

#124 SEPTEMBER 29, 2023

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!

INSTRUCTIONS

Preparation:

- In a large bowl, whisk together vinegar, mustard, honey, garlic, and salt. Gradually whisk in oil until well combined. Add collard greens and cheese to bowl; gently massage vinegar mixture into collard greens for 2 minutes.
- Halve, trim, and core pear; cut lengthwise into $\frac{1}{8}$ -inch-thick slices, and add to bowl with greens. Stir in pomegranate arils, pecans, and shallot until well combined. Sprinkle with pepper. Garnish with cheese, if desired.

<https://www.tasteofthesouthmagazine.com/collard-green-pear-pecan-salad/>

THANK YOU TO BALDOR FOODS ON A WONDERFUL STORY ABOUT REGENERATIVE AGRICULTURE FEATURING BLUE MOON ACRES AND BALDOR PARTNERS. 'THESE FARMERS AND RANCHERS ARE GOING BEYOND THE STATUS QUO TO REGENERATE THEIR SOIL FOR THE BEST-TASTING INGREDIENTS. AND THEY'RE PRODUCING A HEALTHIER, MORE RESILIENT FARMING SYSTEM AND A HEALTHIER, MORE RESILIENT PLANET WHILE THEY'RE AT IT. 'IT'S A WIN, WIN, WIN,' SAYS JIM LYONS, OWNER OF BLUE MOON ACRES.

TO READ THE ARTICLE, CLICK ON THE LINK IN THIS WEEK'S E-NEWSLETTER OR VISIT THE LINK IN OUR BIO ON BLUE MOON ACRES' INSTAGRAM PAGE!

COLLARD GREENS, PEAR, AND PECAN SALAD

INGREDIENTS

- $\frac{1}{4}$ cup apple cider vinegar
- 1 tablespoon country Dijon mustard
- 2 teaspoons clover honey
- 1 clove garlic, grated
- $\frac{3}{4}$ teaspoon kosher salt
- $\frac{1}{2}$ cup extra-virgin olive oil
- 8 cups stemmed sliced collard greens
- $\frac{1}{2}$ cup shredded Manchego cheese
- 1 medium D'Anjou pear
- 1 (4.4-ounce) package pomegranate arils (about $\frac{3}{4}$ cup)
- $\frac{1}{2}$ cup chopped candied pecans
- $\frac{1}{2}$ cup thinly sliced shallot
- $\frac{1}{4}$ teaspoon ground black pepper
- Garnish: shredded Manchego cheese



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INSTRUCTIONS

1. Place whole sweet potato in pot and cover with water; bring to a boil. Boil until tender when pierced with a fork, 40 to 50 minutes.
2. Preheat the oven to 350 degrees F (175 degrees C).
3. Remove sweet potato from the pot and run under cold water. Remove and discard skin.
4. Break sweet potato flesh apart and place in a bowl. Add butter and mix with an electric mixer until well combined.
5. Add sugar, milk, eggs, nutmeg, cinnamon, and vanilla; beat on medium speed until mixture is smooth. Pour filling into unbaked pie crust.

Tip: Pie will be puffed up like a soufflé when you remove it from the oven, but will deflate as it cools.

<https://www.allrecipes.com/recipe/12142/sweet-potato-pie-i/>

SWEET POTATO PIE

INGREDIENTS

- 1 (1 pound) sweet potato, with skin
- ½ cup butter, softened
- 1 cup white sugar
- ½ cup milk
- 2 large eggs
- ½ teaspoon ground nutmeg
- ½ teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 1 (9 inch) unbaked pie crust



HARVESTING SOON!



In your Box This Week!

Microgreens*
Collard Greens*
Garlic*
Ginger*
Sweet Potato*
Zucchini*

Extra-Small

Microgreens*
Bok Choy*
Collard Greens*
Garlic*
Ginger*
Sweet Potato*
Shallots*
BMA Black and Tan Rice OR
Long Grain Brown Rice*
Pears

Small

Microgreens*
Collard Greens*
Garlic*
Ginger*
Kohlrabi*
Lettuce Heads*
Bell Peppers*
Sweet Potatoes*
French Breakfast Radish*
Shallots*
BMA Black and Tan Rice OR Long
Grain Brown Rice*
Pears

Large