

# 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.*

- Kohlrabi
- Scallions
- Round Radishes
- French Radishes
- Cucumber
- Bag O' Greens
- Lettuce Head
- Napa Cabbage



Cucumbers



French Radishes

## The Vegetables

### **Kohlrabi**

Your kohlrabi bulb will last several weeks in the fridge, but the greens will wilt sooner so use them as a replacement for kale or collard greens in any recipe if you'd like to. The bulb can be eaten raw in a slaw or salad, or eaten roasted (it's especially delicious roasted with garlic and topped with parmesan!)

### **Scallions**

Also called Green Onions, these are mild and can be used cooked or raw. To keep you scallions perky, cut them in half and store the tender dark green ends in a zip bag with a damp paper towel, store the firmer white and light green half root-side-down in a jar filled with 1/2in cold water in the fridge.

### **Round Radishes**

Check out this week's Quick Pickled Radish recipe! If you'd like to store your radishes for a longer period, separate the bulb from the greens, trim the root flat to the edge of the bulb, and store in a container with a damp paper towel, check regularly and re-wet the towel as needed.

### **French Radishes**

Store similarly to round radishes. Roast whole or halved French radishes with olive oil, salt, and pepper as a side dish to any meal.

### **Cucumber**

Cucumbers prefer to stay dry for storage, so wash and dry your cucumber thoroughly, then wrap in a dry kitchen towel or paper towel. Once wrapped, store the cucumber in an open bag in the fridge to keep moisture away and allow airflow.

### **Bag O' Greens**

You will either receive lettuce mix, arugula or a bag of spinach in your share this week. Store in refrigerator in the bag it comes in. Wash right before using and dry thoroughly with a salad spinner.

### **Lettuce Head**

Wash right before using. This head can be pulled apart leaf-by-leaf to use as an extra crunch in your sandwich, or cut more thinly to use as a salad.

### **Napa Cabbage**

Also known as Chinese cabbage it is more tender and delicate than the standard green cabbage. Chop it up and use in a salad or it's also great in a stir fry. Store in plastic wrap or a plastic bag in your refrigerator.



## Pickled Radishes

### Ingredients

- 6-12 radishes, thinly sliced (1 bunch, see note)
- 3 cloves garlic, peeled and smashed
- 1 chili pepper, halved and smashed (such as Thai chili pepper, optional)
- 1/2 cup rice vinegar
- 1/2 cup water
- 2 tablespoons sugar, honey, or agave
- 2 teaspoons salt

### Directions

Slice radishes 1/8" or as thin as you can. Use a mandolin if you have it! Stir radishes, garlic, chili pepper, rice vinegar, water, sugar, and salt in a jar with lid. Cover and refrigerate at least 20 minutes. Serve as a compliment to salads, rice bowls, sandwiches, or pasta.

You can this easy pickle recipe with any of your veggies and have a unique homemade pickle variety! Adding just some sliced scallions to your radishes will give the jar a colorful look and compliment the garlic flavor. Try making it with cucumbers and scallions instead of radishes and add some dill for a classic quick dill pickle.

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