

WHAT'S IN MY BAG?

ASIAN PEARS, Saunders Brothers, Nelson County, VA

These pears are best kept at room temperature, away from heat and sun. When ripe, they will still feel very firm, but you should be able to bite into them like an apple. They are very crisp and sweet.

GALA APPLES, Dickie Brothers Orchard, Nelson County, VA

Gala is one of the earliest varieties of apples to show up in Virginia, and they grow very well here. Known for their sweet flavor and crisp crunch, they are an excellent snacking apple. Keep them in the refrigerator and they can last for several weeks.

BLUE ADIRONDACK POTATOES, Wayside Produce, Rockingham County, VA

These unique blue potatoes have a blue/purple skin and flesh. High in antioxidants, they will hold their blue/purple color when cooked, adding some fun color to your meal! See the back for a recipe, or try a classic baked potato if your potatoes are on the larger side.

COLLARD GREENS, Kirby Farm, Hanover County, VA

This week is Virginia Farm to School Week. During normal times, schools across the state celebrate Virginia farmers and food through activities at school and in the cafeteria. With most schools in our area conducting distance learning and distributing school meals to communities, Farm to School Week looks a bit different this year. Students in Charlottesville City Schools will receive a bunch of collard greens with their school lunch this week, and a recipe to try at home. You can celebrate Farm to School Week with them, too!

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

These salad greens are washed and ready to be used, making them easy to put into a salad or to add onto a sandwich. They should last for up to one week in the refrigerator.

BANANA PEPPERS, Sunnyfield Farm, Rockingham County, VA

This mild chili pepper has a tangy, slightly sweet taste. Add thin slices to sandwiches or salads, or cook it alongside your favorite cooked veggies. It would be great with roasted potatoes, and perhaps some cheese. Or try pickling them and keeping them in the refrigerator for future use.

MARMAC CHEDDAR, Mountain View Farm Products, Rockbridge County, VA

A few slices of cheese can make for a filling and nutritious snack. Add a few slices of fruit, like apple or pear, for a sweet and salty treat. Keep your cheese tightly wrapped in the plastic bag it came in, or in plastic wrap.

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!

The deadline to register to vote in the upcoming US Presidential election is October 13, which is this coming Tuesday. Please contact Seirra Winn, Community Health Worker, SMWINN@sentara.com, (434) 984- 6220 for help.

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

Oven Fries

Ingredients

Potatoes

Cooking oil, preferably olive oil

Salt and pepper, to taste

Method

1. Heat the oven to 450 F.
2. Wash the potatoes and cut them into thin sticks, like French fries. Place them in a pot, and cover the potatoes with 1-2 inches of water.
3. Cook on the stove over high heat for about 10 minutes. You do not want the water to boil. If it begins to boil, turn down the heat. The potatoes should become slightly soft, so that it is easy to poke them with a fork.
4. Drain the potatoes in a colander. Coat a foil lined baking sheet with oil, and arrange the potatoes in a thin layer on the sheet. Drizzle the potatoes with oil and season with salt and pepper to your liking.
5. Roast them in the oven for 20 minutes, tossing them a few times during the cooking. Roast to your desired texture – roast them longer if you like them really crunchy!

Adapted from smittenkitchen.com

