

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.

- Yellow Watermelon
- Cantaloupe
- Cipollini Onions
- Cucumber
- Cherry Tomatoes
- Beefsteak Tomatoes
- Purple Bell Pepper
- Black Bell Pepper
- Green Bell Pepper
- Banana Pepper
- Eggplant – **watch out for spikes on the stem! Ouch!**



Merlot Bell Pepper



Beefsteak Tomatoes

The Vegetables

Yellow Watermelon

The flesh is a bright yellow with a very sweet taste! A favorite on the farm. Store on the counter or fried and use within 5 days.

Cantaloupe

These melons are ripe and need to be eaten within 1-2 days. I would recommend cutting the melon up immediately and storing in your fridge so you can enjoy it for a few days.

Cipollini Onions

Keep these onions at room temperature to cure, or store in the fridge for more immediate use.

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.

Purple Bell Pepper

Islander variety is also a mild pepper. Stores well in the fridge for up to two weeks.

Black Bell Pepper

Slightly more bitter than a regular green pepper. 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!

Banana Pepper

These have a mild flavor. Great stuffed or in salsa. Stores well in the fridge for up to two weeks.

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.



Marinated Cucumber Tomato Salad *recipe from MACSAC*

1 cucumber, peeled and sliced into rounds

2 large tomatoes, sliced into rounds

¼ cup thinly sliced onion

¼ cup extra virgin olive oil

1/8 cup red wine vinegar

½ tablespoon sugar

Salt and pepper

½ tablespoon slivered fresh basil strips

½ tablespoon chopped parsley

Arrange cucumbers, tomatoes, and onions in a shallow serving dish. Mix oil, vinegar, and sugar in a small bowl and pour over vegetables. Season well with salt and pepper. Cover and let marinate for at least 1 hour and up to 4 hours. Sprinkle with herbs just before serving. (The leftover marinade makes a good dressing for salad greens.)

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