your favorite seasonings. Cook until wilted, about 5-7 minutes.

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. If you have soy sauce, you can drizzle a little into the pan as you are cooking for Asian-inspired flavor.

ROMA TOMATOES, G Flores Produce, Northern Neck, VA

Despite the cooler weather, tomatoes are still growing in VA! These would be great in a salad or on a sandwich, or roasted in the oven.

FUJI APPLES, Dickie Brothers Orchard, Nelson County, VA

BEETS WITH GREEN TOPS, Kirby Farm, Hanover County, VA

Red beets are packed with healthy nutrients that have been known to be great for a healthy body and mind. You can eat the green tops, too! Wash them well and cook them like any leafy green, such as mustard greens or bok choy. See the back for a roasted beet recipe.

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)



We are excited to let you know that this program will now run through the end of January 2021. Starting in November, the schedule will change from delivery every week to delivery twice per month. There are no deliveries during holiday weeks. You will continue to receive your bag on the same day of the week and time as you are currently. For the rest of October, you will continue to receive weekly delivery.

Beginning in November, you will receive your bag on Wednesday's on:

- November 4
- November 18
- December 2
- December 16
- January 6
- January 20

You are supporting small family farms in our region. Thank you for participating in this program.

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.

ROASTED BEETS

Roasted beets can be an easy dish to prepare. After being cooked, they will keep well in the refrigerator for several days, so you can cook them once and eat them throughout the week. They are great on their own, added to a salad, or enjoyed with broccoli, mustard greens, or bok choy.

Heat the oven to 425 degrees. Slice the beets into chunks – the smaller the chunks, the more quickly they will cook. Toss with oil in an oven safe dish or on a baking sheet. Season with salt and pepper. Roast in the oven for 35/40 minutes, or until they are easy to poke through with a fork and are very fragrant.