

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.

- White Onions
- Greens Mix
- Beefsteak Tomatoes
- Black Bell Pepper
- Sweet Roasting Peppers
- Delicata Squash
- Beets
- Green Beans



Delicata Squash



Chioggia Beets

The Vegetables

White Onion

A mild white onion. Great raw or cooked. Store in a dark, dry place if you don't plan to use them within a few weeks.

Greens Mix

A mixture of choy, mustard greens, mizuna and broccoli leaves. Makes a great salad or saute lightly and eat with some eggs. Store in the fridge in the bag it comes in.

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.

Black Bell Pepper

A mild bell pepper. Some of the black bell peppers are starting to turn red so you may see a red pepper in your box instead. Stores well in the fridge for up to two weeks.

Sweet Roasting Peppers

Roasting brings out their great flavor, but they are a nice sweet, crisp treat when enjoyed raw as well. Stores well in the fridge for up to two weeks.

Delicata Squash

A sweet variety of winter squash. No need to peel it, you can eat the skin. Store on your counter until ready to use. Cut into rings and roast with a little oil and salt.

Red or Chioggia Beets

A nice bunch of beets with tops still on. The tops are tender and delicious! Add them to a salad or lightly steam them. If you don't plan to eat the beets within a few days cut off the tops. Store both the root and the greens in a bag in the fridge.

Green Beans

A late season crop of green beans. Just a small bag, enough for one meal. Store in a bag in the fridge.



Beet Greens and Green Beans with Tomato and Onion

Recipe By: Joanna DaCosta

"A tasty side dish, big on flavor and low in calories. Cooking the onions dark without burning them adds a wonderful flavor to this dish."

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Ingredients

2 tablespoons olive oil
1/2 small yellow onion, chopped
1 cup fresh green beans, trimmed
2 cups chopped beet greens
1 small tomato, chopped
1 large clove garlic, minced
1/4 teaspoon ground thyme
1/8 teaspoon red pepper flakes
1/4 cup water
2 tablespoons cider vinegar

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sea salt to taste
ground black pepper to taste

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Directions

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1. Heat olive oil in a large skillet over medium heat; cook and stir onion in hot oil until browned, about 10 minutes. Cook and stir green beans with onion until lightly brown. Add beet greens, tomato, and garlic. Continue cooking until beet greens are wilted. Sprinkle thyme and red pepper flakes over vegetables. Stir in water, vinegar, salt, and pepper.

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