

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.

- Fennel
- Purple Pearl Onions
- Radish
- Scallions
- Yellow Summer Squash
- Peas OR Beans
- Purple OR Green Kohlrabi
- Zucchini OR Other Squash Variety

Scallions



Fennel



The Vegetables

Fennel

Fennel can sometimes be a love/dislike relationship for some people. With its distinct smell (black licorice), fennel has a very unique look, taste, and smell that is fairly unknown to the common palate. Fennel contains fronds or leaves that look similar to the herb dill (not the same smell). Fennel can be stored in a plastic bag in the fridge. Remove fronds if not using before storage.

Pearl Onions

Pearl onions are not your typical storage onion you see at the store. These are smaller, round onions with a sweet taste when cooked. Used in many culinary dishes, the pearl onions this week are purple in color. The pearl onion has a large green stem (similar to garlic) and the onions can be stored in the fridge. Enjoy within 5-7 days for fresh taste as they are not a storage onion.

Radish

You will find a small bunch of radishes in your box this week. These bunches will be a mixture between the classic red color and the easter egg colors so you could see a variety of colors in your bunch. Radishes should be stored in the fridge with tops removed if not enjoying right away.

Scallions

More scallions! Scallions grow great in late spring/early summer and we are getting some great looking crops so far! If you see a little dirt on one of your scallions, don't worry, just wash it off. Scallions are tough to wash and time consuming so we do our best to get as much of the mud and dirt off as possible but cannot get it all.

Summer Squash

You will find two varieties of summer squash in your box this week. The yellow crookneck squash is doing well so we are anticipating everyone seeing that in your box along with one of our other varieties which are zucchini, striped zucchini, or patty pan squash.

Kohlrabi

Everyone will see either a purple or green kohlrabi in your box this week. The kohlrabi this week could be bigger than last week's bulb and the colors are the same texture and taste. Remember, remove leaves before storing in fridge.

Beans or Peas

You will find either peas or beans in your box this week! We are very excited when we can give these out because, although they are one of the most labor intensive crops we harvest, fresh beans/peas can't be beat! Enjoy within 2-3 days for best freshness.



Fennel, Bean, and Pasta Salad

adapted from *Asparagus to Zucchini*, p. 79

Ingredients:

- **Fennel Bulb**, fronds removed and reserved
- 1 small onion
- Olive oil
- 1 can (28 ounces) kidney beans, drained
- 2-3 cups cooked pasta
- 1 tsp. lemon pepper

Directions:

1. Thinly slice fennel bulb and onion. Sauté in olive oil.
2. Chop reserved fennel fronds and add to cooked mixture with remaining ingredients until all are cooked through.
3. Chill and serve chilled.

Servings: 4-6

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Sautéed Kohlrabi – Farm Favorite

adapted from *Asparagus to Zucchini*, p. 99

Ingredients:

- 2 kohlrabi
- 4 Tbl. butter or light oil
- 1 medium onion, diced
- 1 Tbl fresh herbs (thyme, chives, sage, etc.) – we use chives
- 1 tsp. salt

Directions:

1. Grate kohlrabi (or dice into small squares), place in colander, and sprinkle with salt. Let stand 30 minutes to drain.
2. Heat butter over medium heat, add onions, and sauté a few minutes.
3. Stir in kohlrabi, reduce heat to low, cover, and cook 10 minutes. Increase heat to medium and cook 2 more minutes.
4. Remove from heat and stir in fresh herbs.

Servings: 2-4



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.