

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
- Green Cabbage
- Cipollini Onion
- Yellow and Green Zucchini
- Cucumber
- Magenta Summer Crisp Lettuce
- Yellow Squash
- Fennel
- Basil
- Asian Eggplant



Cipollini onions curing in the sunshine

The Vegetables

Kohlrabi

Use kohlrabi as an addition to potatoes in a breakfast hash by cutting it into small cubes, and adding while potatoes are cooking. Kohlrabi leaves can be used in place of collard greens or as a nutrition-packed addition to a smoothie.

Green Cabbage

Store in the crisper in your fridge and use shaved for a sweet fresh slaw, or blanch and use for fresh summer cabbage rolls stuffed with your favorite filling.

Cipollini Onions

Keep these onions at room temperature to cure, or store in the fridge for more immediate use. The Cipollini's unique shape makes it a great addition to mixed roasted vegetables (such as carrots, fennel, beets, eggplant, and zucchini)

Cucumber

A quick jar of pickled cucumber slices is as easy as slicing the cucumbers into thin discs, stuffing them into a glass jar, adding some sliced onions, and topping with water, seasoned rice vinegar, some honey, and salt. Shake the jar to mix in the ingredients and serve any time.

Magenta Summer Crisp Lettuce

This lettuce has red-tinged tips and a bright green heart, enjoy as lettuce wraps, a creamy Caesar, or as some crunch to a sandwich. Store wrapped in a dry towel and wash well right before use.

Fennel

Roast your fennel bulb whole (or try grilling it!) then enjoy the caramelized fragrant fennel with any meal!

Basil

Gently brush dirt off and store on your counter in a jar of cool water until use. Wash and dry before using.

Asian Eggplant

Slice into 1" thick coins and marinate in soy sauce and honey, grill or broil gently for a great sandwich filling or salad add-in.



Amazing Sauerkraut

(This would be SO good on some brats at your next bbq!)

Ingredients

- ½ pound shredded cabbage
- ½ pound shredded purple cabbage
- ¼ pound grated carrots
- ¼ pound spring onions
- 3 teaspoons kosher salt
- 1 teaspoon whole coriander, toasted and lightly crushed
- ¼ teaspoon crushed red pepper flakes

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Directions

1. In a large mixing bowl, combine both cabbages, the carrots and the onions. Sprinkle with salt and, using your hands, toss and squeeze the cabbage mixture. Add the coriander and crushed pepper flakes and let the vegetables stand for 10 to 15 minutes so that they release their juices and become soft and slightly wilted.
2. In a tall and narrow nonreactive container, store the cabbage and its juices, pressing the mixture down and making sure the vegetables are submerged in their own liquid. (Note: The vessel should be tall enough that the liquid covers the vegetables; a wide container won't work.) Top the vegetables with some sort of weight, such as a plate that is smaller than the opening of the container, to weigh them down further.
3. Cover the kraut with a kitchen towel or cheesecloth and allow to sit at room temperature, skimming the scum that rises to the surface every day or so. Taste the kraut after 4 days; it should be ready to eat. Transfer the kraut to the refrigerator and keep for up to 6 months

