

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.

- Beans, green
- Kale
- Pickling Cucumbers
- Red Watermelon
- Slicing Tomatoes
- Sweet White Onion
- Sweet Yellow Onion
- Arugula OR Lettuce Mix
- Bell OR Conical Pepper



Tomatoes

Kale



The Vegetables

Beans

More beans this week! Fresh picked green beans are best enjoyed within 1-3 days after receiving them if at all possible for best taste! If storing, store in fridge.

Kale

Kale is making an appearance this week! You will find several curly kale leaves in your box this week. Kale can be stored in the fridge but keep moisture off of it if at all possible as kale does best with as little moisture as possible before eating.

Pickling Cucumbers

We are very amazed and happy with how our pickling cucumber crop has done this season! We are so very glad for its bounty as you will find more pickling cucumbers in your box again this week. Please remember that even though they are known as and known for pickling, these cucumbers can be eaten fresh and raw also. They are not only good for pickling and can be enjoyed as a "normal" cucumber also.

Red Watermelon

Our second crop of red watermelon was maturing over this past week and weekend so you will find one in your box this week. A few yellow ones might also be ready to go so some of you may see yellow instead of red.

Slicing Tomatoes

You will find slicing tomatoes in your box again this week. If a little lighter red or not as soft, feel free to leave in a dark, cool place of the countertop and let ripen up for a day or two before enjoying.

Onions

You will find both a yellow and white variety of onion in your box this week! Both are not long term storage onions but can last for several weeks to a month or two if stored in a dark, cool place.

Arugula OR Lettuce Mix

You will find either arugula or lettuce mix in your box. As fall rolls around, greens are usually seen again a little as they do good in cooler weather but the daylight hours do affect them also as they definitely need lots of sun!

Bell OR Conical Pepper

We are again picking all available and mature peppers so you will find either a bell variety or conical variety in your box.

Onion Rings

Adapted from [mylatinatable](#)



Ingredients:

- 1 **Onion**
- ½ cup of All Purpose Flour
- 1 Tablespoon of Baking Powder
- 1 Tablespoon of Smoked Paprika
- 1 Egg
- ¾ cup of Milk
- 1 teaspoon of ground pepper
- 1 teaspoon of table salt
- Bread Crumbs to coat
- Canola Oil for frying

Directions:

1. Rinse the onion and cut into approximately ¼ inch rings
2. Carefully separate the rings from each other (setting aside the smaller ones for other recipes)
3. Combine the flour, baking powder, salt and paprika in a medium bowl.
4. Coat each onion ring in the flour mixture and set aside
5. Combine the remaining flour mixture that you coated the onions with, with the milk, egg, and salt and beat well until no lumps remain
6. Coat each onion ring in the above mixture and shake away the excess
7. Coat each onion ring in breadcrumbs
8. Fry the onion rings in a fryer or a pot with oil.

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Kale Smoothie

Ingredients:

- ½ cup Pineapple (fresh if possible)
- ½ cup kale, chopped
- ¼ cup water (we used orange juice)
- Ice if colder smoothie is desired

Directions:

1. Put all ingredients into the blender and blend until smooth and all chunks are gone!

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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.