

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.

- Potatoes
- Kale
- Onion Variety
- Pepper Variety
- Carrots
- Watermelon Radishes
- Pie Pumpkin
- Sweet Potatoes



Watermelon Radishes



Pie Pumpkins

The Vegetables

Potatoes

Gold or red potatoes will be in your share this week. Store in a cool, dry place (but not in the fridge).

Kale

Green or purple kale will be in your box this week. Great in a salad, smoothie or wilted down with the morning eggs!

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.

Pepper

We picked the last of the poblanos and jalapenos before it froze, so you will see either poblanos OR jalapenos. Poblanos are great for roasting and the jalapenos are great for adding a bit of heat to a dish.

Carrots

More carrots this week! If you are not planning on using them right away cut off the green tops and put the roots in a plastic baggie for storage.

Watermelon Radishes

Beautiful pink interior! These have a mild flavor with only a bit of peppery taste. They are great eaten raw or sliced thinly and sautéed. If you don't plan on eating these right away, cut the tops off and store the roots in a bag in your fridge.

Winter Squash

Pie Pumpkin! Just in time for making fall desserts.

Sweet Potatoes

It dried out just enough for us to get into our sweet potato patch with our tractor and under cutter and get a bunch of these harvested. Store in a cool, dark spot if you do not plan on using them within a week or 2.



Fluffy Sweet Potato Biscuits

Ingredients

- 3/4 cup cooked mashed sweet potato (about 1 large sweet potato)
- 1/3 to 1/2 cup whole milk, as needed
- 1 1/2 cups all-purpose flour, plus more for dusting
- 2 tablespoons sugar
- 1 tablespoon baking powder
- 1 teaspoon salt
- 6 tablespoons cold unsalted butter, cut into small bits

Directions

1. Place a rack in the center of the oven and preheat to 425 degrees F. Grease a baking sheet (with butter, oil or cooking spray).
2. In a small bowl, whisk together the sweet potato and 1/3 cup milk. Set aside.
3. In a large bowl, whisk together the flour, sugar, baking powder and salt. Cut in the butter with your hands, a pastry blender or two knives until the mixture resembles coarse meal.
4. Add the sweet potato mixture and fold gently to combine. Add the remaining milk a little at a time until all the flour is moistened. The amount of milk you will need will depend on the moisture of the sweet potato.
5. Sprinkle a small handful of flour on a work surface. Turn the dough out onto the surface and knead lightly 2 to 3 times with the palm of your hand until the mixture comes together. Pat the dough out into a 1/2-inch-thick round.
6. Using a 2 1/2-inch-round biscuit cutter, cut the dough into biscuits. Gently reroll the scraps and cut out more biscuits. Place the biscuits on the prepared baking sheet and bake until light golden brown and firm to the touch, 12 to 14 minutes. Serve these fluffy biscuits warm or at room temperature.

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