

#153 APRIL 24, 2024

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



**COME VISIT OUR PENNINGTON MARKET!
WE ARE OPEN EVERY FRIDAY 9-5 AND
NOW SATURDAYS 9-3.
SHOP OUR RICE SELECTIONS, OUR OWN
PRODUCE, AND MUCH MORE!**



It's Rhubarb Season!
**WE ARE SO EXCITED
FOR ALL OF THE
TASTY SPRING ITEMS
COMING IN! BUT DID
YOU KNOW RHUBARB
IS GOOD FOR YOU?**

Rhubarb is a good source of vitamin K, a key nutrient necessary for healthy bones. Vitamin K activates a protein called osteocalcin, which encourages bones to lay down calcium.

Other benefits may include:

- Assisting wound healing
- Protecting against heart disease
- Aiding digestion
- Lowering blood pressure
- Reducing the risk of cancer
- Reducing inflammation
- Lowering the risk of type 2 diabetes
- Maintaining eye health
- Antibacterial properties

*In your
Box This
Week!*

Arugula*
Lettuce Mix*
Rhubarb
Vidalia Onions
Zucchini
Microgreens*

Small

Arugula*
Asparagus
Broccoli
Garlic
Lettuce Mix*
Rhubarb
Fingerling Sweet
Potatoes
Microgreens*

Medium

Arugula*
Asparagus
Broccoli
Radishes*
Garlic
Ginger
Scallions*
Lettuce Mix*
Forest Blend Mushroom
Mix
Fingerling Sweet Potatoes
Microgreens*

Large



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NEWS ABOUT OUR FARM. [HTTPS://BLUEMOONACRES.COM](https://bluemoonacres.com)

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215-794-3093
@BLUEMOONACRESFARM
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What are we making this week?

Green Garlic & Red Spinach Hummus

Directions:

1. Notes on green garlic: For a robust garlic flavor (that grows over time!), use raw green garlic. For a more mild garlic flavor, sauté green garlic in butter or olive oil until tender and golden. Allow to cool before blending.
2. Place the chickpeas, tahini, green garlic (cooked or raw), spinach, olive oil, lemon juice/zest, and salt into a food processor or blender.
3. Scrape sides to combine, adding water or chick pea water as needed to blend and to reach desired consistency.
4. Transfer to a serving plate, top with desired garnishes such as micro greens or additional green garlic slices and serve with warm pita and veggies.

To watch Elizabeth make this recipe and get some wonderful preparation tips please log onto:

https://www.youtube.com/watch?v=Ge_OT7YGWnw



Blue Moon Acres: Green Garlic & Red Spinach Hummus 4.26.24

Ingredients:

- 1 can chickpeas, drained and rinsed
- 2 green garlic stalks, roughly chopped
 - 2 cups red baby spinach
 - 1/3 cup tahini
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lemon juice (plus optional lemon zest)
 - 1/2 teaspoon sea salt
- 4 tablespoons water or chickpea water, as needed to blend smoothly
 - Garnish ideas: micro greens, chopped green garlic, sesame seeds, paprika, red pepper flakes, parsley, cilantro, dried herbs, fresh pepper

OUR TRANSPLANT SALE HAS BEEN EXTENDED BUT IT IS ALMOST OVER! IF YOU MISSED THE DEADLINE, NOW IS YOUR CHANCE TO ORDER AGAIN! WE ALSO HAVE THE GARDENER'S BOX STILL AVAILABLE. THIS IS THE BEST GIFT FOR A GARDENER YOU LOVE! ORDER TODAY