

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.

- Beets
- Chocolate Bell Pepper
- Kohlrabi
- Onion Variety
- Poblano Pepper
- Scallions
- Greens Variety
- Bell OR Conical Pepper



White Onions

Kohlrabi



The Vegetables

Beets

Another week of beets!! Our beet crop last year was sadly not very good so we are very thankful for two weeks of beets in a row during this early fall season!! Remember, remove beet greens before storing in the fridge (you can use beet greens in recipes also).

Peppers

You will find some more peppers in your box this week. You will find two varieties of peppers. Those varieties could be either a bell pepper, a conical pepper or two bell pepper varieties. Some of the pepper crop is still holding on so we are continuing to pick any and all mature peppers for you to enjoy! You should also see poblano peppers in your box. These are in the chili pepper family and are mild. When dried, these are called ancho peppers. Store all in fridge.

Kohlrabi

Kohlrabi is back! Kohlrabi does well in cool temperatures which is why it is usually a spring and fall crop, though more seen in spring sometimes. Remember to remove the leaves before storing to help the bulb retain its' moisture while stored in the fridge. Kohlrabi can be enjoyed cooked or fresh!

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.

Scallions

More scallions again this week! You will find a bunch of scallions in your box this week. Scallions should be stored in the fridge where they can last several days and up to a week or so depending on storage conditions. If storing longer than several days, cut off any wilting green stem pieces and enjoy the rest of the green plus the white bulb portion.

Greens

You will find one variety of greens in your box. This could be either greens mix, arugula, lettuce mix, or even kale!

Peppers and Steak

Adapted from [SmallTownWoman](#)



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Ingredients:

- 3 tablespoon olive oil
- 1 tablespoon fresh grated ginger root
- 3 tablespoon Hoisin sauce
- 1 1/4 lbs trimmed steak and cut into bite size strips
- 2 **bell or sweet peppers**, cut into strips
- 1 medium sweet onion, cut in thin wedges
- 2 cloves garlic minced
- 1/4 cup cider vinegar
- 3 tablespoons honey
- 1 tablespoon Dijon mustard
- 2 tablespoons Worcestershire sauce

Directions:

1. In large skillet over medium heat add 1 tablespoon olive oil. Add ginger and cook for 30 seconds. Add 1 tablespoon Hoisin sauce and stir to blend. Turn heat up to medium high and add steak. Cook until browned and slightly crispy; stirring several times. Cook 4-10 minutes depending on how you like your steak. Remove from pan and plate.
2. In same skillet over medium high heat add 1 tablespoon olive oil. Add pepper and onions and cook until just starting to brown on the edges; approximately 2-3 minutes. Remove from pan and plate.
3. In same skillet over low heat add 1 tablespoon of olive oil. Cook garlic for 30 seconds. Add cider vinegar, honey and Dijon mustard. Simmer for 1-2 minutes. Whisk in Worcestershire sauce and 2 tablespoons Hoisin sauce. Return steak, peppers and onions to pan and stir to coat. Warm for 1-2 minutes.

Roasted Kohlrabi & Sweet Potatoes

Adapted from [WholeLifestyleNutrition](#)

Ingredients:

- 1 cup cubed sweet potatoes (skin removed)
- 1 cup cubed **kohlrabi** (skin removed)
- 2 tbsp melted grass fed butter
- 5 sprigs of fresh thyme
- salt and pepper to taste

Directions:

Mix all ingredients together and roast in a 450 F oven for 25 minutes, turning half way through the cooking time.

Serves: 2

Special Section: How to Break Down Your Box

A step by step guide on how to flatten your box.



Step 1

Open all the top flaps then tip your box upside down.



Step 2

Grab the flaps on the short sides of the box and fold them at the crease. You will be sliding the flaps up and out of the L-shaped inserts.



Step 3

Open all flaps gently and without tearing them.



Step 4

Fold box in on itself to flatten.