

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
- Broccoli or Tomato Variety
- Cucumber
- Eggplant
- Bell Pepper, white or Purple
- Pickling Cucumbers
- Sweet Corn
- Sweetheart Cabbage
- Sweet Onion
- Zucchini

Asian Eggplant



Sweetheart, or Cone, Cabbage



The Vegetables

Beans/Zucchini

Everyone will find a bag of beans in their box this week. You will find either green or yellow beans. Store in the fridge and enjoy within 2-4 days after receiving for best freshness and taste. You will find either a yellow or green zucchini also.

Cucumbers

The cucumber crop is at peak maturity right now so you will find a couple of cucumbers in your box. Remember, cucumbers should be stored in the fridge to keep their crisp, fresh taste. You will also find some smaller, pickling cucumbers in your box. These can be eaten raw but also can be used for a small batch of refrigerator pickles.

Eggplant

The long, slender, purple vegetable in your box is the eggplant. This is an Asian variety and is used in many Asian inspired dishes. Eggplant should be stored in the fridge and is best when eaten fresh so enjoy within 2-4 days after receiving.

Bell Pepper

Our pepper crop is just starting to mature. Two of the first ones to mature almost every season is our purple and white bell pepper varieties. These look like your typical red, orange, green varieties except their skin color and their size. These bell peppers are usually smaller than their well-known counterparts and their skin color is purple or white. Store in fridge.

Sweet Corn

Our first crop of sweet corn is here! Sweet corn should be stored in the fridge with the husks still on as much as possible to keep it as fresh and crisp as it can be. Please refer to the sweet corn note in the week 6 email for more info on sweet corn.

Sweetheart Cabbage

Our first cabbage crop of the season this week also! This first variety of cabbage is called sweetheart, or cone, cabbage. It is very similar in texture and taste to the "normal" round green cabbage you see in most grocery stores. Store in fridge where it could store for 1-3 weeks.

Sweet Onion

These are early summer onions that are not cured. They are fresh and sweet. The tops are removed and they can sometimes last 1-2 months but are not harvested for long term storage. Can be stored in fridge.

Broccoli OR Tomato Variety

You will find either a head of broccoli or a tomato variety in your box this week. For tomato varieties, you could see either cherry tomatoes or slicing tomatoes as both are just starting to mature.

Chinese Steamed Eggplant

adapted from [Asparagus to Zucchini](#), p. 75



Ingredients:

- 1 Large **Eggplant**, cut into 6 wedges
- 2 Tbl. vegetable oil
- 1 Large green onion, cut into 2-inch pieces
- 2 cloves garlic, minced
- 2 Tbl. honey
- ¼ Tsp. sugar
- Pinch of black pepper

Directions:

1. Steam eggplant until tender, about 30 minutes. Heat oil in large skillet. Stir-fry green onion 1 minute. Add remaining ingredients. Stir-fry 3 more minutes.

Serves: 3-4

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Roasted Cabbage Steaks

adapted from [EatWell101](#), originally seen on Pinterest

Ingredients:

- 1/2 head **cabbage**, cut into 1/2-inch-thick rounds
- 3 tablespoons olive oil
- ¾ teaspoon coarse salt
- ½ teaspoon ground white pepper
- 2 tablespoons balsamic vinegar
- 2 teaspoon honey
- 1 sprig fresh thyme

Directions:

1. Preheat your oven to 400°F. Brush a rimmed baking sheet with 1 tablespoon extra-virgin olive oil.
2. In a bowl, combine olive oil, balsamic vinegar and honey.
3. Arrange the cabbage slices in a single layer and brush with the honey balsamic vinaigrette. Season with coarse salt and ground pepper and sprinkle with thyme.
4. Roast until cabbage slices are tender and edges are golden, 25 to 30 minutes.

Servings: 2



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.