

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.

- Bell Pepper, variety
- Cherry Tomato
- Conical Pepper
- Honeydew Melon
- Onion Variety
- Pickling Cucumbers
- Slicing Tomatoes
- Sorbet Watermelon
- Cucumber OR Summer Squash
- Beets OR Beans



Tomatoes

Conical Pepper



The Vegetables

Peppers

There will be two different varieties of peppers in your box this week. You will see a bell pepper variety (green, white, purple) and a conical pepper. The conical pepper is the longer, slender orange pepper that is sweet in taste. Store both in the fridge.

Tomatoes

Slicing tomatoes and cherry tomatoes for this week! We call our large, round, red tomatoes slicing tomatoes but some people may think of them as beefsteak tomatoes. We do try to pick these at a good ripeness level that allows us to put them in the box and deliver them to you without damaging them. You can leave them out on the counter for 1-2 days if they need a little extra time to ripen.

Melons

There will be two melons in your box this week! They are a sorbet watermelon and a honeydew melon. The sorbet watermelon is similar in taste and texture to the red and yellow watermelon varieties but has a yellowish/pinkish flesh. The honeydew is the white/very light green skinned melon with the light green flesh you are accustomed to seeing for a honeydew melon.

Onion Variety

You will find an onion in your box again this week. This week will most likely be a mild sweet yellow onion!

Pickling Cucumbers

This season has been our best crop of pickling cucumbers ever! You will be finding some more in your box this week. Remember, these can definitely be used for an easy pickling recipe but can also be eaten fresh.

Cucumber OR Summer Squash

The cucumber and summer squash crops are on the final leg of their production. We have been harvesting everything that is still bearing good fruit and will be putting what is harvested in the boxes this week. So you could find either a cucumber or summer squash in your box this week!

Beets OR Beans

You will find either a bag of beans or some beets in your box this week. The beets will most likely be topped and should be stored in the fridge (remove tops before storage if not already removed). Store beans in fridge as well.

Tomato Salad

Adapted from [thespruceeats](#)



Ingredients:

- 2 avocados, sliced
- 2 ripe **tomatoes**
- 1 pound fresh mozzarella cheese
- 1 1/2 ounce bunch fresh basil leaves
- 1/4 cup good quality olive oil
- 1/4 cup balsamic vinegar
- salt and pepper to taste

Directions:

1. With a small knife, cut the tomatoes into 1/3 inch slices.
2. Slice the mozzarella about 1/4 inch thick.
3. Alternate slices of the avocado, the sliced tomato, the fresh mozzarella and the fresh basil leaves, arranging them like playing cards on individual serving plates.
4. Drizzle the olive oil and the balsamic vinegar on top of the avocado, tomato and mozzarella slices.
5. Season lightly with sea salt and black pepper.

Serves: 4

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Oven Fajitas

Adapted from [budgetbytes](#)

Ingredients:

- 1 large **onion**
- 3 **bell peppers**, any color (can also use conical pepper here)
- 1 lb. chicken breast
- 2 Tbsp vegetable oil
- 1 medium lime
- 8 6-inch tortillas
- 1/2 cup sour cream (optional)
- 1/4 bunch cilantro (optional)
- Fajita seasoning of your choice

Directions:

1. Preheat the oven to 400 degrees.
2. Cut the onion and bell peppers into 1/4-inch wide strips. Place them in a large 13x15-inch casserole dish or a large baking sheet. Slice the chicken breast into very thin strips and add it to the casserole dish with the vegetables.
3. Drizzle the vegetable oil over the chicken and vegetables, then sprinkle the fajita seasoning mix over top. Use your hands to toss the ingredients until everything is well coated in oil and seasoning. Bake in the preheated oven for 35-40 minutes, stirring once half way through. Squeeze the juice from half of the lime over top of the meat and vegetables after they come out of the oven.
4. Scoop a small amount of meat and vegetables into the center of each tortilla. Top with a few sprigs of cilantro, a dollop of sour cream, and an extra squeeze of lime if desired.

Serves: 4

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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.