

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.

- Napa Cabbage
- Radishes
- Scallions
- Red Turnips
- Romaine Lettuce
- Red Leaf or Red Butterhead Lettuce
- Lettuce Mix
- Green Kohlrabi



Scallions

Napa Cabbage



The Vegetables

Napa Cabbage

A more tender cabbage than the standard green or red cabbage. Wrap in plastic and store in the fridge. Great in kimchi, soups or used as a roll. (See recipe on page 2)

Radish

You will find either the classic red round or breakfast radishes in your box this week. Radishes should be stored in the fridge with tops removed if not enjoying right away.

Scallions

Scallions grow great in late spring/early summer and we are getting some great looking crops so far! If you see a little dirt on one of your scallions, don't worry, just wash it off. Scallions are tough to wash and time consuming so we do our best to get as much of the mud and dirt off as possible but cannot get it all.

Red Turnips

The two pinkish-red roots in your box are turnips. Remove the leaves and store bulbs in plastic in your fridge. They are great cut into matchsticks and made into fries!

Romaine Lettuce

Wash and dry thoroughly before using. Cut in half lengthwise, brush with olive oil and grill slightly for a different way to use up your romaine!

Red Lettuce

You will receive either red butterhead or red leaf lettuce this week. Wash thoroughly and dry before using.

Lettuce Mix

A mixture of different varieties of baby lettuce. Wash thoroughly and dry before using. Best used within a few days.

Kohlrabi

Two bulbs of green kohlrabi this week. Remember, remove leaves before storing in fridge.

Asian Stuffed Napa Cabbage Rolls

From AggiesKitchen.com



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Ingredients:

- 1 lb lean turkey or ground beef
- 2 shredded carrots
- 1 cup cooked brown rice or quinoa
- 4-5 garlic cloves, minced
- 2 tablespoons ginger, minced
- 1 small onion, minced
- 3 tablespoons low sodium soy sauce
- 2 tablespoons toasted sesame oil
- 2 teaspoons rice vinegar
- 1 teaspoon chili or chili-garlic sauce
- Salt and pepper to taste
- Leaves from 1 large head of Napa cabbage

Directions:

1. Preheat your oven to 400 degrees.
2. Prepare your filling by gently combining uncooked beef (or turkey), shredded carrots, cooked rice (or quinoa), garlic, ginger, onion, soy sauce, sesame oil, rice vinegar, chili sauce and a pinch of salt and black pepper in a large mixing bowl.
3. To make your leaves easy to roll, use a rolling pin to flatten to make leaves more pliable. If you find that your leaves are on the smaller side, use two to roll, overlapping both ends to make one big leaf.
4. Spoon your filling to each leaf. Carefully roll each leaf tightly and place side by side in a large baking dish. Pour 1 cup of water over stuffed cabbage rolls and cover with aluminum foil. Bake in preheated oven for about 30-35 minutes or until completely cooked through.
5. Serve with juices from baking dish and additional chili sauce.

Sautéed Kohlrabi – Farm Favorite

adapted from *Asparagus to Zucchini*, p. 99

Ingredients:

- 2 kohlrabi
- 4 Tbl. butter or light oil
- 1 medium onion, diced
- 1 Tbl fresh herbs (thyme, chives, sage, etc.) – we use chives
- 1 tsp. salt

Directions:

1. Grate kohlrabi (or dice into small squares), place in colander, and sprinkle with salt. Let stand 30 minutes to drain.
2. Heat butter over medium heat, add onions, and sauté a few minutes.
3. Stir in kohlrabi, reduce heat to low, cover, and cook 10 minutes. Increase heat to medium and cook 2 more minutes.
4. Remove from heat and stir in fresh herbs.

Servings: 2-4

