

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.

- Sweet Potatoes
- Cabbage Variety
- Onion Variety
- Radishes (two varieties)
- Carrots
- Potatoes
- Butternut Squash



Butternut Squash

Carrots!



The Vegetables

Sweet Potatoes

The first of the sweet potatoes! We just started harvesting these this week and it looks like we should have enough to put them in the shares the remainder of the season. Store in a cool, dry place (but not in the fridge).

Cabbage

You will either receive a savoy or sweetheart cabbage in your box this week.

Onion Variety

You will find an onion variety in your box again this week! We have red, white, and yellow varieties that you have seen and you will find one of those again this week.

Radishes

You may see either the regular red radishes or Easter egg radishes in your box this week. Easter egg radishes consist of white, pink and purple and are very similar in taste to the regular round radishes. Great for snacking or to top off a salad. Remove radish tops before storing in the fridge. There will also be larger purple radishes in your box. This is a new radish we tried this year and is supposed to be less spicy than other radishes.

Carrots

The first of the carrots for the year. The weeds overtook our summer crop of carrots, but the fall crop looks very strong. They are a bit on the smaller side, but we wanted to get them out to you all.

Potatoes

Russet, gold or red potatoes will be in your share this week. Store in a cool, dry and dark place.

Winter Squash

The most well-known winter squash, butternut will be in your share this week. This squash is so versatile with its smooth texture and sweet flavor. We have roasted, baked, made soup, pies and muffins with this one and it always tastes great!



Carrot Butternut Whole Grain Muffins

A great way to use up leftover butternut from roasting or baking!

Ingredients

- 1 cup whole wheat flour
- 1/3 cup white whole wheat flour
- 2 TBSP [almond meal \(ground almond\)](#)
- 1 TBSP [ground flax](#)
- 3/4 tsp baking soda
- 3/4 tsp baking powder
- 1/2 tsp cinnamon
- 1/4 tsp salt
- 2 large eggs
- 1/2 cup milk (dairy, coconut, almond)
- 1/4 cup pure maple syrup
- 3 TBSP melted butter
- 1 tsp vanilla
- 1 cup freshly grated carrot
- 1/4 cup pureed butternut squash

Instructions

1. Pre-heat oven to 350 degrees F.
2. Line a muffin tin with paper baking cups or spritz with your favorite oil spray. I used the liners.
3. In a medium bowl, combine flours with almond meal, flax, baking soda, baking powder, cinnamon, and salt and whisk to mix.
4. In a large bowl, combine lightly beaten eggs with milk, maple syrup, melted butter, and vanilla. Whisk until incorporated.
5. Next blot the excess moisture from your carrot and add to the egg bowl along with your pureed butternut squash.
6. Slowly sift the flour mixture into the egg mixture, using a fork to mix.
7. Once the mixture is just combined, pour into muffin cups.
8. Lay muffin tin atop a baking sheet to prevent over-browning of the muffin bottoms. This is totally optional but a favorite trick of mine as of lately!
9. Bake at 350F on the center rack for approximately 25 minutes, inserting a toothpick into the center to check for a fluffy, full-cooked interior.
10. Allow to cool on a wire rack then dig in!

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