

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.

- Potatoes
- Red Savoy Cabbage
- Onion Variety
- Radishes
- Carrots
- Beets
- Carnival Squash
- Turnips



Carnival Squash



Red Turnips

The Vegetables

Potatoes

Gold or red potatoes will be in your share this week. Store in a cool, dry place (but not in the fridge). We were planning on giving out sweet potatoes this week, but with all the rain we just could not get to that field!

Cabbage

Tis the season for cabbage. If you all can't use all this cabbage up, wrap tightly with plastic and store in your crisper drawer. It should last several weeks if not longer.

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 Easter Egg radishes or French radishes this week. This is it for the smaller radishes for this year.

Carrots

More carrots this week! If you are not planning on using them right away cut off the green tops and put the roots in a plastic baggie for storage.

Beets

More beets! If you are having trouble consuming all the beets, remove the tops and store in a plastic bag. They keep for months! You will be glad to use them later this fall.

Winter Squash

Carnival squash! It is a cross between the acorn and sweet dumpling squash. Taste is very similar to acorn.

Turnips

You will either receive red or white turnips in your share. For longer storage cut off greens before putting in fridge.



Kielbasa Cabbage Soup

Ingredients

- 1 small head cabbage, coarsely chopped
- 1 medium onion, chopped
- 4 to 6 garlic cloves, minced
- 2 tablespoons olive oil
- 4 cups water
- 3 tablespoons cider vinegar
- 1 to 2 tablespoons brown sugar
- 1 pound kielbasa(fully cooked), halved, cut into 1/2-inch pieces
- 4 medium potatoes, peeled and cubed
- 3 large carrots, chopped
- 1 teaspoon caraway seeds
- 1/2 teaspoon pepper

Instructions

- In a Dutch oven or soup kettle, saute the cabbage, onion and garlic in oil for 5 minutes or until tender. Combine the water, vinegar and brown sugar; add to cabbage mixture.
- Stir in remaining ingredients. Bring to a boil. Reduce heat; cover and simmer for 60-70 minutes or until vegetables are tender.

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