#140 JANUARY 26, 2024

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



INSTRUCTIONS

- 1. Gently toast the almonds in a dry skillet/frying pan or under a broiler/grill. Keep a close eye on them so they turn golden brown but don't burn then set aside to cool.
- 2. Peel the outside layer off the chioggia beet then carefully make thin slices with a mandolin or wide vegetable peeler. Try to make as complete circles as you can but even part slices are good.
- 3. Place the arugula on two plates and top with the slices of beet, crumbled goat cheese and the toasted almonds.
- 4. Shake together the vinaigrette ingredients (oil, vinegar and maple syrup) in a small jar or whisk in a small bowl. Drizzle over the salad and serve.

https://www.carolinescooking.com/chioggia-beet-salad/#recipe

Broccoli Rabe* Cilantro* In your Lettuce Heads* Microgreens* Box This Celerv **Green Beans Bok Chov*** Chioggia Beets Cilantro* Collards* Week! Extra-Small Lettuce Heads* Microgreens* Broccoli Rabe* Celery Lettuce Heads* **Green Beans** Microgreens* Napa Cabbage Parsley* Chioggia Beets Scallions* **Blue Potatoes** Celery Chioggia Beets **Green Beans** Chioggia Beets **Blue Potatoes** Large Small

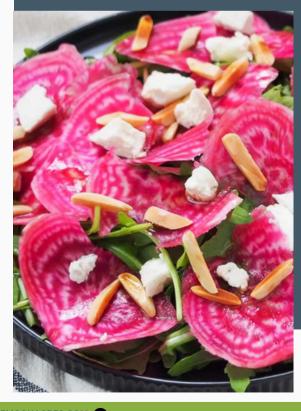
Chioggia Beet Salad

INGREDIENTS

- 2 tablespoon slivered almonds or sliced
- 1 chioggia beet
- 2 handfuls arugula rocket
- 1 oz goat cheese

For maple vinaigrette

- 1 tablespoon olive oil
- ½ tablespoon balsamic vinegar
- 1 teaspoon maple syrup





Instructions:

- 1. Preheat oven to 450 F.
- 2. Wash potatoes and dry with towel.
- 3. Slice potatoes straight down from end to end, stopping just short of cutting all the way through.
- 4. Toss potatoes with 1 tablespoon olive oil and ¼ teaspoon salt until potatoes are evenly coated.
- 5. Add 1 tablespoon olive oil, several sprigs of thyme and rosemary, and pinch of salt to baking dish. Toss herbs evenly in oil, then place potatoes sliced-side up in baking dish.
- 6. Top with more herbs and bake for 30 minutes.
- 7. Remove potatoes and brush with mixture of 1 tablespoon melted vegan butter and 1 tablespoon olive oil.
- 8. Bake for 20 more minutes or until crispy.

https://www.make it grateful.com/food/recipes/mood-boosting/mood-boosting-hassleback-blue-potatoes-recipe/

Hasselback Blue Potatoes

Ingredients

- 8-10 blue potatoes
- 1 bunch fresh rosemary, cut into 1-inch pieces
- 1 bunch fresh thyme
- 3 tablespoons olive oil, separated
- 1 tablespoon vegan butter
- 1/4 teaspoon salt (or more to taste)



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