

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.

- Cucumber
- Lettuce Mix
- Purple Kale
- Purple Kohlrabi
- Red Leaf Lettuce
- Scallions
- Spinach
- Yellow Crookneck Squash
- Zucchini



The Vegetables

Lettuce Mix/Spinach

You will find two different bagged items, lettuce mix and spinach, in our box this week! Remember, these items can be stored in the fridge. If wilting slightly, give them a cool bath, dry them as much as possible, put them in a new, clean Ziploc bag and enjoy at a later time (preferably no more than 2-3 days later for best freshness).

Purple Kale

The purple kale are the frilly, greenish/purplish leaves in your box ☺ These kale leaves have a solid purple stem with greenish leaves that sport a touch of purple. Kale, like other greens, might need a pick-me-up cold bath but then can be stored in the fridge. Kale can be stored in a plastic bag to keep fresh a little longer if possible.

Purple Kohlrabi

The purple looking bulb with multiple leaves shooting out of its top is the purple kohlrabi. Kohlrabi sometimes gets a bad rap as the "weird" veggie everyone is scared of in a CSA program....until they try it! Kohlrabi is maybe making a comeback (you could say) where people are starting to see the benefits and good taste of fresh kohlrabi! If storing for more than 1 day, please remove the leaves before storing to keep the bulb fresh and moist as long as possible. Store the bulb in the fridge.

Red Leaf Lettuce

The lettuce this week is an early summer leaf lettuce. The lettuce has a red color tone with frilly leaves, similar to the green leaf lettuce last week. Mild in flavor and texture, this lettuce is great for salads or as a burger topping!

Scallions

Scallions again this week! These are also known as green onions to many of you. Please enjoy the entire scallion (white bulb and green stem) as all of it can be used and has a fresh, crisp taste! Store scallions in fridge up to 3-6 days.

Summer Squash/Cucumber

You will find some of the classics of the summer squash family in your box this week along with the classic cucumber. The plants picked up last week so we are picking them every other day now and enjoying their bountiful season. You will find yellow summer squash and zucchini. The yellow squash is a popular variety of summer squash with its crookneck and mild flavor. Store summer squash and cucumber in the fridge and enjoy within 3-6 days for best taste!

Roasted Summer Squash

adapted from [Her Cup of Joy](#), originally seen on Pinterest



Ingredients:

- 6 cups chopped **summer squash or zucchini**, about 3 small
- 2 tablespoons olive oil (or oil of choice)
- 2 teaspoons salt, or to taste
- 1/2 teaspoon black pepper
- 1 tablespoon Mrs. Dash seasoning (or combination of garlic salt, paprika, and Italian seasoning or parsley)

Directions:

1. Preheat oven to 450 degrees F. Line baking sheet with parchment paper.
2. Chop the summer squash into bite sized pieces. Remove large seeds if necessary. Toss all ingredients together in a bowl. Place on a large baking sheet making sure not to crowd the squash not too close together.
3. Once the oven has preheated, place the baking sheet in the oven and bake for 25-30 minutes, or until the vegetables are softened and slightly browned. Spoon the squash into a serving bowl, you can squeeze a bit of fresh lemon juice on top and sprinkle with some fresh herbs. Serve immediately and enjoy!

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Strawberry Kale Salad

adapted from [Cookie+Kate](#)

Ingredients:

- 8 ounces Tuscan kale or regular curly kale (one medium bunch)
- 1/2 pound strawberries, hulled and sliced
- 4 to 5 medium radishes, sliced thin and roughly chopped
- 2 ounces chilled goat cheese (or about 1/3 cup goat cheese crumbles)
- Your favorite crunchy granola (we use a peanut butter flavored granola and we really enjoy it)

Lemon honey mustard dressing

- 3 tablespoons olive oil
- 2 tablespoons lemon juice (about 1 small lemon)
- 1 tablespoon smooth Dijon mustard
- 1 1/2 teaspoons honey
- Sea salt and freshly ground pepper, to taste

Directions:

1. To make the dressing: In a small bowl, whisk together the olive oil, lemon juice, mustard and honey until emulsified. Season with a dash of sea salt and a generous amount of freshly ground black pepper.
2. To prepare the kale: Use a chef's knife to remove the tough ribs from the kale, then discard the ribs. Chop the kale leaves into small, bite-sized pieces. Transfer the chopped kale to a big salad bowl. Sprinkle a small pinch of sea salt over the kale and massage the leaves with your hands by lightly scrunching big handfuls at a time, until the leaves are darker in color and fragrant.

To assemble the salad: Drizzle in the salad dressing (you might not need all of it) and toss well, until all of the kale is lightly coated in dressing. Add the sliced strawberries and chopped radishes, then use a fork to crumble the goat cheese over the salad. Toss again, then sprinkle with a couple handfuls of granola. For best flavor, let the salad rest for 15 minutes before serving (this gives the dressing time to soak into the kale).

Serves: 2-4 people



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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.