

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.

- Broccoli
- Basil
- Cucumber
- Green Kohlrabi
- Kale, Curly
- Tropea Onion
- Yellow Squash
- Zucchini
- Beans, green or yellow



Curly Kale



Yellow Beans

The Vegetables

Broccoli

This crop of broccoli was greatly affected by the warmer weather the past few weeks. It's maturation process sped up considerably which means its time at peak freshness is not as long as usual. Please enjoy within 1-2 days after receiving your broccoli head.

Basil

Basil is one of our favorite herbs to grow because of its popularity and uses!! Don't be alarmed if you see a few holes in the leaves as basil can be susceptible to some field bugs/diseases. Unused basil should be stored in a vase or glass with water on the bottom. Store on counter or table away from direct sunlight.

Cucumber/Kohlrabi

Everyone will see a cucumber and kohlrabi bulb in their box this week! The cucumbers picked up last week and are maturing nicely. Both can be stored in the fridge. Remember, remove the kohlrabi leaves if storing for more than a day or two to retain moisture in the bulb.

Kale, curly green

The curly, frilly green leaves you will find in your box this week are the curly kale leaves. A classic variety that is hearty and packs a nutritious punch, this curly kale is perfect raw or cooked!

Tropea onion

Tropea onions are the smaller, elongated purple items with long green stems (sort of like scallion stems) you will find in your box this week. These are usually very sought after in high end restaurants in the city because of their flavor and their ability to be cooked in multiple ways. Remove any green stems if storing for more than 2-3 days to retain bulb moisture. These can last a week to several if stored in a cool, dry place.

Summer Squash/Beans

Zucchini and yellow squash on their way again!! Plus you will see either green or yellow beans in your box this week with what color depending on the maturation and availability of the different crops. The varieties are very similar in almost all aspects except color. Store both of these items in the fridge and enjoy the beans within 2-3 days after receiving.

Sautéed Beans and Squash

adapted from [MomMadeFood](#)



Ingredients:

- **Yellow squash**, 2-3, large
- **String beans**, 2 handfuls
- 1 Tbsp olive oil
- Dash of sea salt
- Garlic clove, pressed or diced

Directions:

1. Wash and chop the squash and green beans.
2. Add olive oil to sauce pan over medium heat. Add fresh garlic and cook for 1 minute.
3. Add squash and green beans and cook for 5-8 minutes until beans are bright green and squash is tender.
4. Add salt and pepper to taste.

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Kohlrabi Salad

adapted from [TheHealthyFoodie](#), originally seen on Pinterest

Ingredients:

- 2 medium **kohlrabi**, peeled and diced
- 1 red delicious apple, peel on, diced
- 1 granny smith apple, peel on, diced
- **Broccoli**, florets only, chopped
- ¼ cup chives, finely chopped
- ¼ cup parsley, finely chopped
- ¼ cup fresh **basil**, finely chopped
- 2 tbsp lemon thyme, finely chopped
- ¼ cup white balsamic vinegar
- ¼ cup olive oil
- 1 tsp salt
- 1 tsp freshly cracked black pepper
- ¼ cup raisins
- ½ cup pecans, coarsely chopped

Directions:

Add all ingredients to a large mixing bowl and mix with a large spoon until well combined. You can serve the salad immediately or leave it in the fridge for a few hours to allow flavors to develop.

This salad will keep very well and remain crunchy for 4-5 days in the refrigerator.

Servings: 4-6

Note: The original recipe calls for daikon radish and chayotes. We have not used either but feel free to use those if you want!



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.