Healthy Families ~ Family Farms

April 4, 2012
Connecting Farmers and Food Pantries
Appalachian Harvest Packinghouse
Quality

Green Bell Peppers

• 4 different sizes – Jumbo, Large, Extra Large, Medium
• 4 lobes (some buyers will take 3)
• No bug bites, sun scald, scarring
• No red or yellow – must be dark green
Fresh, healthy veggies
FAITH IN ACTION
STONE SOUP
FOOD PANTRY
Call for HELP and to VOLUNTEER
276-628-4813
2011 HFFF Stats

• Raised $19,000 from the community

• Purchased 70,000 pounds of produce

• Distributed to 10 counties in southwest VA: Lee, Scott, Wise, Smyth, Bland, Buchanan, Grayson, Russell, Tazewell and Washington Counties.
Fundraising

• Active, engaged committee
• Civic and church groups – aligns well with their missions
• Events
HFFF – Next Generation

• Food Preparation
An heirloom is generally considered to be a variety that has been passed down, through several generations of a family because of its valued characteristics. Heirlooms can be classified into four categories:

**Commercial Heirlooms:** Open-pollinated varieties introduced before 1940, or tomato varieties more than 50 years in circulation.

**Family Heirlooms:** Seeds that have been passed down for several generations through a family.

**Created Heirlooms:** Crossing two known parents (either two heirlooms or an heirloom and a hybrid) and dehybridizing the resulting seeds for how ever many years/generations it takes to eliminate the undesirable characteristics and stabilize the desired characteristics, perhaps as many as 8 years or more.

**Mystery Heirlooms:** Varieties that are a product of natural cross-pollination of other heirloom varieties.

(Note: All heirloom varieties are open-pollinated but not all open-pollinated varieties are heirloom varieties.)

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**Heirloom Tomato Salad**

**Ingredients:**
- 8 to 10 small tomatoes, a variety of colors if possible
- 1/4 cup diced sweet onion or purple onion
- 1 tablespoon fresh chopped parsley
- 1 tablespoon fresh chopped basil, or 1 teaspoon dried leaf basil
- 2 tablespoons red wine vinegar
- 3 tablespoons extra virgin olive oil
- 1/2 to 1 teaspoon salt, or to taste
- 1/4 teaspoon fresh ground black pepper

**Preparation:**
Cut cores from the tomatoes; slice each tomato into 8 to 10 wedges. Combine with remaining ingredients in a large bowl; toss to blend well. Cover and refrigerate for at least 1 hour before serving. Serve on salad greens, if desired.
Serves 6 to 8.

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The red, yellow, and orange tomatoes make this stunning salad extra flavorful and beautiful.

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SNAP EBT Cards can be used at area farmer's market just as you would the local grocery store. Buying local vegetables helps support our local farming community.
HFFF – Next Generation

- Food Preparation
- Nutrition knowledge and awareness
Why is it healthy to eat Zucchini, Tomatoes and Peppers?

**Zucchini**
- Vitamin C is found in most vegetables.
- Fiber is found in most vegetables.

**Tomatoes**
- Lycopene is found in tomatoes and red peppers.

**Peppers**
- Vitamin C helps maintain healthy gums, skin and blood.
- Fiber is also thought to help protect against some types of cancer, diabetes, and heart disease.
- Lycopene, is an antioxidant that can prevent certain types of cancer.
Did You Know

The EBT Card can be used to purchase fresh local vegetables at the Farmers Market!

With your SNAP EBT card, $5 gives you $10 worth of fresh vegetables at the Farmers' Market!

Get More Food for Less when you shop at the
HFFF – Next Generation

- Food Preparation
- Nutrition knowledge and awareness
- Access
EBT
Healthy Families ~ Family Farms

A Win For Everyone!