

WHAT'S IN MY BAG?

SATSUMA ORANGES, Franklin Citrus Farm, GA

Related to clementines and tangerines, these juicy and sweet Satsuma oranges grow well in the southern US from October through December. Our friends in Georgia grew these easy to peel citrus fruits, which are also primarily seedless, making for a great snack for adults and kids alike. Store at room temperature and they will last for at least a week, or keep in the refrigerator for several weeks.

EASTER EGG RADISHES, Witmer Farm, Rockingham County, VA

These radishes are named for their bright, pastel colors, like dyed Easter eggs. The radishes make for a great snack or addition to a sandwich. You can also cook the green tops like you would make another leafy green, such as kale or spinach.

SNOW PEAS OR SUGAR SNAP PEAS, Goldman Farm, Charlotte County, VA

You will have either snow peas or sugar snap peas in your bag. Both peas have an edible pod, meaning you can eat them whole and there is no cooking required. They are so sweet you may want to snack on them, or add them to a salad.

SALAD MIX, Phantom Hill Farm, Louisa County, VA

Farmers Kathryn and Chris of Phantom Hill grow on less than one acre of land, which is quite small by farm standards! They are known for their salad mix, which includes several types of lettuces and leafy greens, making for a flavorful and nutritious salad. It should keep in the refrigerator for at least one week.

FUJI APPLES, Dickie Brothers Orchard, Nelson County, VA

Apples release a natural gas called ethylene. This gas can cause other produce to ripen more quickly, especially leafy greens. Store your apples in the refrigerator away from other produce that you do not want to ripen, such as in a drawer. Keeping them in the plastic bag they are packed in will help, too!

SPINACH, Eby Produce, Campbell County, VA

This spinach is best for cooking rather than eating raw. The tough, hardy leaves are strong enough to grow outside in the cold weather, but may make chewing more difficult if they are not cooked. Wash the leaves well and shake off any excess water. Heat a pot or pan on the stove over medium heat. Add cooking oil and garlic if you have it. When the pot or pan is hot, add the spinach. Stir and season with salt and pepper, and watch the leaves cook down into tender, dark green leaves. Cook for 5-7 minutes. A squeeze of lemon juice at the end is a nice addition if you have it!

BROCCOLI, Buckingham Amish Produce Co-op, Buckingham County, VA , and Church Hill Produce, Highland County, VA

Broccoli can be great raw or cooked. To try it raw, you might add bitesize pieces to a salad, or dip them into your favorite dressing for a snack. See the back for a cooking suggestion.

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 the fall/winter season of Fresh Farmacy! We are excited to bring you fresh produce grown by small family farms in Virginia and beyond. You will receive your bag twice per month from November until the end of January. Your next bag delivery dates are:

On **Friday's**: November 20, December 11, December 18, January 15, and January 29.

You are supporting small family farms in our region. Thank you for participating in this program. Visit localfoodhub.org/fresh to learn more.

ROASTED BROCCOLI

Ingredients

- 1.5 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 bitesize 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.