

WHAT'S IN MY BAG?

BLACKBERRIES, Lewis Nursery, Rocky Point, NC

It is too cold in Virginia to grow blackberries right now, but just warm enough for them to grow across the boarder in North Carolina. Lewis Nursery brought you strawberries this spring, when it was too cold for Virginia strawberries. Keep in the refrigerator and wash just before eating. Enjoy them with the granola!

FUJI APPLES, Dickie Brothers Orchard, Nelson County, VA

COLLARD GREENS, Goldman Farm, Charlotte County, VA

Remove the center rib of the leaves before cooking. Carefully chop or tear the leaves into bite sized pieces. In a large pan over medium-high heat on the stove, add enough oil to cover the bottom of the pan. Add the greens and season with salt, pepper, or your favorite seasonings. Stir often and add a few spoonfuls of water if the leaves begin sticking to the pan. Cook for 5-10 minutes.

GREEN BEANS or ROMA BEANS, Goldman Farm, Charlotte County, VA

You will have green beans or Roma beans in your bag. Roma beans are flatter and wider than traditional green beans, but are similar in flavor. For both beans, trim the ends with the tough stem. See the back for a recipe, or you might like to eat them raw!

SALAD MIX, Schuyler Greens Company, Albemarle County, VA

This salad mix is washed and ready to be eaten straight from the container. Store in your refrigerator for up to a week or more.

SWEET POTATOES, Willie Mae Farm, York County, VA

Farmer Mike Combs picked up farming from his grandfather, who always had a huge garden, and the farm is named for his grandmother. In addition to growing these potatoes for you, he also grows for the Black Church Food Security Network, a group that links African American congregations in urban and rural communities to advance food and land sovereignty.

ABUELA ISABELLA'S GRANOLA, Gaona Granola, Charlottesville, VA

Hand made in Charlottesville by female business owner Coco Sotelo, this granola is made with high quality natural ingredients. Gaona's mission is to help you enjoy just the right amount of protein to deliver the energy you need, in the most natural way, to get you through your day. This classic Mexican recipe is made with amaranth grain, which was used by the ancient Mayans in Mexico for energy. Ingredients: rolled oats, almonds, amaranth grain, sunflower seed, pumpkin seed, olive oil, peanuts, honey, sesame seed, raisins, coconut, sea salt. Store at room temperature for up to 4 months.

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)



We are excited to let you know that this program will now run through the end of January 2021. Starting in November, the schedule will change from delivery every week to delivery twice per month. There are no deliveries during holiday weeks. You will continue to receive your bag on the same day of the week and time as you are currently. For the rest of October, you will continue to receive weekly delivery.

Beginning in November:

If you receive your bag on **Wednesday's from The Jefferson School**, your delivery days are: November 4, November 18, December 2, December 16, January 6, and January 20.

If you receive your bag on **Thursday's**, your delivery days are: November 5, November 19, December 3, December 17, January 7, and January 21.

If you receive your bag on **Friday's**, your delivery days are: November 13, 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.

YOUR VOTE COUNTS!

Election Day is Tuesday, November 3. The last day to vote early, in person, is Oct. 31. Have you made your plan to vote? Visit www.elections.virginia.gov/citizen-portal to learn more.

GREEN BEANS OR ROMA BEANS

Store in the refrigerator until you are ready to eat. Wash in cool water. Trim the ends that have the tough stem. You can snap them off, or use a knife and cutting board to cut them off.

If you have fresh garlic, cut 1-2 cloves into thin slices. Heat a pan on the stove over medium heat and add oil. Add the garlic and cook for 1 minute, until fragrant and slightly brown. Add the beans and cook, stirring often, for about 5-7 minutes. The beans should look bright and glossy. Season with salt and pepper.

Add about ½ cup water to the pan and cover the beans. Cook for 1-2 minutes, until they become tender. You can finish with your favorite herbs or seasonings, like red pepper flakes, oregano, basil, or even some lemon juice. Enjoy!