

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.

- Watermelon
- Summer squash
- Green cabbage
- Cherry tomatoes
- Beefsteak tomatoes
- Cucumber
- Pickling cukes
- Carrots
- Green bell pepper
- White bell pepper
- Yellow onion
- White onion

Red Watermelon



Carrots

The Vegetables

Watermelon

The first watermelon of the season! We have been growing this icebox variety for years and love it. Enjoy!

Summer squash

Another round of summer squash this week. Store in crisper drawer and use within a week.

Green cabbage

This variety of cabbage is very sweet and crisp with tender leaves. Great for using as wraps, in stir fries, or raw in a slaw.

Tomatoes

Cherry tomatoes and beefsteak tomatoes will be in your share this week. The cherries should be used up within a few days and the beefsteak tomatoes will last up to a week on your counter.

Cucumbers

Store cukes in a plastic bag or in the crisper drawer of your refrigerator.

Carrots

Our first week of carrots. With all the rain we've had recently they were a breeze to pull out of the ground but a muddy mess to get clean. Remove tops if you don't plan on using them within a few days.

Bell peppers

Green and white bell peppers will be in your box again this week. They are similar in flavor.

Onions

We have so many onions this year! You will receive 2 different kinds this week. They are now cured and will store for many weeks in a cool, dark place.