

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.

- Beans, green
- Beets
- Green Bell Pepper
- Lettuce Mix
- Onion Variety
- Scallions
- Slicing Tomatoes
- Bell OR Conical Pepper



Lettuce Mix

Beet Greens



The Vegetables

Beans

Green beans again this week. Organically grown, fresh green beans are hard to beat!!

Beets

Classic red beets this week! The beets will have their tops on them so please remove if storing longer than 1-2 days so the bulb will retain moisture instead of the beet greens trying to take it. Store bulbs in fridge for up to 2 weeks or longer.

Pepper Varieties

You will find two pepper varieties in your box this week! You will find either two bell peppers or one bell pepper variety and one conical pepper variety. The bells could be green, orange, yellow, or "multi-colored" while the conical peppers could be red, orange, or yellow. Store in fridge.

Lettuce Mix

We have been blessed to have some wonderful greens over the past several weeks and this week's green item is lettuce mix. This is the season for greens like lettuce mix with the daylight hours and cooler temperatures. Enjoy within 1-3 days for best freshness!

Slicing Tomatoes

Big, red, juicy tomatoes! We call our red "normal" tomatoes slicing tomatoes but sometimes they are known as beefsteak tomatoes also. Store in fridge if not enjoying within 1-2 days. If your tomato is a little under-ripe, feel free to let it out in a dry, cool place in the kitchen to let it ripen right up!

Onion

You will find either a white or yellow onion variety in your box again this week!

Scallions

Scallions are back! You will find a bunch of scallions in your box this week! Remember, these are also known as green onions and have a white bulb with a long, slender green stem. Both the bulb and the green stem can be enjoyed!!

Roasted Rosemary Beets

Adapted from [Kit'sCoastal](#)



Ingredients:

- 4 Tbsp grass-fed butter or ghee, melted
- 6 medium **beets**
- 4 cloves garlic, sliced thinly lengthwise
- 4 sprigs rosemary, stems removed and minced
- 1 tsp sea salt
- ¼ tsp freshly ground black pepper
- ½ lemon
- zest of 2 lemons

Directions:

1. Preheat oven to 400°F (205°C).
2. Peel beets and cut into 1" pieces.
3. Line a baking sheet with parchment paper and brush on a thin layer of the melted butter using a pastry brush.
4. Add beets and garlic to the baking sheet.
5. Brush on the remainder of the butter using a pastry brush, evenly coating all the pieces.
6. Sprinkle with rosemary, sea salt, and pepper.
7. Bake at 400°F for 35-40 minutes, until all pieces are tender when pierced with a fork.
8. Remove from oven and squeeze half a lemon over the beets.
9. Dust with lemon zest & serve!

Serves: 4

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Kielbasa & Pepper Skillet

Adapted from [TheTwoBiteClub](#)

Ingredients:

- 1 package turkey kielbasa, cut into 1/4 inch rounds
- 1 green **bell pepper**, diced
- 1/2 yellow, red or orange bell pepper, diced (or **other pepper variety**)
- 1 **onion**, diced
- 3 small or 2 large potatoes, peeled and diced
- olive oil
- salt and pepper

Directions:

1. In a heavy-bottomed skillet (I like to use my cast iron), heat 2 tbsp of olive oil over medium-high heat. Add the potatoes to the skillet and season with salt and pepper. Fry until golden brown and cooked through, around 8-10 minutes, stirring a few times to ensure even browning.
2. In a separate skillet, brown the sliced kielbasa for around 5 minutes in 1 tbsp of olive oil over medium-high heat. Remove the kielbasa from the pan and set aside. Add the peppers and onions to the skillet and season with a pinch of salt and pepper. Cook for 5 minutes, or until softened, stirring occasionally.
3. Add the cooked potatoes and kielbasa to the skillet with the onions and peppers and mix everything together.

Servings: 4



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.