

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.

BUTTERNUT SQUASH, Singing Earth Produce, Augusta County, VA and Witmer Farm, Rockingham 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)



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 **Wednesday's**: November 18, December 2, December 16, January 6, and January 20.

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

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.