

WHAT'S IN MY BAG?

PERSIMMONS, Farm Pak, North Carolina

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 lengthwise, 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.

SPAGHETTI SQUASH, Singing Earth Produce, Augusta County, VA

This winter squash gets its name for how the bright yellow flesh inside appears once cooked – like spaghetti! The flesh will separate into long strands that have a texture of angel hair pasta. You can enjoy on your own, or top with pasta sauce! See the back for cooking suggestions.

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:

If you receive your bag on **Wednesday's from The Jefferson School**, your delivery days are: November 18, December 2, December 16, January 6, and January 20.

If you receive your bag on **Thursday's**, your delivery days are: November 19, December 3, December 17, January 7, and January 21.

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

SPAGHETTI SQUASH

Cut your spaghetti squash in half lengthwise. The squash is very hard, so be careful. You might try removing the ends before cutting in half. Remove the seeds with a spoon and discard, or roast the seeds like you would pumpkin seeds.

Heat the oven to 400 degrees. Place the squash, cut sides face down, in an oven safe baking dish. Add enough water to cover the bottom of the dish. Roast in the oven for 30-45 minutes, until you can easily poke a fork through the flesh all the way to the peel.

Use a fork to gently pull the squash flesh away from the peel and separate into strands. Do this by "raking" the flesh like you would rake leaves. This should be easy to do when the squash is fully cooked.

Serve the squash immediately while it is still warm. Add a little olive oil, butter, or pasta sauce on top for added flavor. Enjoy!