

#138 JANUARY 12, 2024

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!

INSTRUCTIONS

1. In a medium saucepan bring the broth to a simmer. Reduce the heat and keep warm. In a large heavy bottom pot heat 2 tablespoons of the butter over medium high heat. Add the green garlic and a hefty pinch of salt and pepper. Cook, stirring often, until fragrant and tender, about 3 minutes. Add the rice and cook, stirring often for about 1 minute.
2. Add the wine and stir until evaporated, about 2 minutes. With a ladle add about 1 cup of the warm broth. Cook, stirring often, until broth is absorbed, about 4 minutes. Keep adding broth, 1 cup at a time until the rice is tender but still al dente and sauce is creamy (you may end up with more broth than you need), about 20-25 minutes.
3. Remove the skillet from the heat and stir in the mizuna, the remaining 2 tablespoons of butter and the parmesan cheese. Season to taste with salt and pepper and serve warm.

<https://dishingupthedirt.com/recipes/green-garlic-risotto/>

Green Garlic Risotto

INGREDIENTS

- 6 cups vegetable broth
- 4 tablespoons unsalted butter, divided
- 3 stalks of green garlic, finely chopped (white and pale green parts only)
- pinch of salt and pepper
- 1 cup Arborio rice
- 1/2 cup dry white wine, such as a Pinot Grigio
- 1 cup mizuna, roughly chopped (or arugula)
- 2 tablespoons freshly grated parmesan cheese
- salt and pepper to taste

In your
Box This
Week!

Microgreens*
Broccoli Rabe*
Baby Lettuce Heads*
Spinach Bunch*
Brussels Sprouts
Ginger

Extra-Small

Microgreens*
Bok Choy*
Chard*
Baby Lettuce Heads*
Parsley*
Spinach Bunch*
Brussels Sprouts
Ginger

Small

Microgreens*
Arugula Bunch*
Bok Choy*
Chard*
Baby Lettuce Heads*
Parsley*
Cherry Belle Radishes*
Spinach Bunch*
Brussels Sprouts
Green Garlic
Baby Fennel
Ginger

Large





Instructions:

1. Peel off the outer leaves of the brussel sprouts, trim the stalk, and then halve (or quarter for the large ones) them.
2. Heat 3 tablespoons of the canola oil in a large nonstick skillet over medium-high heat. Once, it is nice and hot, add the brussel sprouts. Leave alone for 2-3 minutes allowing to brown, toss and do the same for another 2-3 minutes. Do this one last time for an additional 2-3 minutes. They should be browning up nicely.
3. Add the remaining tablespoon of canola oil along with the garlic and ginger, and stir well. Saute for just a couple minutes. Sprinkle with a little salt, red pepper, and the soy sauce. Stir to combine and serve hot.

<https://honestcooking.com/garlic-ginger-brussel-sprouts/>

Kake Soba with Pan Seared Maitaki

Ingredients

- 1 1/3 pounds brussel sprouts
- 6 cloves garlic, peeled and chopped
- 2 tablespoons ginger, peeled and chopped
- 4 tablespoons canola oil
- 2 teaspoons soy sauce
- pinch of salt
- pinch of crushed red pepper



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