

# 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.*

- Summer Squash
- Broccoli
- Eggplant
- Kohlrabi
- White Salad Turnips
- Sweetheart Cabbage
- Pearl Onions
- Red Leaf Lettuce
- Radishes

Asian Eggplant



Sweetheart, or Cone, Cabbage



## The Vegetables

### **Summer Squash**

You will receive either yellow summer squash or zucchini.

### **Broccoli**

Our first broccoli crop of the season. Best eaten within a few days.

### **Eggplant**

The long, slender, purple vegetable in your box is the eggplant. This is an Asian variety and is used in many Asian inspired dishes. Eggplant should be stored in the fridge and is best when eaten fresh so enjoy within 2-4 days after receiving.

### **Kohlrabi**

Another round of kohlrabi this week. Enjoy it while it lasts, it only does well in spring/early summer and fall. Remove leaves before storing in fridge.

### **White Salad Turnips**

These are great cut up and put in a salad. They are very mild tasting. Store in fridge with the greens removed first.

### **Sweetheart Cabbage**

This variety of cabbage is called sweetheart, or cone, cabbage. It is sweet and tender and mild enough to be eaten raw in salads. Store in fridge where it could store for 1-3 weeks.

### **Pearl Onions**

These are early summer onions that are not cured. They are fresh and mild. Can be stored in fridge.

### **Red Leaf Lettuce**

Wash thoroughly before using. There may be more mud between the leaves with all the rain we've gotten recently.

### **Radishes**

Round or breakfast radishes will be in your box this week. Remove tops and store in a plastic bag in the fridge.

# One pan sweet and sour cabbage with sausage

From  
realfoodwholelife.com



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## Ingredients:

- 2 tablespoons olive oil, divided
- 1 pound fully cooked apple chicken sausage
- 1 small onion
- 2 medium apples, cored and thinly sliced
- 1 head of cabbage, thinly sliced
- ¾ tsp salt, divided
- 1/3 cup apple cider
- 2 tablespoons apple cider vinegar

## Directions:

1. Heat 1tbsp oil and add the sausages. Cook until browned on both sides.
2. Remove sausages from the pan and heat 1 more tbsp. oil over medium heat. Add the onion, sprinkle with ¼ tsp salt, and cook, stirring frequently, until the onions are softened and slightly browned, about 8 minutes.
3. Add the apples, cabbage, ½ tsp salt, apple cider and apple cider vinegar, stirring to combine.
4. Cover and cook over medium low heat, stirring occasionally, until the cabbage is tender, about 20 minutes. If the pan starts to dry out, add a splash more apple cider.
5. Uncover and test the cabbage. The liquid should be nearly gone and the cabbage should be tender. If there's extra liquid, cook on medium with the lid off until nearly dry. If the cabbage is still tough, cover and cook an additional 10 minutes or until tender.
6. Add the sausage back to the pan, stirring to warm through. Taste and add additional salt, apple cider vinegar, or ground pepper to taste.

# Roasted Cabbage Steaks

adapted from [EatWell101](#), originally seen on Pinterest

## Ingredients:

- 1/2 head **cabbage**, cut into 1/2-inch-thick rounds
- 3 tablespoons olive oil
- ¾ teaspoon coarse salt
- ½ teaspoon ground white pepper
- 2 tablespoons balsamic vinegar
- 2 teaspoon honey
- 1 sprig fresh thyme

## Directions:

1. Preheat your oven to 400°F. Brush a rimmed baking sheet with 1 tablespoon extra-virgin olive oil.
2. In a bowl, combine olive oil, balsamic vinegar and honey.
3. Arrange the cabbage slices in a single layer and brush with the honey balsamic vinaigrette. Season with coarse salt and ground pepper and sprinkle with thyme.
4. Roast until cabbage slices are tender and edges are golden, 25 to 30 minutes.

Servings: 2

