

#168 AUGUST 7, 2024

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



Time to get creative with all of the summer Zucchini!

We have grilled it, diced it and sauteed it, we have also sliced it with a peeler very thin and added it like silky ribbons to pasta with parmesan and olive oil. Now it is time for the sweeter side of zucchini! Zucchini Bread is a great breakfast, snack or desert!



Ingredients

- 3 cups all-purpose flour, spooned into measuring cup and leveled-off
- 2½ teaspoons ground cinnamon
- ½ teaspoon ground nutmeg
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- 1 teaspoon salt
- 3 large eggs
- 1¾ cup granulated sugar
- 2 cups grated zucchini (you'll need two medium zucchinis; do not wring out the liquid)
- 2 sticks (1 cup) unsalted butter, melted and slightly cooled
- 2 teaspoons vanilla extract
- 1 cup chopped walnuts, lightly toasted if desired (optional; see note)
- ½ cup currants or raisins (optional; see note)

Instructions

- Preheat oven to 325°F and set rack in middle position. Generously grease two 8½ x 4½-inch loaf pans with nonstick cooking spray.
- In a medium bowl, combine the flour, cinnamon, nutmeg, baking soda, baking powder and salt. Use a whisk to mix well.
- In a large bowl, whisk the eggs with the sugar. Add the grated zucchini, melted butter, and vanilla extract; using a wooden spoon or rubber spatula, stir to combine.
- Add the dry ingredients to liquid ingredients and mix until just combined. Add the nuts and currants, then divide the batter evenly into the prepared pans. Bake for 60 to 65 minutes, or until a cake tester comes out clean.
- Set the pans on a wire rack and let cool for about 10 minutes, then turn the loaves out onto rack to cool completely.

In your Box This Week!

Microgreens
Heads of Lettuce
Heirloom Tomatoes
Zucchini
Cantaloupe

Small

Microgreens
Heads of Lettuce
Beets
Heirloom Tomatoes
Shishito Peppers
Zucchini
Cantaloupe
Parsley
Potatoes

Medium

Microgreens
Heads of Lettuce
Arugula
Beets
Heirloom Tomatoes
Fairytale Eggplant
Shishito Peppers
Yellow Onions
Zucchini
Cantaloupe
Potatoes

Large





Baked Zucchini Fries with Lemon Parsley Aioli

Instructions

Preheat the oven to 425 degrees Fahrenheit and line two baking trays with parchment paper.

Slice the zucchini in half, then half again, then into quarters. You should have 16 slices per zucchini.

Crack the egg in a small bowl or container and lightly beat it.

Add the parmesan and spices to a separate bowl or container and stir to combine.

Dip a slice of zucchini in the egg wash and transfer to the parmesan.

Use your other hand to coat the zucchini in the cheese and transfer to the baking tray. Repeat this process until all zucchini are coated.

Bake for 25-30 minutes, flipping halfway through on the cut side. Serve immediately.

To make the optional lemon parsley aioli, add all ingredients to a small bowl and stir together.

Ingredients

Zucchini Fries

2 medium zucchini

1 egg

1 cup grated Parmesan cheese

1 tsp garlic powder

1 tsp Italian spice

Lemon Parsley Aioli

1/2 cup mayonnaise

1 lemon juiced

1 garlic clove minced

1 tbsp finely chopped parsley
salt and pepper

Tips for Zucchini Fries

Make sure your zucchini are dry. If you've just pulled them from the fridge before slicing they may start to condensate. Blot them with a paper towel before placing in the egg wash to make sure the egg sticks.

Get your assembly line in order. Have the sliced zucchini on one side, then the egg wash, parmesan mix and parchment-lined baking tray on the other side.

Keep your hands in separate working stations. Use one hand for dipping the zucchini in the egg and one hand for coating the zucchini with the parmesan. Don't use the same hand for both, otherwise you'll end up with wet cheese and clumpy zucchini fries.

Flip halfway through. Every oven cooks slightly different so keep an eye on them. Mine cook for about 30 minutes and I flip at 15 minutes, but yours may vary based on your oven and size of zucchini.

