

#179 · OCTOBER 25, 2024

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



INSTRUCTIONS FOR SQUASH

- Preheat oven to 400 degrees F.
- Use a sharp chef's knife to get started on the top by pressing the tip into the top middle of the squash and wiggling it forcefully through the skin. Cut the squash in half vertically.
- Scoop out the seeds and lay each half on a cutting board, cut side down. Cut each half vertically. You will then have 4 total wedges. Rub the flesh with olive oil and sprinkle with salt.
- Place wedges on parchment paper with one of the cut sides down. Place in oven and bake for 10 minutes. Then rotate pan and turn oven down to 375 degrees F. Roast for another 20 to 25 minutes, until a fork glides through the flesh easily. Remove from oven.

INSTRUCTIONS FOR BROWN BUTTER

- Heat a small pot over medium heat. Add butter and allow to melt. The butter will begin to foam, which is the water evaporating from it. Swirl the pot, and you'll see brown bits starting to form on the bottom as well as a nutty aroma filling the air. Once the butter has turned a darker yellowish color and you see the bits, pour the butter into a bowl so that it stops cooking.
- Drizzle this all over the roasted squash and sprinkle with fresh herbs. Thyme and rosemary are my favorite. Enjoy!

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



Roasted Sweet Dumpling Squash

INGREDIENTS

- 2 sweet dumpling squashes
- 1 tablespoon olive oil
- 1 teaspoon kosher salt
- 3 tablespoons salted butter
- fresh rosemary and thyme for finishing



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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



Collard Greens

INGREDIENTS

- 2 teaspoons bacon fat
- 1 tablespoon extra virgin olive oil
- 2 tablespoons onion, chopped
- 1 large garlic clove, minced
- 2 pounds (900g) collard greens, tough stems discarded, leaves chopped
- 2 tablespoons dark sesame oil (Dynasty or comparable brand)
- Pinch chili pepper flakes
- Salt, a couple pinches
- Sugar, a couple pinches
- Barbecue sauce, optional

DIRECTIONS

- Cook onions and garlic:
- Use a large skillet with a tight fitting cover. Melt bacon fat and heat olive oil on medium heat.
- Sauté onion until transparent, a couple of minutes.
- Add garlic and and cook until fragrant, about 30 seconds.
- Cook the collards:
- Mix in the greens, sesame oil, chili pepper flakes, salt, and sugar. Cover and cook until tender, 8-15 minutes. (Note that young collard greens will cook up relatively quickly. Older greens may take upwards of 45 minutes to tenderize.)
- If you want, serve with barbecue sauce.

https://www.simplyrecipes.com/recipes/collard_greens/



In your Box This Week!

Microgreens*
 Baby Arugula*
 Carrots*
 Collards*
 Yukon Gold Potatoes*
 Eggplant*
 Beets*

Small

Microgreens*
 Baby Arugula*
 Carrots*
 Collards*
 Yukon Gold Potatoes*
 Eggplant*
 Beets*
 Medium Grain Brown Rice*

Medium

Microgreens*
 Baby Arugula*
 Carrots*
 Collards*
 Yukon Gold Potatoes*
 Eggplant*
 Beets*
 Parsley*
 Shallots*
 Sweet Dumpling Squash
 Maitaki Mushrooms
 Medium Grain Brown Rice*

Large



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

