

#131 NOVEMBER 24, 2023

# BLUE MOON BEETS

Official Newsletter for Produce Box lovers!

## INSTRUCTIONS

### For the Puffed Rice

- 1.Heat the oil in a large pot over medium-high heat. Brown the turkey with the onions, garlic, red pepper flakes, and black pepper until the turkey is cooked through and the onions are translucent (about 7 minutes).
- 2.Add oregano, basil, tomatoes (with liquid), and beans. Stir to combine.
- 3.Reduce heat to medium-low, add spinach and cover for about 2 minutes or until spinach is wilted. Stir to combine.
- 4.Add broth, stir, and increase heat to medium. Continue to cook until heated through, about 5 minutes.
- 5.Remove from heat, stir in Parmesan and serve.

<https://www.rachelcooks.com/turkey-bean-spinach-soup-healthy-soup-recipe/>

## TURKEY, SPINACH, AND BEAN SOUP

### INGREDIENTS

- 1 tablespoon [olive oil](#)
- 1 pound extra lean ground turkey (or leftovers)
- 1 medium yellow onion, diced
- 1 clove garlic, minced
- 1 pinch [red pepper flakes](#)
- ¼ teaspoon [coarse ground black pepper](#)
- 1 teaspoon [dried oregano](#)
- ½ teaspoon [dried basil](#)
- 1 can (14.5 ounce) diced tomatoes, undrained
- 1 can (15.8 ounce) great northern beans, rinsed and drained
- 8 ounces baby spinach
- 3 cups low-sodium chicken broth
- ½ cup grated Parmesan cheese, plus extra for garnish



*Holiday Shoppe Highlight*

SAVOR THE SWEETEST HOLIDAY MO-MINTS WITH A SNACK THAT'S GOT US HOOKED! LESSER EVIL'S LIMITED EDITION CHOCOLATE CANDY CANE POPCORN IS TUMBLED IN DECADENT DARK CHOCOLATE WITH A TOUCH OF PEPPERMINT FOR THE PERFECT TREAT! COMBINING THE MAGIC OF THE HOLIDAYS WITH THE CLASSIC CRUNCH OF THEIR AIR-POPPED POPCORN.

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## INSTRUCTIONS

1. Preheat the oven to 350 degrees F (175 degrees C). Line two 12-cup muffin tins with paper liners.
2. Combine pumpkin, oil, maple syrup, and eggs in a large bowl; mix until thoroughly combined.
3. Combine flour, oats, baking powder, baking soda, cinnamon, and nutmeg in a small bowl. Stir flour mixture into egg mixture. Add spinach and stir until evenly dispersed in batter.
4. Spoon batter into the prepared muffin tins, filling the cups 2/3 full.
5. Bake in the preheated oven until tops spring back when lightly pressed, about 20 minutes. Cool for 10 minutes before removing from the tins. Let cool to room temperature before serving.

<https://www.allrecipes.com/recipe/259281/pumpkin-spinach-toddler-muffins/>

## PUMPKIN SPINACH MUFFINS

### INGREDIENTS

- 2 cups canned pumpkin
- ½ cup olive oil
- ¼ cup maple syrup
- 3 large eggs
- 1 cup whole wheat flour
- 1 cup rolled oats
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ½ cup frozen spinach, thawed and drained



In your  
Box This  
Week!

Microgreens\*  
Beets\*  
Collards\*  
Heirloom or Cherry Tomatoes (last of the season)!\*  
Turnips or Radishes\*  
Edible Flower Lollipops\*

Extra-Small

Microgreens\*  
Beets\*  
Collards\*  
Heirloom or Cherry Tomatoes (last of the season)!\*  
Turnips or Radishes\*  
Edible Flower Lollipops\*  
BMA Long Grain Brown Rice\*

Small

Microgreens\*  
Beets\*  
Collards\*  
Kohlrabi\*  
Lettuce Heads\*  
Spinach\*  
Heirloom or Cherry Tomatoes (last of the season)!\*  
Turnips or Radishes\*  
Edible Flower Lollipops\*  
BMA Long Grain Brown Rice\*  
Persimmons

Large

