

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.

- Beets
- Savoy Cabbage
- Broccoli
- Onion Variety
- Radishes
- Potatoes
- Greens Variety
- Delicata Squash



Delicata Squash

Savoy Cabbage



The Vegetables

Beets

It may be time to mix up the traditional way of eating beets with getting them 4 weeks in a row now! If you haven't been able to eat up your beets and they are accumulating in your fridge, beet cake is a delicious way to use a bunch of them up! Remember, remove beet greens before storing in the fridge (you can use beet greens in recipes also).

Savoy Cabbage

The interior leaves are tender and have a very good flavor. This cabbage is best in cooked dishes. This will store well in a plastic bag in your crisper drawer of fridge.

Broccoli

Broccoli is back! Our fall crops of broccoli are maturing early with this heat so enjoy it while it lasts!

Onion Variety

You will find an onion variety in your box again this week! We have red, white, and yellow varieties that you have seen and you will find one of those again this week.

Radishes

You may see either the regular red radishes or Easter egg radishes in your box this week. Easter egg radishes consist of white, pink and purple and are very similar in taste to the regular round radishes. Great for snacking or to top off a salad. Remove radish tops before storing in the fridge.

Greens

You will find one variety of greens in your box. This could be either greens mix, arugula or spinach.

Potatoes

Russet or Gold Potatoes will be in your share this week. Store in a cool, dry and dark place.

Winter Squash

Delicata is a favorite amongst us at the farm. It has thin skin making it easier to cut and a sweet, rich flavor. It is great either baked with a little maple syrup or stuffed with Italian sausage and cheese. I ran across the following recipe and had to include even though I have never tried it because I have never thought of making hummus out of squash!



Hard Squash Hummus

This recipe is adapted from a dish served at the San Francisco restaurant Bar Tartine, where chef Nicolaus Balla tops roasted and pureed butternut squash with sunflower sprouts, curried yogurt, cilantro puree, and pomegranate molasses. The toppings suggested here are somewhat simpler—creativity is encouraged. This recipe serves a crowd, but freezes well. Yield: 5 to 6 cups.

Ingredients

- 2 pounds hard squash, such as delicata or butternut
- 1 cup plus two tablespoons extra-virgin olive oil
- salt and pepper
- 2 heads garlic, separated into cloves and peeled (about ½ cup cloves)
- 2 or 3 serrano peppers, sliced in half, stems and seeds removed
- ¼ cup tahini
- 3 tablespoons lemon juice
- Plain yogurt for garnish (optional)
- Cilantro leaves for garnish (optional)
- Roasted pumpkin seeds for garnish (optional)
- Crusty bread, pita, or crackers

Instructions

1. Preheat the oven to 350 F. Cut squash in half and remove seeds. Rub flesh with 2 tablespoons olive oil and 2 generous pinches salt.
2. Place squash cut side down in roasting pan and bake until very soft, about 1 hour.
3. While squash is baking, place garlic, serranos and remaining olive oil in small pot over low heat. Poach garlic and peppers in oil until completely soft (30 to 40 minutes). Garlic should be very lightly browned.
4. Scoop out flesh from roasted squash and place in food processor. Add garlic-poaching olive oil, garlic, serranos, tahini and lemon juice. Puree until smooth, about 1 minute. Season to taste with salt and pepper.
5. Hummus texture will vary depending on squash variety and size; add up to ½ cup water until desired consistency is reached. Refrigerate for at least 3 hours and up to 1 week.
6. For 1 cup hummus, garnish with ¼ cup yogurt, 1 tablespoon pumpkin seeds and sprinkling of cilantro leaves. Serve with crusty bread, pita or crackers.

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