

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.

- Celery
- Beans, green or wax
- Radishes
- Scallions
- Head Lettuce
- Green Bell Pepper
- White Bell Pepper
- Banana Peppers
- Cucumbers
- Pickling Cucumbers
- Onion Variety
- Slicing Tomatoes
- Summer Squash
- Zucchini, yellow or green

Summer Crisp Lettuce



Banana Peppers

The Vegetables

Celery

This celery has so much more potent flavor than the grocery store celery! Great as a snack, juiced or in a soup.

Beans

Everyone will be seeing a bag of green or wax beans in your box again this week!! Enjoy within 2-4 days for best fresh taste!

Radishes

Can you tell farmer Chris likes growing radishes? Try roasting them to switch things up!

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.

Head Lettuce

Green or red summer crisp lettuce will be in your box this week. Store in plastic bag in fridge and wash thoroughly before using.

Peppers

You will receive green and white bell peppers in your box this week. Both are mild in flavor. You will also be getting a couple sweet banana peppers in your box.

Tomatoes

More slicing tomatoes this week. Store on counter and use within a week.

Cucumbers

You will find 2 regular cucumbers as well as some pickling cukes in your box this week. Store cucumbers in fridge. For best fresh, crisp taste, enjoy within 2-4 days.

Onion Variety

We are giving out a variety of onions this week. You will see either the pearl onions or one larger red, white or yellow onion.

Zucchini and summer squash

You will find either yellow or green zucchini in your box again this week as well as the yellow summer squash.



Garden Soup with Beets and Green Beans

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Ingredients:

- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 1 small onion
- 3-4 tomatoes, peeled and chopped
- 2 carrots, chopped
- 2 stalks celery, chopped
- 1 beet, chopped
- 1 cup cut green beans
- 1 (15oz) can beans of choice (black, cannellini, pinto, etc.)
- 1-2 tsp dried oregano
- 1-2 teaspoons dried basil
- ½ cup finely chopped beet greens
- Salt and pepper to taste

Directions:

Heat oil in large stockpot. Add the garlic and onion and cook until translucent, about 5 minutes. Add the next 8 ingredients (tomatoes through basil), cover with water (about 6 cups), and bring to a boil. Reduce the heat and cook, covered, until the vegetables are tender, about 25 minutes. Add the beet greens and cook a bit longer, until the greens are tender, about 5 minutes. Season with salt and pepper.

