

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, yellow OR green
- Bell Pepper, white or purple
- Cantaloupe
- Cherry Tomato
- Cucumber
- Green Cabbage
- Onion Variety
- Pickling Cucumbers
- Sweet Corn
- Zucchini, yellow



Cantaloupe



The Vegetables

Beans/Zucchini

This season has been one of our best bean crops so you will find another bag of yellow or green beans in your box again. You will find a variety of zucchini, most will get yellow, in your box also. Store both in fridge. Eat beans within 2-3 days.

Cucumbers

You will find both the regular, larger cucumber and some pickling cucumbers in your box again this week. Remember, both of these varieties of cucumbers can actually be raw or you could do some easy refrigerator pickles!

Bell Pepper

The purple and white bell peppers are still maturing so you will see one or the other color in your box. They can be stored in the fridge. Don't be alarmed if you see a small bug or spoilage spot in a pepper over the coming weeks. Sometimes we can't see them inside but they can usually be cut out and the rest of the pepper enjoyed!

Cantaloupe

Our first melon of the season! You will be getting a cantaloupe in your box this week. This is the orange, soft flesh melon with the light, tough outer skin. We recommend enjoying within 2-4 days for best freshness. Cantaloupe can ripen very fast both in the field and once harvested so watch for signs of spoilage and eat sooner if need be.

Green Cabbage

This is your typical, most used variety of cabbage. A round ball of crunchy goodness!! Can store in fridge for 1 – 2 weeks.

Onion Variety

We are just starting the harvesting of our onion crops so over the course of the next several weeks, you could see some early fresh onions and some summer onions. The onion this week will be either a sweet white or yellow onion or a red or yellow summer onion.

Sweet Corn

More sweet corn this week! We boil our sweet corn for about 6-10 minutes, butter it up and then add a little salt and pepper and its deliciousness!!

Cherry Tomato

You will also find a container of cherry tomatoes in your box. These cherry tomatoes are fresh and harvested less than 30 hours before you eat them! You could see a variety of colors including orange, red, and yellow.

Cheesy Squash Casserole

adapted from [FoodNetwork](#)



This recipe was shared with us by a fellow CSA member, Rachel L. from Madison! She did not have Ritz crackers on hand so she used a mixture of Saltines and Cheez-Its and it turned out delicious.

Ingredients:

- 1 tablespoon vegetable oil
- 6 medium **squash**, thinly sliced
- 1 large Vidalia onion, thinly sliced (could use any **onion** variety here)
- 1 tablespoon butter
- 1/2 cup grated Parmesan
- 1 cup shredded sharp Cheddar
- 1/2 cup sour cream
- Salt and freshly ground black pepper
- 1 sleeve crackers, crushed medium to fine (recommended: Ritz)

Directions:

1. Preheat the oven to 350 degrees F. Grease a 2-quart casserole dish.
2. Heat the oil in a large skillet over medium heat. Sauté the squash, onion, and butter until soft. Transfer to a bowl and stir in the Parmesan, Cheddar, and sour cream. Add salt and pepper, to taste.
3. Place in the prepared casserole dish and sprinkle the cracker crumbs evenly over the top. Bake for 20 minutes or until the top is golden and bubbly.

Serves: 6-8

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Easy Stuffed Cabbage Casserole

adapted from [WonkyWonderful](#)

Ingredients:

- 1 Lb . ground turkey
- 2 Tablespoons olive oil
- 1/2 **onion**, chopped
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon dried thyme
- 1/4 teaspoon ground pepper
- 1/2 teaspoon sea salt
- 14 ounce can diced tomatoes
- 1/2 head **green cabbage**, chopped
- 1½ Cups Water
- 1 Cup quick cook rice or rice blend
- 1 Cup shredded cheddar jack cheese
- Chopped parsley
- Salt/Pepper to taste

Directions:

1. In a large Dutch oven over medium high heat, brown turkey with olive oil and onions.
2. Reduce heat to medium; add garlic powder, onion powder, thyme, salt and pepper. Stir.
3. Add diced tomatoes, water and rice to pot. Bring to a boil.
4. Add cabbage, cover and reduce heat to medium low. Cook 10 minutes or until rice is tender. Add salt and pepper to taste.
5. Top with cheese and cover 1-2 minutes to melt.
6. Remove from heat and sprinkle with fresh chopped parsley. *Serves: 6*



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.