

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, green
- Bell Pepper, variety
- Broccoli
- Cherry Tomato
- Cucumber
- Lettuce Mix
- Onion Variety
- Pickling Cucumbers
- Sun Jewel Melon
- Red Watermelon
- Summer Squash Variety



Sun Jewel Melon



Lettuce Mix

The Vegetables

Bell Pepper AND Beans

You will find one of a variety of bell pepper colors in your box. Most will be seeing white or purple but a few other colors might be ready this week also. You will also find some green beans again this week!

Broccoli

Summer broccoli is always a treat because growing broccoli in the extreme heat of summer can be tricky sometimes so we are excited to be able to put a head of broccoli in the box this week. Store in fridge and enjoy within 4 days.

Cherry Tomatoes

You will find another container of cherry tomatoes in your box this week. This season's crop of cherry tomatoes has done well so we are happy to be able to keep putting them in the weekly box. Store in fridge though you do not have to if enjoying within 1-3 days.

Cucumbers

More regular and pickling cucumbers coming this week!! A bountiful season in terms of cucumbers ☺

Lettuce Mix

A little greens coming back into the box this week! You will find a bag of lettuce mix in your box this week! Store in fridge and give a nice cold bath (add a little vinegar for added crispness) if slightly wilted when you pick up.

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.

Melons

You will find both a large red watermelon (with seeds) and an Asian variety of melon called the sun jewel melon. The sun jewel melon has a taste and texture similar to a honeydew melon according to many. Store both melons in cool, dark place. The sun jewel melon is a variety that easily splits. The splits are usually okay but enjoy within 1-2 days if you see any on your melon.

Summer Squash Variety

You will find one variety of summer squash in your box this week! With much of our crop on its final leg, we are harvesting what is available so you can enjoy!

Broccoli Salad

Adapted from [oldermommystillyummy](#), originally seen on Pinterest



Ingredients:

- 5 cups **broccoli** florets, uncooked
- ½ medium red **onion**, thinly sliced (could use any onion here though red is the best)
- ½ cup roasted, unsalted sunflower seeds
- 8 slices bacon, cooked and crumbled
- 1 cup cheddar cheese, grated

DRESSING:

- 1 cup Mayonnaise
- 4 Tbsp. white sugar
- 3 Tbsp. white wine vinegar or regular vinegar

Directions:

1. Prepare and toss together salad ingredients.
2. Whisk together dressing ingredients.
3. Pour dressing over salad and mix well.
4. Cover and refrigerate, stir occasionally to blend salad and dressing.
5. Let stand in fridge a few hours to overnight.

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Watermelon Slushy

Adapted from [Nerdymamma](#)

Ingredients:

- 1/2 small **watermelon** (remove seeds)
- 2 tsp sugar
- 1/4 cup water cold (you may also use watermelon juice if you have some)
- 4 sprigs of mint (optional)

Directions:

1. Slice the watermelon into 1-inch chunks and discard any pop seeds, if applicable.
2. Place watermelon chunks in a gallon-sized Ziploc baggie and place in the freezer.
3. Allow to freeze for about 2 hours.
4. Mix water and sugar together in a small cup until the sugar is completely dissolved.
5. Remove from the freezer and open the bag.
6. Pour the water/sugar mixture into the bag, then reseal.
7. Smash the watermelon/water/sugar and break it up until it makes a nice, smooth mash.
8. Pour into 4 cups.
9. Place a sprig of mint on top (optional).

Serves: 4



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.