

#178 · OCTOBER 18, 2024

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



INSTRUCTIONS FOR SALAD

- Place the kale in a large bowl and drizzle with a teaspoon of olive oil and add a pinch of salt. Using your hands rub the oil into the kale, massaging it for 3-4 minutes until softened and glossy. Add the spinach leaves, apple, sharp white cheddar, walnuts and toss gently to combine.
- Whisk or blend the balsamic fig dressing.
- Drizzle dressing over the salad. Add a few cracks of black pepper. DIG IN.

INSTRUCTIONS FOR DRESSING

- In a small bowl or mason jar, add the fig jam, balsamic vinegar, Dijon mustard, garlic, salt, pepper and olive oil.
- Vigorously shake or whisk until smooth and emulsified. Or use an immersion blender to blitz the dressing until creamy. You may or may not want to thin with a tablespoon or so of water if your dressing is thicker than you like. The dressing will naturally be thicker after sitting in the fridge-add a splash of water, stir and you're good to go!

<https://flavorfulife.com/kale-and-spinach-salad-with-apples-and-white-cheddar/>



ROASTED BEET AND KALE SALAD WITH MAPLE CANDIED WALNUTS

INGREDIENTS

- 1 bunch kale (curly, green, purple, Tuscan, etc), leaves removed from ribs and thinly sliced
- 2 cups fresh spinach, roughly chopped
- 1 apple, cubed
- 3 oz extra sharp white cheddar cheese, cubed
- 1/2 cup candied walnuts, roughly chopped

Balsamic Fig Dressing

- 2 tablespoons fig jam
- 1/4 cup good quality balsamic vinegar
- 2 teaspoons Dijon mustard
- 1 small clove garlic, finely minced or grated
- 1/2 cup extra virgin olive oil
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly cracked black pepper



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**THANKSGIVING PRODUCE BOXES
 (ALL THE VEGGIES YOU NEED!)**

**PASTURED & HUMANELY RAISED
 CERTIFIED ORGANIC
 OR
 NON-GMO TURKEYS**

For pick-up or delivery on Tuesday 11/26



Blistered Shishito Peppers

INGREDIENTS

- 8 ounces (3 heaping cups) shishito peppers
- 2 teaspoons extra-virgin olive oil or avocado oil
- Lemon wedge, optional
- Salt, preferably [flaky sea salt](#) or kosher salt, to taste

DIRECTIONS

- Rinse and pat the peppers dry on a clean tea towel. Transfer the peppers to a medium bowl, drizzle in the oil, and toss until the peppers are evenly coated. Set aside.
- Preheat a medium skillet over medium heat until it's hot enough that a drop of water sizzles and evaporates quickly on contact. Add the peppers and let them cook, stirring every minute or so (not too often), until they are tender with charred spots, about 8 to 12 minutes.
- Transfer the peppers to a serving plate. Spritz with a lemon wedge, if desired. Sprinkle with salt, to taste (don't skimp). Serve with a little bowl on the side for the pepper stems.

<https://cookieandkate.com/blistered-shishito-peppers-recipe/#tasty-recipes-34298-jump-target>



In your Box This Week!

Microgreens*
 Baby Arugula*
 Napa Cabbage*
 Red Onions*
 Shishito Peppers*
 Bunched Spinach*
 Zucchini*

Small

Microgreens*
 Baby Arugula*
 Napa Cabbage*
 Red Onions*
 Shishito Peppers*
 Bunched Spinach*
 Tomatoes*
 Parsley*
 Zucchini*
 Tuscan Kale*

Medium

Microgreens*
 Baby Arugula*
 Bok Choy*
 Scallions*
 Napa Cabbage*
 Radicchio*
 Radishes*
 Red Onions*
 Shishito Peppers*
 Bunched Spinach*
 Tomatoes*
 Dill*
 Zucchini*
 Tuscan Kale*

Large



Rice is back in stock in our Farm and Online Markets!

