

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.

- Bok Choi
- Green Leaf Lettuce
- Romaine Lettuce
- Lettuce Mix
- Radishes
- Spinach
- Kohlrabi
- Kale



Bok Choi

Green Kohlrabi



The Vegetables

Bok Choi

Bok has white stems with green leaves. The head of choi should be put in the fridge. It is great used in stir fries.

Lettuce (Romaine & Green Leaf)

Lettuce should be kept in the fridge (crisper drawer if available). It will most likely need another washing so make sure to give it a nice cool bath and then dry before enjoying! Sometimes a paper towel can be wrapped around the lettuce head to keep moisture at bay.

Lettuce Mix/Spinach

The lettuce mix and spinach will be in a plastic bag in your box. The lettuce mix is a mixture of baby lettuce varieties while the spinach is a classic variety of spinach. It should be stored in the fridge in its plastic bag or a new plastic Ziploc bag. If slightly wilted when you unpack it, don't hesitate to give it a nice cold bath and then dry before placing it in a new Ziploc bag.

Radish

These are the classic salad radishes (or the ones we all love to dip in dill or ranch dip). Put radishes in the fridge but remove the green tops if not eating within 1-2 days to retain moisture in the bulb.

Kale

Wrap the bunch of kale in a layer of dry paper towels then store in a zip bag in your crisper. As with all of our greens, wash your kale right before you use it, and if you don't use it all before it wilts you can freeze any excess to use in smoothies.

Kohlrabi

The green looking bulb with multiple leaves shooting out of its top is the 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. Peel and eat raw or they are also great sautéed or on the grill.

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.