

#118 AUGUST 18, 2023

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



INSTRUCTIONS

- Preheat the oven to 375 degrees.
- For the fruit, in a large bowl, combine the pluots, blueberries, (1/4 cup) brown sugar, cornstarch and the wine (or liqueur). Pour mixture into a 12 x 8" shallow baking dish and level out.
- For the topping, combine the flour, (1/2 cup) brown sugar, salt, cinnamon, oatmeal, and butter in a bowl. Work together with fingers until clumpy, and then stir in nuts. Scatter evenly over the fruit mixture.
- Bake the crisp for 40-45 minutes, or until the fruit is bubbling and the top is browned. Serve warm or at room temperature, and feel free to pair it with ice cream

<https://www.gimmesomeoven.com/pluot-plumcot-and-blueberry-crisp/>



PLUOT AND BLUEBERRY CRISP

INGREDIENTS

- 2 lbs. pluots, pitted and quartered
- 1 pint blueberries
- 1/4 cup light brown sugar, lightly packed
- 3 Tbsp. cornstarch
- 1 Tbsp. red wine or creme de cassis liqueur (optional)
- 1 cup all-purpose flour
- 1/2 cup light brown sugar, lightly packed
- 1/2 tsp. salt
- 1/2 tsp. cinnamon
- 1 cup old-fashioned oatmeal (or quick oats)
- 1/2 cup chopped walnuts or pecans
- 1/2 cup (1 sticks) softened unsalted butter, diced



INSTRUCTIONS

1. Slice the peppers in half lengthwise, keeping the seeds.
 2. Heat olive oil in a large frying pan over medium-low heat. Add peppers to the frying pan. Cook 6-8 minutes, stirring often, until slightly wilted and blistered. Remove from the heat.
 3. Add the garlic and parsley to the peppers, and stir.
 4. Drain the burrata, and then lightly pat with a paper towel to remove any moisture.
 5. Place the peppers and burrata on a serving platter and lightly drizzle with some olive oil. Season with Maldon salt and black pepper.
 6. Serve with toasted slices of baguette or crackers.
- <https://chezus.com/2015/09/20/jimmy-nardello-peppers-with-burrata/>

PICKLED CARROTS AND JALAPENOS

- INGREDIENTS**
- ½ pound Jimmy Nardello Peppers, washed and patted dry
 - 1 tablespoon olive oil
 - 1 garlic clove, finely minced
 - 2 tablespoons Italian parsley, finely minced
 - 8 ounces burrata
 - Olive oil
 - Maldon sea salt
 - Black pepper
 - Toasted baguette slices or crackers

In your Box This Week!

Napoli Carrots*
Microgreens*
Red Onion*
Jalapeno Peppers*
Heirloom Tomatoes*
Plout

Extra-Small

Baby Arugula*
Napoli Carrots*
Microgreens*
Red Onion*
Jalapeno Peppers*
Heirloom Tomatoes*
Plout
Blue Moon Acres' Sushi Rice*

Small

Baby Arugula*
Napoli Carrots*
Fairytale Eggplant*
Microgreens*
Red Onion*
Jalapeno Peppers*
Jimmy Nardello Peppers*
Yukon Gold Potatoes*
Heirloom Tomato*
Cantaloupe*
Plout
Blue Moon Acres' Sushi Rice*

Large



PICKLED CARROT AND JALAPENO

- 1 ½ cups distilled white vinegar
- ¼ cup white sugar
- 10 jalapeno peppers, thinly sliced
- 2 cups sliced carrots (1/4-inch thick slices)
- ½ red onion, cut into 1/4 inch-thick rings

Bring the vinegar and sugar to a boil in a saucepan over high heat. Cook and stir until the sugar has dissolved, then stir in the jalapeno peppers, carrots, and onion. Remove from the heat and let stand for 1 hour. Cool to room temperature before serving.

<https://www.allrecipes.com/recipe/214065/pickled-jalapenos-and-carrots/>