

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.

- Potatoes
- Black Spanish Radish
- Onion Variety
- Popcorn
- Carrots
- Storage Cabbage
- Winter Squash
- Sweet Potatoes
- Romanesco



Black Spanish Radishes



Romanesco

The Vegetables

Potatoes

Gold or red potatoes will be in your share this week. Store in a cool, dry place (but not in the fridge).

Black Spanish Radishes

Remove outer black skin before eating. Great in a stir-fry or eaten raw as well. Leaves should be removed if you plan to store them for a bit before eating. Roots can be stored in a bag in your fridge.

Onion Variety

You will find an onion variety in your box again this week! We have red, white, and yellow varieties that you have seen and you will find one of those again this week.

Popcorn

We just harvested this popcorn today so it must sit in an airy place to cure for a bit. We suggest at least one week, but it may take longer. To test if the popcorn is dry enough, break off ½ tablespoon of kernels or so and pop it using your preferred method. If the kernels pop then they have dried enough, if not let it sit another week or so.

Carrots

More carrots this week! If you are not planning on using them right away cut off the green tops and put the roots in a plastic baggie for storage.

Storage Cabbage

This cabbage is made to store for months if stored properly. Store in the coldest part of your fridge. It stores the longest at 33 degrees Fahrenheit.

Winter Squash

Pie Pumpkins or Carnival squash will be in your box this week.

Sweet Potatoes

More sweet potatoes! See the recipe on the next page for a really easy and delicious breakfast. Store in a cool, dark spot if you do not plan on using them within a week or 2.

Romanesco

One of the coolest looking vegetables out there! Lime green heads that have spiraled pinnacles. Flavor is a cross between broccoli and cauliflower and has a slightly nutty flavor. Best eaten raw or great roasted as well.



Sweet Potato Hash

Ingredients

- 1 lb sausage
- 1 medium onion, chopped
- Coconut oil
- Salt and pepper, to taste
- Rosemary, to taste
- 4 eggs

Directions

1. Brown sausage. Transfer to a plate.
2. Reduce heat to medium-high, add 1 Tbsp. coconut oil to cast iron skillet and sauté onions until translucent. Transfer to the plate with the sausage.
3. Heat 1 Tbsp. coconut oil over medium-high heat, add chopped sweet potatoes and cook, stirring occasionally, until tender (about 10 minutes). Sprinkle some rosemary over sweet potatoes. Cover skillet with a lid while cooking.
4. Add sausage and onions to the cast iron skillet and stir everything.
5. Crack four eggs over sweet potato hash. Place cast iron skillet in a preheated 425 degrees oven and cook for about 10-15 minutes until eggs are set.

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