

#173 SEPTEMBER 13, 2024

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



OUR CARROTS ARE IN THE BOXES THIS WEEK!

MY FAVORITE SOUP OF ALL TIME IS CARROT GINGER.

USE OUR CARROTS AND SOME OF OUR OWN HAWAIIAN GINGER (FROM LAST WEEK'S BOX) TO MAKE THIS DELICIOUS AND HEALTHY SOUP.

INGREDIENTS

4 TABLESPOONS UNSALTED BUTTER

1 LARGE YELLOW OR WHITE ONION, SLICED (ABOUT 1 1/2 CUPS)

6 GARLIC CLOVES
SALT AND PEPPER

2 POUNDS CARROTS, PREFERABLY YOUNG, PEELED AND SLICED 1/4 INCH THICK (ABOUT 4 CUPS)

1 JALAPEÑO, STEMMED, SEEDED AND SLICED

1 (2-INCH) CHUNK OF GINGER, PEELED AND THINLY SLICED, PLUS 1 TEASPOON FINELY GRATED FRESH

6 CUPS CHICKEN OR VEGETABLE BROTH, PLUS MORE AS NEEDED
1/2 CUP CRÈME FRAÎCHE OR SOUR CREAM

1 TABLESPOON VERY FINELY SLICED CHIVES

1 SMALL BUNCH CILANTRO

1 TEASPOON LIME ZEST

1 TABLESPOON LIME JUICE

In your Box This Week!

Microgreens
Bell Pepper
Carrots
Traviata Eggplant
Spring Mix
Zucchini

Small

Microgreens
Carrots
Cherry Tomatoes
Curly Kale
Traviata Eggplant
Spring Mix
Rice

Medium

Microgreens
Bell Pepper
Carrots
Cherry Tomatoes
Traviata Eggplant
Hakurei Turnips
Spring Mix
Chard
Shishito Peppers
Zucchini
Cilantro
Rice

Large



STEP 1

MELT BUTTER IN A DUTCH OVEN OVER MEDIUM HEAT. ADD ONION AND GARLIC, SEASON WITH SALT AND PEPPER AND COOK, STIRRING, UNTIL ONION AND GARLIC HAVE SOFTENED, ABOUT 10 MINUTES. DON'T LET THE MIXTURE BROWN.

STEP 2

ADD CARROTS, JALAPEÑO AND SLICED GINGER, AND STIR TO COAT. ADD A LITTLE MORE SALT. TURN HEAT TO HIGH, ADD 6 CUPS BROTH AND BRING MIXTURE TO A BOIL. REDUCE TO A BRISK SIMMER AND COOK UNTIL CARROTS ARE COMPLETELY TENDER, 10 TO 15 MINUTES. REMOVE FROM THE STOVE AND LET COOL TO ROOM TEMPERATURE, IF POSSIBLE.

STEP 3

WHILE SOUP COOLS, MAKE THE GINGER-CHIVE CREAM: COMBINE THE CRÈME FRAÎCHE, GRATED GINGER AND CHIVES WITH A PINCH OF SALT IN A SMALL BOWL.

STEP 4

WHEN COOL, TRANSFER THE SOUP TO A BLENDER (IN BATCHES, IF NECESSARY) AND PURÉE. TASTE AND ADJUST SALT, AND ADD AS MUCH ADDITIONAL BROTH AS NECESSARY TO ACHIEVE THE CONSISTENCY OF HEAVY CREAM; THE SOUP SHOULD NOT BE THICK.

STEP 5

TO SERVE, REHEAT SOUP OVER LOW HEAT. CHECK FOR SEASONING AND ADJUST. ROUGHLY CHOP LEAVES AND TENDER STEMS OF CILANTRO, LEAVING ASIDE A FEW SPRIGS FOR GARNISH. STIR LIME JUICE AND ZEST AND 1 CUP CHOPPED CILANTRO INTO THE SOUP. THERE SHOULD BE LITTLE GREEN FLECKS THROUGHOUT THE SOUP (COOLING THE SOUP FIRST KEEPS CILANTRO FRESHER TASTING). LADLE INTO BOWLS AND TOP EACH SERVING WITH A SPOONFUL OF THE GINGER-CHIVE CREAM AND A FEW STEMS OF CILANTRO.