

#115 JULY 28, 2023

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!

INSTRUCTIONS

- Preheat the oven for 375°F (190°C).
- Using a sharp knife or a mandoline, slice the eggplant, tomatoes, squash, and zucchini into approximately $\frac{1}{16}$ -inch (1-mm)-thick rounds, then set aside.
- Make the sauce: Heat the olive oil in a 12-inch (30-cm) oven-safe pan over medium-high heat. Sauté the onion, garlic, and bell peppers until soft, about 10 minutes. Season with salt and pepper, then add the crushed tomatoes. Stir until the ingredients are fully incorporated. Remove from heat, then add the basil. Stir once more, then smooth the surface of the sauce with a spatula.
- Arrange the veggies in alternating slices, (for example, eggplant, tomato, squash, zucchini) on top of the sauce, working from the outer edge to the center of the pan. Season with salt and pepper.
- Make the herb seasoning: In a small bowl, mix together the basil, garlic, parsley, thyme, salt, pepper, and olive oil. Spoon the herb seasoning over the vegetables.
- Cover the pan with foil and bake for 40 minutes. Uncover, then bake for another 20 minutes, until the vegetables are softened.
- Serve hot as a main dish or side. The ratatouille is also excellent the next day—cover with foil and reheat in a 350°F (180°C) oven for 15 minutes, or simply microwave to desired temperature.

<https://tasty.co/recipe/ratatouille>



RATATOUILLE

INGREDIENTS

• VEGGIES

- 2 eggplants
- 6 roma tomatoes
- 2 yellow squashes
- 2 zucchinis

• SAUCE

- 2 tablespoons olive oil
- 1 medium white onion, diced
- 4 cloves garlic, minced
- 1 red bell pepper, seeded and diced
- 1 yellow bell pepper, seeded and diced
- kosher salt, to taste
- freshly ground black pepper, to taste
- 28 oz crushed tomatoes

- 2 tablespoons thinly sliced fresh basil


• HERB SEASONING

- 2 tablespoons thinly sliced fresh basil
- 1 teaspoon minced garlic
- 2 tablespoons finely chopped fresh parsley
- 2 teaspoons fresh thyme leaves
- kosher salt, to taste
- freshly ground black pepper, to taste
- 4 tablespoons olive oil
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INSTRUCTIONS

1. In a medium-sized mixing bowl, use a fork to combine the flour, sugar, and sea salt. Grate in the butter, and then rub into flour mixture with fingertips. Fold in just enough water so mixture holds together. Turn out onto a lightly floured surface, gather into a disc, and wrap tightly with plastic. Set in the fridge and chill for 30 minutes or longer.
2. Preheat oven to 375 degrees F. Liberally butter the bottom and sides of a 9-inch tart pan. On a lightly floured surface, roll out chilled dough into a 14-inch circle. Fold into quarters, transfer to the prepared tart pan, and unfold. Press into place, cut off all but a 2-inch overhang; fold overhanging dough into the sides of the tart, pressing to incorporate. Poke crust all over with the tines of a fork. Set crust on a rimmed baking sheet. To blind bake, line crust with foil and add pie weights, dried beans, or rice.
3. Bake crust with weights for 12 minutes. Carefully remove pie weights and foil lining, and then bake for another 5 - 7 minutes, until shell is a light golden brown. remove tart from oven and turn heat up to 400 degrees.
4. Meanwhile, make the brown butter. Add a pinch of sea salt.
5. Spoon jam into the bottom of the tart. Starting with the outer edge, arrange fruit slices on a diagonal, pit side facing the center, so that the fruit overhangs the edge by an inch or so. Continue tucking and arranging fruit, working your way toward the center. Brush fruit with brown butter, then sprinkle with sugar.
6. Set pan back on the rimmed baking sheet. Bake for 30 minutes. Rotate tart pan, turn heat down to 350, and bake for another 15 minutes, or until the edges of the fruit have just browned and the filling is bubbling.

<https://brooklynsupper.com/brown-butter-nectarine-tart/>

BROWN BUTTER NECTARINE TART

INGREDIENTS

- For the Tart Crust
- 1 1/4 cups unbleached all-purpose flour
- 1 tablespoon turbinado sugar
- 1/2 teaspoon sea salt
- 8 tablespoons butter , cold
- 5 - 6 tablespoons ice water
- For the Tart Filling
- 6 - 7 yellow nectarines , cut into generous 3/4-inch slices
- 1 small Stanley plum (optional), quartered
- 6 tablespoons nectarine (or other stone fruit) jam
- 3 tablespoons butter , browned
- pinch sea salt
- 2 tablespoons turbinado sugar



In your Box This Week!

Microgreens*
Beets*
Napoli Carrots*
Fingerling or Yukon Potatoes*
Shallots*
Nectarines

Extra-Small

Microgreens*
Beets*
Chard*
Garlic*
Onions*
Peppers*
Napoli Carrots*
Fingerling or Yukon Potatoes*
Shallots*
Nectarines

Small

Microgreens*
Beets*
Fairytale Eggplant*
Chard*
Garlic*
Onions*
Peppers*
Napoli Carrots*
Fingerling or Yukon Potatoes*
Shallots*
Nectarines

Large

