

WHAT'S IN MY BAG?

PERSIMMONS, Farm Pak, NC

This sweet fruit originated in Asia and resembles a bright orange tomato with a leafy stem. The variety is called “Fuyu” and has flavors that resemble pears, dates, brown sugar, and a hint of cinnamon. You can bite into them like you would an apple, or cut into slices. Persimmons can be great on their own, added to salads, or used as toppings for pizza, pie, tarts, yogurt, and toast. Store at room temperature.

RED RADISHES, Goldman Farm, Charlotte County, VA and Bellair Farm, Albemarle County, VA

Use red radishes in salads or veggie dishes, or eat them on their own as a snack. You can cook eat the tops, too. Cook them as you would other leafy greens such as kale, collards, or spinach.

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.

HEAD LETTUCE, Singing Earth Produce, Augusta County, VA

Wrap in a kitchen/tea towel, or store in a plastic bag in the refrigerator. Wash just before you are ready to eat. If the leaves become limp, soak them in cold water for a few minutes to bring back the crispiness.

GREEN BELL PEPPERS, Sunnyfield Farm, Rockingham County, VA

BRUSSEL SPROUTS, Church Hill Produce, Highland County, VA

Members of the cabbage family, these brussel sprouts look just like tiny cabbages. They have a hard stem at the bottom that needs to be removed before cooking. Wash the brussel sprouts well, and cut off the tough stem with a knife. Cut them in half length wise, from the round top down to the end where you removed the stem. Heat oven to 400 degrees. Place brussel sprouts on a foil lined baking sheet and drizzle with oil. Season with salt and pepper. Cook for 25-30 minutes, stirring half way through. They should get crispy and brown around the edges, and be easy to poke with a fork. Cook them for longer if needed.

RED POTATOES, Wayside Produce, Augusta County, VA

Store in the refrigerator and these potatoes can last for several weeks. See the back for a 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)

Fauquier Free Clinic Fresh Farmacy: Fruit and Veggie Prescription Program

Thank you for participating in this program. You are supporting small family farms in our region. If you are able to access the Internet, we have a webpage with more information: localfoodhub.org/fresh

You will receive your next bag delivery on Friday, November 20.

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 and arrange them in a thin layer on an oil lined baking 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