

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.

- Choi Variety
- Green Leaf Lettuce
- Lettuce Mix
- Radish
- Romaine Lettuce
- Scallion
- Spinach
- Green Zucchini
- Summer Squash Variety



As you are reaching to pick up your first box, please pay attention to which size box you should be picking up. There are two different size boxes that you will see. **If you purchased a half share, you will be picking up the 3/4 bushel box.** **If you purchased a full share, you will be picking up the 1 and 1/9 bushel box.** Choice share boxes will be labeled with the member's name so do not take those. Your name will be under the corresponding share size on the sign off sheet also. Please refer to the pictures to the right for your reference.

The Vegetables

Choi Variety

You should be seeing either a pac or bok choy in your box this week (there is a possibility for another OR here). The pac choy has green stems with almost purple/green leaves while the bok has white stems with green leaves. The head of choy should be put in the fridge.

Lettuce (Romaine & Green Leaf)

Lettuce should be kept in the fridge (crisper drawer if available). It will most likely need another washing so make sure to give it a nice cool bath and then dry before enjoying! Sometimes a paper towel can be wrapped around the lettuce head to keep moisture at bay.

Lettuce Mix/Spinach

The lettuce mix and spinach will be in a plastic bag in your box. The lettuce mix is a mixture of baby lettuce varieties while the spinach is a classic variety of spinach. It should be stored in the fridge in its plastic bag or a new plastic Ziploc bag. If slightly wilted when you unpack it, don't hesitate to give it a nice cold bath and then dry before placing it in a new Ziploc bag.

Radish

This first radish crop struggled because of so many rainy days but we are hoping to be able to put a serving of radishes in everyone's box this week! These are the classic salad radishes (or the ones we all love to dip in dill or ranch dip). However, this variety is planted right next to the easter egg variety (they are the same radish, just different skin colors) so you might see some mixture of both. Put radishes in the fridge but remove the green tops if not eating within 1-2 days to retain moisture in the bulb.

Scallions

Scallions, also known as green onions, are the long, skinny pencil sized green stems in your box. They have long green stems with a white bulb at the bottom. The entire scallion can be enjoyed. Store scallions in the fridge and use within 3-6 days.

Summer Squash

On Sunday Chris went out to check the summer squash field as they hadn't been ready only 2-3 days before and, boom, there were wonderful looking squash ready to go! So everyone will see two varieties of summer squash in your box this week! Zucchini is the most popular of the summer squash varieties so we do plant more of those and we are hoping enough are mature this first week for everyone to get a green zucchini and then you will find another variety like striped yellow or green, patty pan, or yellow zucchini also.

Berry Fruit Salad

adapted from [Yayforfood](#), originally seen on Pinterest



Ingredients:

- 3 cups **spinach**
- 1 mandarin oranges, peeled and sectioned
- 1/2 cup (1.5-2 oz) raspberries
- 1/4 cup (1.5 oz) blackberries
- 1/2 cup feta cheese, crumbled
- 1/4 cup walnuts

For the vinaigrette:

- 1/4 cup extra virgin olive oil
- 1 tbsp balsamic vinegar
- 1 tbsp fresh (mandarin) orange juice
- 1 tbsp honey

Directions:

1. In a small bowl, whisk together the vinaigrette ingredients until well combined. Taste and adjust the dressing to your preference. Set aside.
2. In a large bowl, combine the salad ingredients, then drizzle the desired amount of vinaigrette on top. Toss to combine. Serve immediately.

Serves: 2

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Grilled Pork Chops & Choi with Sesame Garlic Glaze

adapted from [Asparagus to Zucchini](#) cookbook, pg. 31

Ingredients:

- 3 TBL soy sauce
- 1.5 TBL sesame oil
- 1.5-2 tsp chili garlic sauce (you can find this usually in the Asian food aisle of a large grocery store)
- 4 pork chops
- 8 stalks **choi** (including greens but root ends trimmed)

Directions:

3. Combine first 3 ingredients in a large, deep plate or dish. Place pork chops in the mixture, turning to coat all surfaces. Let stand at room temperature, turning the chops occasionally, while you prepare the outdoor grill to med.-high heat.
4. When grill is ready, remove chops from the marinade and grill them until just done, 3-4 minutes per side.
5. Meanwhile, grill the choi stalks until tender, about the same amount of time as the chops, basting them with the remaining marinade while they cook.
6. Can be served with rice or an Asian noodle dish.

Serves: 4



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.