

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.

- Beets
 - Sweetheart Cabbage
 - Broccoli
 - Onion Variety
 - French Radishes
 - Red Radishes
 - Greens Variety
 - Spaghetti or Delicata Squash
- French Radishes*



Sweetheart Cabbage



The Vegetables

Beets

Another week of beets!! Our beet crop last year was sadly not very good so we are very thankful for three weeks of beets in a row during this early fall season!! Remember, remove beet greens before storing in the fridge (you can use beet greens in recipes also).

Sweetheart Cabbage

Tender leaves with a sweet cabbage flavor. Great for slaws or cabbage wraps. This will store well in a plastic bag in your crisper drawer of fridge.

Broccoli

Broccoli is back! Our fall crops of broccoli are maturing early with this heat so enjoy it while it lasts!

Onion Variety

You will find an onion variety in your box again this week! We have red, white, and yellow varieties that you have seen and you will find one of those again this week.

Radishes

You will find both a regular round radish and a long, slender radish in your box this week. The long, red and white radish is an heirloom variety with a mildly spicy flavor. Both of these are great for snacking or to top off a salad. Remove radish tops before storing in the fridge.

Greens

You will find one variety of greens in your box. This could be either lettuce mix or kale. If you received kale last week you will be getting a bag of lettuce mix this week

Winter Squash

We began our fall squash harvest last week and while the yields are not as great as last year you still will most likely be seeing a different squash in your box the rest of the year. The heavy and frequent rains caused more disease pressure on these plants.

Cabbage Rolls

from Taste of Home



Ingredients:

- 1 medium head cabbage (3 pounds)
- 1/2 pound uncooked ground beef
- 1/2 pound uncooked ground pork
- 1 can (15 ounces) tomato sauce, divided
- 1 small onion, chopped
- 1/2 cup uncooked long grain rice
- 1 tablespoon dried parsley flakes
- 1/2 teaspoon salt
- 1/2 teaspoon snipped fresh dill or dill weed
- 1/8 teaspoon cayenne pepper
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 1/2 teaspoon sugar

Directions:

1. Cook cabbage in boiling water just until outer leaves pull away easily from head. Set aside 12 large leaves for rolls. In a small bowl, combine the beef, pork, 1/2 cup tomato sauce, onion, rice, parsley, salt, dill and cayenne; mix well.
2. Place about 1/4 cup meat mixture on a cabbage leaf, roll up. Repeat.
3. Slice the remaining cabbage; place in an ovenproof Dutch oven. Arrange the cabbage rolls seam side down over sliced cabbage. Combine the tomatoes, sugar and remaining tomato sauce; pour over the rolls. Cover and bake at 350° for 1-1/2 hours or until cabbage rolls are tender.

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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.