

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
- Cherry Tomato
- Conical Pepper
- Onion Variety
- Pickling Cucumbers
- Slicing Tomatoes
- Watermelon Variety
- Arugula OR Greens Mix



Purple Pepper

Conical Pepper



The Vegetables

Beans

You will find green beans in your box again this week! This has been one of our best green bean crops and we have been thankful for such a bounty. Store in the fridge.

Peppers

You will find a bell pepper and conical pepper in your box this week. Conical peppers are sweeter than bell peppers and are long and slender. Sadly, our colored bell (orange, yellow, red) plants are not doing well at all. Thankfully, our purple, white and green are doing pretty well so you will see one of those colors most likely. Store peppers in fridge and use within several days to a week.

Tomatoes

You will find both a container of cherry/grape tomatoes and some large slicing tomatoes in your box this week! Remember, these tomatoes can be left out in a dry, cool place if you are enjoying them within 1-3 days. If not, put in fridge for longer fresh life.

Onion Variety

You will find an onion in your box again this week. You could see either a red, yellow or white onion. These onions are not necessarily storage onions but can last for several weeks if stored in a cool, dry place.

Pickling Cucumbers

More pickling cucumbers in your box this week! Store in fridge and enjoy fresh with dill, hummus, or a dip of your choice. Or feel free to make a small batch of refrigerator pickles!

Watermelon Variety

Some of our second crops of our watermelons are coming to maturity. These crops are not yielding as much as we would like or as much as the first crops. We will be harvesting from our fields the mature melons and you will find one variety (yellow, red, sorbet) in your box. For this week, it's looking like our yellow watermelon plants are yielding the most. Remember, there is no perfect science to picking perfectly ripe melons. We recommend smoothies or drink recipes for slightly over or under ripe melons.

Arugula OR Greens Mix

Some greens back in the mix this week! You will find either a bag of greens mix or arugula in your box.

Green Bean Salad

Adapted from [melskitchencafe](#)



Ingredients:

- 2 pounds fresh green beans, ends trimmed
- 1 pint cherry or grape tomatoes, halved
- 1/4 cup olive oil
- 3 tablespoons freshly squeezed lemon juice (from about 2-3 lemons)
- 3 tablespoons balsamic vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon garlic powder
- 1/8 teaspoon pepper
- 4 ounces feta cheese
- 6-8 strips bacon, cooked and crumbled

Directions:

1. Bring a large pot of water to a boil. Add 1 teaspoon salt. Cook green beans until tender, 5-10 minutes. While they cook, prepare a large bowl with an ice water bath. Immediately drain the beans into a colander (or scoop them out with a slotted spoon) and place the drained beans in the ice water for a few minutes to stop the cooking. This will keep them bright green and perfectly tender.
2. Drain the beans and pat them dry. Toss them in a bowl with the tomatoes.
3. For the dressing, whisk together the olive oil, lemon juice, vinegar, salt, garlic powder, and pepper. Pour the mixture over the green beans and toss to coat. Cover the bowl and chill for at least an hour or up to 3 hours before ready to serve.
4. Stir in the feta cheese and bacon right before serving. Serve chilled or at room temperature. *Serves: 4-6*

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Philly Cheesesteak Stuffed Peppers

Adapted from [dinneratthezoo](#)

Ingredients:

- 3 bell peppers, halved, seeded and ribs removed any color (could use conicals here also)
- 1 tablespoon olive oil
- 1 yellow onion thinly sliced
- 8 ounces mushrooms sliced
- 1 pound steak such as flank, rib eye or sirloin very thinly sliced
- salt and pepper to taste
- 12 slices provolone cheese
- 1 tablespoon chopped parsley

Directions:

1. Preheat the oven to 400 degrees. Place the peppers cut side up in a baking dish and season with salt and pepper.
2. Bake for 20 minutes.
3. While the peppers are baking, prepare the cheesesteak filling. Heat the olive oil in a large pan over medium high heat.
4. Add the onions to the pan and cook for 4-5 minutes or until onions have softened. Add the mushrooms and cook for an additional 4-5 minutes until vegetables are browned and tender. Season with salt and pepper to taste.
5. Season the steak with salt and pepper to taste. Add the steak to the pan and cook for 3 minutes or until just done.
6. Place one slice of cheese inside each pepper half, then fill each pepper with the cheesesteak mixture.
7. Add another slice of cheese on top of each pepper.
8. Broil the peppers for 3 minutes or until cheese is golden brown and melted.
9. Sprinkle with parsley and serve. *Serves: 6*

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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.