

# 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.*

- Zucchini
- Summer squash
- Green cabbage
- Scallions
- Pearl onions
- Asian Eggplant
- Magenta lettuce
- Broccoli
- Green beans
- Green bell pepper
- Cucumbers
- French breakfast radishes

Yellow summer squash



Tendersweet Cabbage



## The Vegetables

### **Zucchini/summers quash**

The zucchini and summer squash are really starting to produce so you will see multiples of each in your box. Store in fridge.

### **Green Cabbage**

This is your typical, most used variety of cabbage. Can store in fridge for 1 – 2 weeks.

### **Scallions**

Another round of green onions. Easy to use as a topping on so many dishes!

### **Pearl Onions**

These are fresh and not cured. Store in fridge and use within a week. A mild onion to add to any dish.

### **Eggplant**

Great for stir frying or sautéing. They have few seeds and cook up soft and creamy.

### **Magenta Lettuce**

The long, hot days of summer restrict the varieties of lettuce that can be grown. This red tipped summer crisp is one of them.

### **Broccoli**

Our second and third crop broccoli has been stunning! We will be giving out 2 heads because it is so bountiful. Enjoy!

### **Green Beans**

The first beans of the season. Keep them in the plastic bag in fridge until ready to use.

### **Green Bell Pepper**

The early heat really pushed the pepper plants along, this is the earliest we've had peppers. This is the classic mild, green bell pepper.

### **Cucumbers**

Our outside cukes are finally taking off and the plants are healthy and free of disease. You can expect to see 2-3 cukes in your box. Store in fridge.

### **French Breakfast Radishes**

Typically these are milder than the classic round radishes. Cut tops off before storing in fridge.

# Cheesy Squash Casserole

adapted from [FoodNetwork](#)



This recipe was shared with us by a fellow CSA member, Rachel L. from Madison! She did not have Ritz crackers on hand so she used a mixture of Saltines and Cheez-Its and it turned out delicious.

## Ingredients:

- 1 tablespoon vegetable oil
- 6 medium **squash**, thinly sliced
- 1 large Vidalia onion, thinly sliced (could use any **onion** variety here)
- 1 tablespoon butter
- 1/2 cup grated Parmesan
- 1 cup shredded sharp Cheddar
- 1/2 cup sour cream
- Salt and freshly ground black pepper
- 1 sleeve crackers, crushed medium to fine (recommended: Ritz)

## Directions:

1. Preheat the oven to 350 degrees F. Grease a 2-quart casserole dish.
2. Heat the oil in a large skillet over medium heat. Sauté the squash, onion, and butter until soft. Transfer to a bowl and stir in the Parmesan, Cheddar, and sour cream. Add salt and pepper, to taste.
3. Place in the prepared casserole dish and sprinkle the cracker crumbs evenly over the top. Bake for 20 minutes or until the top is golden and bubbly.

*Serves: 6-8*

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# Easy Stuffed Cabbage Casserole

adapted from [WonkyWonderful](#)

## Ingredients:

- 1 Lb . ground turkey
- 2 Tablespoons olive oil
- 1/2 **onion**, chopped
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon dried thyme
- 1/4 teaspoon ground pepper
- 1/2 teaspoon sea salt
- 14 ounce can diced tomatoes
- 1/2 head **green cabbage**, chopped
- 1½ Cups Water
- 1 Cup quick cook rice or rice blend
- 1 Cup shredded cheddar jack cheese
- Chopped parsley
- Salt/Pepper to taste

## Directions:

1. In a large Dutch oven over medium high heat, brown turkey with olive oil and onions.
2. Reduce heat to medium; add garlic powder, onion powder, thyme, salt and pepper. Stir.
3. Add diced tomatoes, water and rice to pot. Bring to a boil.
4. Add cabbage, cover and reduce heat to medium low. Cook 10 minutes or until rice is tender. Add salt and pepper to taste.
5. Top with cheese and cover 1-2 minutes to melt.
6. Remove from heat and sprinkle with fresh chopped parsley. *Serves: 6*



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