

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
- Fresh Garlic
- Yellow Squash
- Cucumber
- Zucchini
- Green Curly Lettuce
- Lettuce Head



Fresh Garlic Cloves (and usable membrane)



Kohlrabi

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 your 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.

Fresh Garlic

To use, separate the cloves as you would dried garlic, reserving the membranes around each clove if you would like to make them into a delicious garlic spread. Use the cloves minced or thinly sliced fresh, or lightly fry in oil before adding to salad or dishes. Minced garlic can be stored in the freezer for later use. To make a garlic membrane spread, bring the membranes to a simmer and immediately remove from water, let drain for 40 minutes. Weigh the simmered membranes and combine them with half their weight in olive oil in a food processor. Process until a smooth paste forms then season with salt and pepper, store in a jar in your fridge for later use.

Yellow Squash

Store in the fridge and rinse before use. Can be eaten raw or cooked. Grill the squash, season, and let it cool completely to add as a garnish for salad or a cold sandwich.

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 Curly Lettuce

This tough, yet tender lettuce is great for a packed lunch, especially when mixed with another sturdy lettuce such as romaine. It can also be used for lettuce wraps or a delicious BLT!

Lettuces

Wash right before using and enjoy with your favorite dressing. Any salad is complimented by a dressing of tahini, lemon juice, salt, and fresh garlic.



Zucchini Baked Oatmeal

(adapted from www.twopeasandtheirpod.com)

Ingredients

- 2 cups old fashioned oats or gluten-free oats
- 1/4 cup light brown sugar, or coconut sugar
- 1/2 teaspoon salt
- 1 teaspoon baking powder
- 1 1/4 teaspoons ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1 1/2 cups milk (cow or alternative)
- 1 large egg or equivalent egg replacer
- 3 tablespoons coconut oil melted and cooled slightly (or melted and cooled butter)
- 1 teaspoon vanilla extract
- 1 cup grated zucchini
- Candied pecans or other nuts for topping the oatmeal, optional

Directions

1. Preheat the oven to 350 degrees F. Grease an 8x8 square baking dish and set aside.
2. In a medium bowl, mix together the oats, brown sugar, baking powder, salt, cinnamon, and nutmeg.
3. In another medium bowl, whisk together the milk, egg, coconut oil (or butter), and vanilla.
4. Pour the milk mixture over the oats and stir until combined. Add in the zucchini and stir again. Pour oat mixture into prepared baking dish.
5. Bake for 30-35 minutes, until the top is golden and oatmeal is set. Let cool for 5 minutes. Spoon into bowls and serve with candied pecans, if desired.
6. Note-this baked oatmeal is great reheated in the microwave. Add a splash of milk after reheating to liven it up. This recipe can easily be doubled for a 9x13 pan. Use gluten-free oats to make this recipe gluten-free. Other topping ideas-brown sugar, cinnamon, dried cranberries, or raisins.

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