

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.

- Arugula
- Broccoli
- Cucumber
- Green Kohlrabi
- Greens Mix
- White Pearl Onion
- Yellow Squash
- Zucchini
- Beans, green or yellow



The Vegetables

Arugula/Greens Mix

You will find two bagged items in your box this week: arugula and greens mix! Remember, these are fresh greens and should be stored in the fridge and enjoyed within 2-3 days.

Broccoli

The first broccoli crop of the season is here! The heads are looking nice and we are hoping for a good harvest! Broccoli should be stored in the fridge. Do not wash again until right before using and enjoy within 2-5 days.

Cucumber

The cucumber vines ramped up their production this last week so everyone should be seeing a cucumber in their box this week. Cucumber should be stored in the fridge.

Kohlrabi

Everyone will see a green bulb of kohlrabi with leaves in their box. Kohlrabi can be eaten raw or cooked. Older generations do have more stories about kohlrabi sandwiches and such so maybe try your kohlrabi raw this week!

White Pearl Onion

Everyone will see the white pearl onions in your box this week. Remember, these are not storage onions and should be enjoyed within 5-7 days. Store in fridge.

Summer Squash

More zucchini and yellow squash this week. These two well-known varieties are in full swing right now so you will find both in your box. Store in the fridge.

Beans

Beans this week! We love beans but they might be one of the crew's least favorite veggies....to harvest at least ☺ Beans are very labor intensive and take a lot of time to pick just one crate but they taste the best because they are fresh!! Depending on the maturity of some of the plants, you may find either green or yellow beans in your box this week. Enjoy within 2-4 days for best taste.



Cucumber Tomato Salad

adapted from *Asparagus to Zucchini*, p. 69

Ingredients:

- 2 **cucumbers**, peeled and sliced into rounds
- 4 large tomatoes, sliced into rounds
- 1/2 cup thinly sliced red onion
- 1/2 cup extra-virgin olive oil
- 1/4 cup red wine vinegar
- 1 Tbl sugar
- salt and pepper
- 1 Tbl fresh basil
- 1 Tbl chopped parsley

Directions:

Arrange cucumbers, tomatoes, and onions in a shallow serving dish. Mix oil, vinegar, and sugar in a small bowl and pour over vegetables. Season well with salt and pepper. Cover and let marinate for at least 1 hour and up to 4 hours. Sprinkle with herbs just before serving.

Servings: 6-8

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Apple Pecan Arugula Salad

adapted from *minimalist baker*, originally seen on Pinterest

Ingredients:

SALAD

- 1/2 cup raw pecans
- 7 ounces **arugula**
- 2 small apples (1 tart, 1 sweet), peeled, quartered, cored and thinly sliced lengthwise
- 1/4 red onion, thinly sliced
- optional: 2 Tbsp dried cranberries

DRESSING

- 1 large lemon, juiced (~3 Tbsp)
- 1 Tbsp maple syrup
- Pinch each sea salt + black pepper
- 3 Tbsp olive oil

Directions:

1. Preheat oven to 350 degrees F (176 C) and arrange pecans on a bare baking sheet.
2. Bake pecans for 8-10 minutes or until fragrant and deep golden brown. Remove from oven and set aside.
3. While pecans are toasting, prep remaining salad ingredients and add to a large mixing bowl.
4. Prepare dressing in a mixing bowl or mason jar by adding all ingredients and whisking or shaking vigorously to combine. Taste and adjust flavor as needed.
5. Add pecans to salad and top with dressing. Toss to combine and serve immediately. Serves two as an entrée and 4 as a side.
6. Store leftovers (dressing separate from salad) covered in the refrigerator for 2-3 days (though best when fresh). Dressing should keep at room temperature for 2-3 days when well sealed. *Serves: 4*

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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.