

WHAT'S IN MY BAG?

CAGE-FREE FARM EGGS, Wadel's Farm Wagon, VA

Store your eggs in the refrigerator and they can last for up to four weeks.

CURLY MUSTARD GREENS, Goldman Farm, Charlotte County, VA

These hardy leafy greens are full of healthy nutrients and lots of flavor. Store in the refrigerator for about one week. Before cooking, wash under cool water, and remove and discard the stems. Finely chop the leaves or tear them into bite sized pieces with your fingers. Cook in a pot or pan on the stove with oil, garlic, or your favorite seasonings. Add small amounts of liquid to the pot or pan, such as water or broth, to soften the leaves and help them wilt down. It will look like cooked spinach when the mustard greens are ready. Cook time is about 5-10 minutes.

SNACK PEPPERS, Sunnyfield Farm, Rockingham County, VA

These small, colorful peppers are sweet and can be enjoyed raw or cooked. As the name implies, they are great for snacking. You can cook them whole, with the stems on, in the oven or on the grill. Store in the refrigerator.

MOZZARELLA CHEESE, Mountain View Farm Products, Rockbridge County, VA

This cheese is made from cows that roam on grassy pasture outside of Lexington, VA. Mozzarella goes with just about anything. Try a cherry tomato and mozzarella salad, or melt thin slices on top of your butternut squash.

BUTTERNUT SQUASH, Public House Produce, Luray, VA

This hardy winter squash can be stored at room temperature and will last for several weeks. It can look intimidating with its hard shell, but with a little practice, it can be an easy vegetable to prepare.

Wash the squash with cool water and pat dry. Using a sharp knife with a long blade, place the butternut longways on its side, like a hotdog, on a cutting board or hard, stable surface. Hold one end of the squash with your non cutting hand, and carefully slice through the other end to remove the bottom 1-2 inches. Do the same for the other side. Discard the ends.

Stand the squash upright on one of the now flat ends that you just cut. Carefully cut through the now open end from top to bottom, so that you are cutting through the flesh, straight down the middle. Scoop out the seeds with a spoon. You can discard the seeds, or roast them like pumpkin seeds for a snack.

Roast the butternut squash as is in the oven at 400 degrees for about 20-30 minutes, until the flesh is very soft and you can easily insert a fork. You should smell yummy aromas of the squash, too! You can enjoy the squash as is, or, add olive oil, salt, and pepper (you can add this before or after you roast).

Scoop out the flesh with a spoon and enjoy!

GRANNY SMITH APPLES, Dickie Brothers Orchard, Nelson County, VA

These green apples are a crisp, tart treat. Store in the refrigerator and they will last for several weeks.

ASIAN PEARS, Saunders Brothers Orchard, Nelson County, VA

These dark skinned, round pears look more like apples as they do not have the traditional "pear" shape. Store at room temperature and they will last for several weeks. They are firm to the touch, like an apple.

MIXED CHERRY TOMATOES, Baywater Farms, Salisbury, Maryland

Enjoy a last taste of summer with these colorful cherry tomatoes! Store at room temperature and eat within one week.



CALL OR TEXT 434-248-7676 WITH YOUR PRIVATE FEEDBACK!

We value your private feedback. You can call, text, or leave a voicemail for Laura, the program manager, at **(434) 248-7676**. Your feedback is private and does not impact your participation in the program.

Thank you so much for participating in our Fresh Farmacy program. With your support, we were able to expand the reach of this program during the pandemic. Beginning November 1, 2021, we will pause the program until spring 2022, at the latest. We will be working over the winter months to collect input from our participants and to plan for more ways to increase access to fresh, healthy food in our community. Please call or text our feedback line (434-248-7676) if you have any questions or suggestions. Thank you so much!

This is your final delivery for the season.

For other food resources in the community, text "FOOD" to 844-947-6518 for information.

If you have access to the Internet, visit pbandfund.org/tutorials/ for short videos on how to sauté veggies, roast veggies, dice an onion, mince garlic, and dice carrots.

And, visit pbandfund.org/virtual-cooking-classes/ for veggie-focused cooking videos.

Thank you to The PB&J Fund for these resources. The PB&J Fund is a Charlottesville-based organization that empowers children and families through culinary and nutritional education, while improving access to affordable, healthful food.