

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.

- Romaine
- Butterhead Lettuce
- Radishes
- Scallions
- Kale
- Spinach
- Arugula
- Turnips



Radishes and Kale



Friendly visitor on a head of romaine

Hello! Welcome to your 2019 Shares! My name is Chloe and I am a chef-turned-Wholesome Harvest-crewmember who loves veggies. I'm looking forward to sharing with you this season!

The Vegetables

Romaine

Crisp and savory Romaine is full of flavor and holds up well to creamy dressings while maintaining its signature crunchy texture. This head will stay crunchy in the crisper of your fridge for about a week.

Butterhead Lettuce

Also called Boston lettuce or Bibb lettuce, has a sweet buttery flavor and delicate texture. Butterhead's broad leaves are popular for making lettuce wraps.

Radishes

These bright crunchy delights are perfect with a bit of butter and salt, or sliced and tossed in salads. If you find your radishes to be spicier than your preference, slice them and store in ice water in the fridge for a few hours or overnight. This will keep them crisp and help mellow the zing (if that's your thing).

Scallions

Also called Green Onions, these are mild and can be used cooked or raw. To keep you scallions perky, cut them in half and store the tender dark green ends in a zip bag with a damp paper towel, store the firmer white and light green half root-side-down in a jar filled with 1/2in cold water in the fridge.

Kale

Wrap the bunch of kale in a layer of dry paper towels then store in a zip bag in your crisper. As with all of our greens, wash your kale right before you use it, and if you don't use it all before it wilts you can freeze any excess to use in smoothies.

Spinach

You might notice some large spinach leaves in your box this week! We grow three different varieties of spinach, each one is tender and has a unique leaf shape! Try adding spinach to your favorite pasta dish or sneaking it in a smoothie for added nutrition.

Arugula

This is your most delicate green for the week, so use it within 3-5 days for best flavor.

Turnips

These salad turnips have a crunchy watery root, and flavorful greens that can be sautéed with garlic and onion as a delicious topping for rice, quinoa, or even as a taco garnish.



Arugula Pesto

Ingredients

- 1/2 cup (2 oz/60 g) walnut pieces
- 1 garlic clove, minced
- 2 cups (2 oz/60 g) packed arugula leaves
- 1/2 cup (2 oz/60 g) freshly grated Parmesan cheese
- Kosher salt
- 1 cup (8 fl oz/250 ml) extra-virgin olive oil

Directions

In a food processor, combine the walnuts, garlic, arugula, Parmesan, and 1 tsp salt and pulse to blend. With the machine running, pour in the olive oil through the food tube in a slow, steady stream and process until smooth, stopping to scrape down the sides of the bowl as needed. Taste and adjust the seasonings.

Looking for a fun way to use your freshly made arugula pesto? Create your own creamy **Green Goddess Salad Dressing** by blending the following ingredients on medium until smooth (about 1 minute):

- ¼ cup arugula pesto
- one large avocado
- ¼ cup mayonnaise
- ¼ cup sour cream or plain unsweetened Greek yogurt
- 1 TB apple cider vinegar
- 2 TB chopped scallions
- 2 TB chopped parsley
- Water to thin as needed

Serve as a dip for your crunchy radishes and turnips or a dressing for your kale and romaine!

