

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.

- Cipollini Onions
- Cucumber
- Cherry Tomatoes
- Beefsteak Tomatoes
- Poblano Peppers
- Chocolate Pepper
- Green Bell Pepper
- Broccoli
- Arugula
- Radishes
- Eggplant – **watch out for spikes on the stem! Ouch!**



Chocolate Bell Pepper



Jumbo Broccoli Head!

The Vegetables

Cipollini Onions

Great for roasting, they also caramelize beautifully. Store in a dark, dry place if you don't plan to use them within a few weeks.

Cucumber

Store loosely wrapped in paper towel to avoid too much humidity in the fridge.

Cherry Tomatoes

Feel free to leave your tomatoes at room temp or in the fridge. Enjoy whole or cut as a sweet acidic addition to avocado toast, pasta, tacos, or an omelet!

Beefsteak Tomato

Wipe off your tomatoes gently to remove any dust or dirt before eating. These beefsteaks are a familiar dense tomato great for slicing thinly onto a sandwich.

Poblano Peppers

Milder than a Jalapeno, but still may have a bit of a kick to them. Roasting poblanos will give you the most flavor. Store in the fridge for up to 2 weeks.

Chocolate Pepper

A sweet pepper to add to salads, etc. Stores well in the fridge for up to two weeks.

Green Bell Pepper

Classic green bell pepper for stuffing or sautéing. Great raw dipped in some baba ganoush or hummus!

Broccoli

A great head of broccoli! Store in a bag in the fridge. Best used within a few days.

Arugula

A very delicate green, use within 3-4 days for best flavor.

Eggplant

Beautiful white cylindrical shaped eggplant will be in your box this week. Great in stir fries, pan frying or grilling. Store in the warmer area of your refrigerator.

Radishes

A small bunch of radishes. Cut tops off and store in your fridge in a bag.



Chicken with Stewed Peppers and Tomatoes

BY WOMAN'S DAY KITCHEN



YIELDS: 4 servings

TOTAL TIME: 0hours 25mins

INGREDIENTS

4 6-oz boneless, skinless chicken breasts

1 tbsp. smoked paprika

Kosher salt and pepper

1 tbsp. olive oil

2 small onions, cut into ½-in.-thick wedges

2 bell peppers, quartered and sliced crosswise ½ in. thick

1/2 lb. tomatoes, cut into small chunks

2 cloves garlic, thinly sliced

Parsley and sliced almonds, for serving

DIRECTIONS

Heat oven to 450°F. Pat chicken dry with a paper towel, then rub with paprika and ½ tsp each salt and pepper.

Heat oil in a large skillet on medium and cook chicken until browned on one side, 4 to 5 minutes. Turn chicken over.

Add onions, bell peppers, tomatoes, and garlic to skillet and season with ½ tsp each salt and pepper.

Transfer skillet to oven and roast, stirring vegetables once, until chicken is cooked through and vegetables are tender, 14 to 16 minutes. Serve sprinkled with parsley and almonds if desired.

