

# 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.*

- Arugula
- Beans, green
- Bell Pepper, variety
- Cherry Tomato
- Cucumber
- Onion Variety
- Pickling Cucumbers
- Slicing Tomatoes
- Yellow Watermelon
- Zucchini, yellow or green

Cherry Tomatoes



Yellow Watermelon

## The Vegetables

### **Arugula**

We are bringing a little green back into the box this week! One of the summer arugula crops is looking great so you will see a bag of arugula in your box this week! Remember, store in fridge and give a cold bath if slightly wilted.

### **Beans**

Everyone will be seeing a bag of green beans in your box again this week!! Enjoy within 2-4 days for best fresh taste!

### **Bell Pepper**

Our bell pepper patch is starting to mature nicely. We have some different color all starting to slowly mature so everyone will see a pepper in there box. You could see white, purple, red, or green most likely.

### **Tomatoes**

Tomato, tomato!! You will find two different types of tomatoes in your box this week. Our cherry tomato crop is going strong still while our slicing tomatoes are just starting to mature. The slicing are just your "normal" large red tomatoes great for slicing or dicing! Store in fridge for best storage.

### **Cucumbers**

You will find both your usual, larger cucumber and some pickling cucumbers in your box again this week. Store cucumbers in fridge. For best fresh, crisp taste, enjoy within 2-4 days.

### **Onion Variety**

You should find a mild, yellow onion in your box. These are not long term storage onions but can store for quite a few weeks to months even if store properly.

### **Yellow Watermelon**

The melon this week is a yellow watermelon. Not as well-known as its red counterpart, the yellow watermelon is a farm favorite around here! The flesh is similar to a red watermelon but definitely has its own sweet taste. We always try our best to pick only the perfectly ripe watermelon but we cannot guarantee perfect melons. Enjoy in a smoothie or other drink recipe if slightly over or under ripe.

### **Zucchini**

You will find either yellow or green zucchini in your box again this week!



## Easy Cherry Tomato & Cucumber Salad

Adapted from *Asparagus to Zucchini*, pg. 156

### Ingredients:

- 1 Pint **Cherry Tomatoes**
- 1 Small **Cucumber**
- ¼ Cup Rice Wine Vinegar
- Pinch of Sugar
- Salt to taste
- 1 Tbl. minced cilantro

### Directions:

1. Stem the cherry tomatoes and then slice in half.
2. Cut cucumber in half crosswise, quarter the halves, and slice.
3. Combine all ingredients in a bowl and let stand at room temperature, stirring occasionally, for 20 minutes or so.
4. Serve at room temperature.

*Serves: 4*

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## Greek Bean Salad

adapted from *Peasandcrayons*

### Ingredients:

- 6 oz fresh **green beans**, trimmed and halved
- 1/3 cup chopped red **bell pepper** (any pepper can work here)
- 1/4 cup chopped **tomato**,
- 3-4 TBSP crumbled feta
- fresh chopped parsley, optional garnish

### Greek Dressing

- 3 TBSP quality extra virgin olive oil
- 1 TBSP white wine or champagne vinegar
- 1 clove garlic, smashed + minced
- 1/2 tsp fresh or dried parsley
- 1/4 tsp dried oregano
- 1/4 tsp Dijon mustard
- a pinch of salt and pepper

### Directions:

1. In a small bowl, whisk together oil, vinegar, garlic, parsley, oregano, Dijon mustard, salt, and pepper and set aside to allow the flavors to meld.
2. Trim ends off green beans and cut in half, if desired.
3. Fill a medium pot with water and set to boil on high.
4. Set aside a medium bowl of ice water.
5. Once water is at a rolling boil, add green beans and cook for 3-5 minutes or until they reach your ideal tenderness.
6. Drain and immediately submerge beans in ice bath to halt the cooking process.
7. Combine green beans with red pepper and tomatoes and toss with dressing to coat.
8. Top with crumbled feta and fresh parsley to garnish.
9. This salad can be made in advance and left out at room temperature for several hours without the feta and up to 4 hours with the feta. *Serves: 2*



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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.