

#108 · JUNE 2, 2023

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



INSTRUCTIONS

- Cook rice according to package directions.
- Meanwhile, prepare pickled ginger: In a small pot, bring 1/2 cup water to a boil. Turn off heat and add ginger. In a small bowl, combine vinegar, honey and salt. Add ginger and 1/4 cup ginger soaking water, stirring until honey dissolves. Let sit for 30 minutes. Drain.
- Cut 1 nori sheet into small ribbons. Add to rice and stir to combine. Stir in sesame seeds and yeast; set rice aside until cool.
- Assemble sushi: On sushi mat, arrange 1 nori sheet. Spread 1/4-inch-thick layer of rice over sheet, leaving a 2-inch border at edge farthest from you. Horizontally arrange 1 spear asparagus, 2 slices mushroom and 2 slices avocado 1 inch from edge closest to you. Grab edge of mat closest to you and roll towards top; moisten top border with water and press to seal. Let rest for 2 minutes before removing mat. With a sharp knife, slice roll into rounds. Repeat with remaining nori and fillings. Serve with ginger.

<https://www.punchfork.com/recipe/Asparagus-Avocado-Sushi-Clean-Eating>



Asparagus & Avocado Sushi

INGREDIENTS

- 1 2-inch piece fresh ginger, peeled and thinly sliced
- 5 sheets nori seaweed, divided
- 4 spears asparagus, trimmed
- 2 shiitake mushrooms
- 1/2 avocado, peeled, pitted
- 1 cup brown rice
- 1 tbsp raw honey
- 1/4 cup sesame seeds
- 2 tbsp nutritional yeast
- 1/4 cup brown rice vinegar
- 1/4 tsp sea salt
- Thinly sliced
- And thinly sliced
- 1 sushi rolling mat



If you ordered transplants, they must go home by Tuesday 6/5! Please email shop@bluemoonacres.com if you have any questions!

Customer Review



Gorgeous fresh organic food and flowers. Charming, conscientious and rare. Excellent locally grown brown rice and microsprouts. A joy to visit this place. Beautifully tended farm. And, they deliver! Their weekly boxes come in various sizes, with all-organic greens, rice and more. We get the Friday weekly delivery. So worth it.

-Pat P.

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INSTRUCTIONS

- Boil the beets, unpeeled, covered, in water, for about 40 minutes (they should be tender but not mushy). Drain and leave to cool.
- In the meantime prepare the other ingredients. When the beets have cooled peel and finely chop them. Combine with the rest of the ingredients, season to taste and refrigerate for at least 30 minutes (up to an hour). Enjoy with kebabs, burgers and other barbecue dishes.

<https://www.everydayhealthyrecipes.com/pomegranate-beet-salsa-recipe/>

BEETROOT SALSA WITH POMEGRANATE

INGREDIENTS

- 3 medium beets, unpeeled
- 2 pomegranates seeds
- 1 small red onion finely chopped
- 4 tablespoons cilantro/fresh coriander finely chopped
- 4-5 tablespoons lemon juice plus zest of 1 lemon
- 2 tablespoons vegetable oil I used cold pressed rapeseed
- Fine sea salt and pepper to taste



In your Box This Week!

Microgreens*
Cilantro*
Chard*
Lettuce Heads*
Turnips*

Extra-Small

Microgreens*
Avocados
Asparagus
Beets*
Mini Rainbow Carrot Chips
Cilantro*
Chard*
Lettuce Heads*
Turnips*

Small

Microgreens*
Avocados
Asparagus
Bok Choy*
Cherries
Mini Rainbow Carrot Chips
Cilantro*
Chard*
Lettuce Heads*
Fresh Onions*
Turnips*

Large



Strawberries now online and in our markets!
PICK YOUR OWN available Fridays at our Pennington Market ONLY!

PCO
CERTIFIED ORGANIC

