

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.

- Cipollini Onions
- Cucumber
- Cherry Tomatoes
- Scallions
- Beefsteak Tomatoes
- Zucchini
- White Bell Pepper
- Green Bell Pepper
- Pickling Cucumbers
- Green Basil
- Eggplants – **watch out for spikes on the stem! Ouch!**



Bianca Variety



Asian Eggplant

The Vegetables

Cipollini Onions

Keep these onions at room temperature to cure, or store in the fridge for more immediate use.

Cucumber

Store loosely wrapped in paper towel to avoid too much humidity in the fridge.

Cherry Tomatoes

Feel free to leave your tomatoes at room temp or in the fridge. Enjoy whole or cut as a sweet acidic addition to avocado toast, pasta, tacos, or an omelette!

Scallions

Throw scallions on your grill until they are lightly charred then cool and chop gently to add to any dish for a more complex grilled onion flavor. Add chopped grilled scallion as a garnish when presenting your baba ganoush. You can also drizzle it with olive oil and add a sprinkle of zaatar to jazz it up.

Beefsteak Tomato

Wipe off your tomatoes gently to remove any dust or dirt before eating. These beefsteaks are a familiar dense tomato great for slicing thinly onto a sandwich.

Zucchini

Best used within one week, great raw or cooked.

White Bell Pepper

Bianca variety is mild and not too sweet. Stores well in the fridge for up to two weeks.

Green Bell Pepper

Classic green bell pepper for stuffing or sautéing. Great raw dipped in some baba ganoush or hummus!

Pickling Cucumbers

Quarter lengthways for pickle spears, or eat them fresh and raw. These little pickles should be rinsed before using.

Green Basil

Your green basil is a bit muddy from the stormy week we just had! We shook off the dirt the best we could and now you'll need to wash the leaves carefully before using, especially the undersides of the leaves. If you're not using them right away, store the sprigs in a jar of water in the fridge to keep them fresh.

Eggplant

Globe and Asian eggplants will be in your box this week. Watch out for the spiky stems when handling. Best stored in the warmer area of your refrigerator.



Baba Ganoush

A savory smoky creamy eggplant dip perfect for pita, veggies, chips, sandwiches, everything! Think hummus, but with smoked eggplant instead of chickpeas, yum!

Ingredients

- 2 whole eggplants
- 2 garlic cloves
- 5 tablespoons tahini paste
- 1-2 tablespoon lemon juice
- 1 teaspoon salt, to taste

Directions

1. Place the eggplant directly on a medium high grill with wood chips for smoking if you choose, and close the grill. Turn eggplant every 10 minutes or so and let the skin char. Cook until eggplant has collapsed and feels tender on the inside. Place eggplant in a glass bowl with a clean towel over the top. Let sit until cool enough to handle about 20- 30 minutes.
2. Save the smoky liquid that is under the eggplant in the bowl. Peel the charred skin off the eggplant and using a knife, and put it in a blender or food processor along with the other ingredients and any smoky eggplant liquid left in the bowl. Blend on medium or high until smooth. Store in a jar and use within one week.
3. Your creamy dip will be delicious right away, and even more delicious after it's rested in the refrigerator overnight to allow the flavors to marry and mellow. Make one day ahead for a really spectacular baba ganoush!
4. Use your creativity to personalize your baba ganoush by adding your favorite roasted veggies such as peppers, onions, cauliflower, zucchini, or carrots along with the smoked eggplant.

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