

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.

- Giant Kohlrabi
- Sweetheart Cabbage
- Cipollini Onion
- Zucchini
- Cucumber
- Cherry Tomatoes
- Arugula
- Scallions
- Beefsteak Tomato



Varieties of tomatoes



Roasted Sweetheart Cabbage

The Vegetables

Giant Kohlrabi

The giant kohlrabi variety will last several months in cool dry storage.

Sweetheart Cabbage

To prepare, remove any damaged outer leaves and cut the cabbage in half and then into quarters, cut off the hard core from each quarter at an angle. Slice and wash thoroughly. Roast with a drizzle (or more) of olive oil and season with salt and pepper.

Cipollini Onions

Keep these onions at room temperature to cure, or store in the fridge for more immediate use. The Cipollini's unique shape makes it a great addition to mixed roasted vegetables (such as carrots, fennel, beets, eggplant, and zucchini)

Cucumber

A quick jar of pickled cucumber slices is as easy as slicing the cucumbers into thin discs, stuffing them into a glass jar, adding some sliced onions, and topping with water, seasoned rice vinegar, some honey, and salt. Shake the jar to mix in the ingredients and serve any time.

Cherry Tomatoes

Feel free to leave your tomatoes at room temp or in the fridge. Enjoy whole or cut as a sweet acidic addition to avocado toast, pasta, tacos, or an omelet!

Arugula

Your arugula has already been rinsed before it came home to you, but be sure to give it a final wash and dry/spin before using.

Scallions

Throw scallions on your grill until they are lightly charred then cool and chop gently to add to any dish for a more complex grilled onion flavor.

Beefsteak Tomato

Wipe off your tomatoes gently to remove any dust or dirt before eating. These beefsteaks are a familiar dense tomato great for slicing thinly onto a sandwich.



Scallion Pancakes

Chew, savory Chinese-inspired pancakes good for breakfast or dinner! Serve with eggs, tomatoes, hummus, or any meal as a side dish. A simple soy dipping sauce can turn the pancakes into a fun appetizer!

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Ingredients

- 2 cups all-purpose flour
- 1 2/3 cups water
- 1/4 cup pure sesame oil
- 3/4 teaspoon salt
- 2 bunches scallions (green onions / salad onions) (about 10)
- oil - for cooking

Directions

1. In a large bowl, mix together the flour, water, sesame oil and salt using a whisk until smooth. Set aside.
2. In the meantime, wash and finely chop the scallions, discarding the roots and the tips of the green tops. Using your fingers, quickly break apart the chopped scallions to separate out the layers. Mix into the batter.
3. Heat about 2 teaspoons of oil in large frying pan (I use one that is 10-inch / 25-cm) on medium-high heat. When the pan is hot, swirl the oil around so it coats the pan.
4. Quickly ladle on the batter in the shape of a ring, then immediately use a spatula to spread the batter to fill the ring, and to spread the batter outward to make the pancake into a circle (I use about 3/4 cup of batter for each pancake on a 10-inch pan). The batter will cook quickly on the hot pan, so just spread it around as much as you can.
5. Cook the pancake for about 4 minutes, periodically lifting the pancake up to check if the bottom has browned. When the scallion pancake has browned on the bottom, lift the pancake up with a spatula, quickly add a bit more oil to the pan, and flip the pancake.
6. Cook for another 4-5 minutes until the bottom is browned. Remove from heat and set on an oil absorbing paper (or paper towel) to remove the excess oil. Repeat with the remaining batter. Using 2 frying pans simultaneously will speed up the cooking process.
7. Serve immediately.