

Wholesome Harvest Box Info

What's in my box?

This list is tentative and subject to change. Please visit our website's [current news](#) box for any changes.

- Kohlrabi
- Scallions
- Purple Pearl Onion
- Yellow Zucchini
- Cucumber
- Green Beans
- Green Oakleaf Lettuce
- Broccoli OR Radishes
- Arugula



Mini Donkeys are always hoping for crispy lettuce

The Vegetables

Kohlrabi

Your kohlrabi bulb will last several weeks in the fridge, but the greens will wilt sooner so use them as a replacement for kale or collard greens in any recipe if you'd like to. The bulb can be eaten raw in a slaw or salad, or eaten roasted (it's especially delicious roasted with garlic and topped with parmesan!)

Scallions

To keep you scallions perky, cut them in half and store the tender dark green ends in a zip bag with a damp paper towel, store the firmer white and light green half root-side-down in a jar filled with 1/2in cold water in the fridge.

Purple Pearl Onions

Cut the green top off of the bottom bulb and store them both in the fridge until use. Use the green tops in an omelet, stir fry, salad, or anywhere you would use scallion. The fresh bulb is delicious and mild eaten raw, but can also be eaten cooked.

Zucchini

Use in a sweet dish or savory, also great eaten raw. Try adding shredded fresh zucchini to your morning oatmeal or add some to brownies or muffins. For an easy soup, cook with onion and garlic, carrot and potato and blend, season to your preference.

Cucumber

Cucumbers prefer to stay dry for storage, so wash and dry your cucumber thoroughly, then wrap in a dry kitchen towel or paper towel. Once wrapped, store the cucumber in an open bag in the fridge to keep moisture away and allow airflow.

Green Oakleaf Lettuce

This dense lettuce head should be cut away from the base and the leaves washed before serving. The sweet oakleaf pairs well with thinly shaved fennel and lemon, season with olive oil and salt/pepper.

Broccoli

If you like a spicy kick to your meal, try roasting your broccoli till it gets a little black on the tips, season and let cool a bit before dipping in chipotle aioli (or even try melting some amazing cheddar cheese on top!). The heat pushed our first crop of broccoli to where quite a bit was not high enough quality to put in the CSA boxes so some of you will be receiving radishes instead.

Green Beans

Store the beans in their plastic bag with a dry paper towel until use, rinse before preparing. These beans are great raw or cooked! Trim, blanch, and store in the freezer if you choose.

Arugula

Use within 3-5 days for best flavor.



Green Beans with Peanut Sauce

(adapted from www.rasamalaysia.com)

This is a childhood favorite of mine, it makes a great packed lunch with a little rice, quinoa, or other grain!

Ingredients

- 8 oz green beans
- 1 tablespoon oil
- 2 cloves garlic, finely minced
- Ground peanuts, (optional)

Peanut Sauce:

- 1/2 cup creamy peanut butter
- 3/4 cup coconut milk
- 2 tablespoons Thai red curry paste
- 2 tablespoons apple cider vinegar
- 1 tablespoon sugar or to taste
- 2 tablespoons ground peanut
- Salt to taste

Directions

1. Cut off the top and bottom points of the green beans, rinsed and set aside.
2. Add all the ingredients of the Peanut Sauce in the saucepan. Use a whisk to quickly whisk all the ingredients together before transferring to a stove top to heat up on low heat. Continue to whisk the Peanut Sauce until all ingredients are well-combined.
3. As soon as the sauce starts to bubble, turn off the heat. (If you like the sauce more watery, you may add a little water to dilute it during the cooking process.) Transfer off the heat and set aside.
4. In a pan, add the oil and sauté the garlic until light brown. Add the green beans and keep stirring until they are cooked. Transfer out to a serving plate and pour some Peanut Sauce on top of the green beans and topped with some ground peanuts and serve immediately.

