

#116 AUGUST 4, 2023

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!

INSTRUCTIONS

- Add cucumber, tomato, and onion to a small mixing bowl and top with olive oil, apple cider vinegar, salt, and pepper. Toss to combine. Then taste and adjust flavor as needed, adding more vinegar for acidity or salt and pepper for flavor balance. Set in the refrigerator to chill.
- Next, prepare dressing by adding lime juice, maple syrup, and sea salt to a small mixing bowl and whisking to combine. Then slowly stream in olive oil while whisking to combine. Taste and adjust flavor as needed, adding more lime juice for brightness/acidity, maple syrup for sweetness, or salt for flavor balance. Set aside.
- Add cantaloupe to a large serving bowl and top with dressing. Gently toss to combine. Then add the cucumber-tomato-onion salad on top, leaving any excess liquid/dressing behind.
- Gently toss to combine and garnish with fresh mint. Serve.
- Best when fresh, though leftovers keep in the refrigerator up to 3 days. Leave mint on the side to keep as fresh as possible.

<https://minimalistbaker.com/summer-tomato-cantaloupe-salad/>

SUMMER CANTALOUPE & TOMATO SALAD

INGREDIENTS

- VEGGIES
- 1/2 cup thinly sliced cucumber
- 1/2 cup cherry tomatoes (thinly sliced)
- 1/4 medium red onion (thinly sliced)
- 1 Tbsp olive or avocado oil
- 2 tsp apple cider vinegar
- 1 healthy pinch each sea salt + black pepper
- DRESSING
- 3 Tbsp lime juice
- 1 Tbsp maple syrup
- 1 pinch sea salt
- 1 Tbsp olive or avocado oil
- CANTALOUPE
- 3 heaping cups cantaloupe (cubed or scooped with a melon baller // ~1 cantaloupe as original recipe is written)
- 2 Tbsp fresh mint

Thank you for another ROBUST rice year!
Rice is now a direct market or produce box exclusive (while dwindling supplies last)!

Our rice will see you all next harvest season (mid-October)!



INSTRUCTIONS

1. Dice zucchini and bell peppers into bite-sized chunks.
2. Halve cherry tomatoes and set aside.
3. Finely chop onions and grate ginger and garlic. You can use bottled ginger garlic paste too but fresh is best!
4. To make the zucchini masala:
5. Heat 3 tablespoons oil in a deep saucepan and when hot, add 1 ½ teaspoons jeera or cumin.
6. Let it bloom in the hot oil for a few seconds and then add the chopped onions (about 2 cups).
7. Saute on medium heat for 5-7 minutes until they start to turn light brown.
8. Add a tablespoon of each grated ginger and garlic and fry again for a few seconds, stirring continuously.
9. Sprinkle 2 tablespoons coriander powder, 1 tablespoon cumin powder, 1 tablespoon Kitchen King masala powder (or your favorite garam masala powder), 1 teaspoon turmeric powder, a dash of black pepper powder and 1 teaspoon Kashmiri red chili powder.
10. Mix well and add about ¼ cup of water.
11. Stir, cover the pan and then cook on medium low heat for 2 minutes or until the water has cooked out and oil starts to separate from the mixture.
12. At this stage, add the vegetables – 4 cups of chopped zucchini, 1 ½ cups of chopped or diced bell peppers, ½ cup of frozen corn and ¾ cup of chopped tomatoes.
13. Add salt to taste and 2 tablespoons of kasuri methi slightly crushed along with ¼ to ½ cup water (depending upon whether you want a dry curry or wet curry).
14. (If making dry curry, then avoid any water or just sprinkle a bit as sometimes zucchini and the tomatoes added will release their water content.)
15. Mix well, and cook partially covered on medium heat until the vegetables are just cooked (about 5-7 minutes or even less) and still with a bite to them. Do not overcook; keep checking in between.
16. When done, garnish with freshly chopped coriander leaves and serve hot and fresh as a side dish with any meal or if a dry stir fry, in wraps, rolls etc.
17. Enjoy and Happy Cooking/Eating!

<https://curryandvanilla.com/zucchini-masala-with-bell-peppers-and-corn/>

ZUCCHINI MASALA WITH BELL PEPPERS AND CORN

INGREDIENTS

- 4 cups diced zucchini
- 1 ½ cups diced bell peppers
- ¾ cup halved cherry tomatoes or chopped regular tomatoes
- ½ cup corn kernels I have used frozen
- 3 tablespoons cooking oil
- 1 ½ teaspoons jeera/cumin seeds
- 1 ½ cups chopped onions
- 1 tablespoon grated garlic
- 1 tablespoon grated ginger
- 2 tablespoons coriander powder
- 1 tablespoon cumin powder
- 1 teaspoon MDH Kitchen King Masala powder or any garam masala powder
- 1 teaspoon Kashmiri red chili powder
- 1 teaspoon haldi/turmeric powder
- Dash of black pepper powder
- Salt to taste
- 2 tablespoons crushed dry fenugreek leaves/kasuri methi optional but recommended
- Freshly chopped coriander leaves for garnish



In your Box This Week!

Extra-Small

- Microgreens*
- Traviata Eggplant*
- Lettuce Mix*
- Bell Pepper*
- Jimmy Nardello Peppers*

Small

- Microgreens*
- Traviata Eggplants*
- Lettuce Mix*
- Bell Pepper*
- Gold Potatoes*
- Heirloom Tomatoes*
- Zucchini*
- BMA Rice*

Large

- Microgreens*
- Traviata Eggplants*
- Lettuce Mix*
- Bell Peppers*
- Jimmy Nardello Peppers*
- Gold Potatoes*
- Heirloom Tomatoes*
- Zucchini*
- Cantaloupe
- BMA Rice*