

2025 Harvest Box

Riverland Family Farms

WEEK 7

in the box

Italian Basil	bunch
Eggplant	1 or 2
Romaine Lettuce	head
White Onion	1 or 2
Mini Peppers	½ lb bag
Spinach	½ lb bag
Red Slicing Tomatoes	3 each
Blackberry	half pint
Plums	pint

Basil

Italian Basil: lush, aromatic, and full of the sweet, peppery flavor that makes it a kitchen essential. While basil originated in Asia thousands of years ago, it became a beloved staple in Italy, where it was cultivated for both its culinary and medicinal qualities. Across the globe, Italian basil is cherished not just for flavor, but for its ability to support wellness and digestion. Traditionally, it was used in herbal infusions and healing salves. Today, it continues to inspire herbalists, chefs, and gardeners alike. To get the most from your basil, store it upright in water at room temperature, and always tear—never chop—the leaves to preserve their delicate oils.



recipe ideas

please visit farm website for
recipe ideas

www.riverlandfamilyfarms.com