

#128 OCTOBER 27, 2023

# BLUE MOON BEETS

Official Newsletter for Produce Box lovers!

## INSTRUCTIONS

### For the Puffed Rice

1. Combine rice and water in a pot.
2. Optional step to add extra digestibility to the rice: Stir in yogurt, buttermilk, lemon juice, whey or apple cider vinegar and leave covered on the counter for a minimum of 7 hours.
3. Bring pot to a boil. Cover with a tight fitting lid, reduce heat to a low simmer and cook for 10-15 minutes or until all the liquid is absorbed.
4. Remove pot from heat, crack the lid slightly and let cool.
5. Spread cooled, cooked rice on cookie sheets thinly so that the rice is no more than 1/4 inch thick.
6. Preheat oven to 275 F/135 C and dry the cooked rice for 2 hours.
7. Remove dried rice from the oven and let cool for 5 minutes.
8. Heat small pan filled with 1 inch of expeller pressed coconut oil to 375 F/190 C using a digital food thermometer. Take care not to heat the oil higher than this temperature or it will cause free radicals called acrylamides to form in the oil.
9. Break the dried rice into chunks and drop one or two into the frying oil and leave for about 30-45 seconds. You will hear a popping sound as the cooked rice pops like popcorn.
10. When very lightly browned which takes less than a minute, remove the crisped rice from the hot oil with a stainless steel slotted spoon and place on a large plate covered with a clean tea towel to soak up excess oil.
11. Repeat until all the dried rice has been crisped.
12. Once cooled, break the homemade rice krispies into individual grains and store in a large glass mason jar in the refrigerator or cool cellar.  
<https://www.thehealthyhomeeconomist.com/homemade-rice-krispies-cereal/>

### For the "Monsters"

1. Line a baking sheet with parchment paper- set aside. Butter or spray with non stick cooking spray a 9x13 baking dish- set aside.
2. In a medium stock pot over medium low heat melt butter. Add in marshmallows and neon green food coloring (if using for Frankenstein treats). Stir until fully melted.
3. Once fully melted, remove from heat and stir in the puffed rice cereal.
4. Press the rice krispies into prepared 9x13 baking dish and let cool. Once the rice krispies are cooled and have set up cut them into 24 squares.
5. Decorate your monsters (follow the link for tips and tricks for different ghouls and creatures)!  
<https://www.atablefullofjoy.com/halloween-rice-krispie-treats/>

## PUFFED RICE MONSTERS

### INGREDIENTS

#### For Puffed Rice

- 2 cups Blue Moon Acres white rice
- 3 cups filtered water
- expeller pressed coconut oil
- 3 Tbl Plain, whole milk yogurt

#### For the "Monsters"

- 4 Tbs butter
- 7 cups mini marshmallows
- ¼ tsp salt
- ¼ teaspoon vanilla
- 6 cups puffed rice cereal
- neon green food coloring gel optional
- 12 oz bright green candy melts
- 6 oz bright white candy melts
- 2-4 tbs refined coconut oil or shortening
- candy eyes
- black buttercream frosting



## INSTRUCTIONS

### WHITE CHOCOLATE AND BEET PUDDING

1. Add the coconut milk to a pan over low heat, add in the white chocolate and stir till melted
2. Add in the beet puree and dark chocolate and stir well and remove from heat as soon as everything is melted.
3. This pudding will firm up to a more pudding consistency as it cools

### BEET SYRUP OR "DRIPPINGS"

1. Melt the coconut oil in a pan over a low flame, then add in the beets and sugar and mix well

### ASSEMBLY

1. I melted 1 cup Chocoley's Bada Bing Bada Boom Candy & Molding White Chocolate and coated 2 silicone cups with it as well as poured some into a few of the finger molds and inserted a spoon into the finger mold cavities.
2. I did the same with the dark chocolate and then placed them in the freezer to firm up.
3. After about an hour, I filled the cups with the white chocolate and beet pudding
4. Drizzled them with beet syrup/drippings and melted chocolate and then they were ready!

<https://savoryspin.com/bloody-beet-bowls-7/>



**Happy  
Halloween**

## SPOOKY BEET PUDDING

### INGREDIENTS

- WHITE CHOCOLATE AND BEET PUDDING
- 3 tablespoons beet purée
- 2 tablespoons coconut milk
- 2/3 cup Chocoley White Chocolate
- 1 tablespoon Chocoley Dark Chocolate
- BEET SYRUP OR "DRIPPINGS"
- 2 tablespoons beet purée
- 1 tablespoon coconut oil
- 1 tablespoon sugar
- FOR CUPS/FINGERS
- 1 cup White Chocolate
- 1 cup Dark Chocolate
- 4 Silicone cupcake molds
- 1 tray of silicone finger molds
- 4 mini spoons



**In your  
Box This  
Week!**

Microgreens\*  
Beets\*  
Collards\*  
Heirloom or Cherry Tomatoes (last of the season)!\*  
Turnips or Radishes\*  
Edible Flower Lollipops\*

**Extra-Small**

Microgreens\*  
Beets\*  
Collards\*  
Heirloom or Cherry Tomatoes (last of the season)!  
Turnips or Radishes\*  
Edible Flower Lollipops\*  
BMA Long Grain Brown Rice\*

**Small**

Microgreens\*  
Beets\*  
Collards\*  
Kohlrabi\*  
Lettuce Heads\*  
Spinach\*  
Heirloom or Cherry Tomatoes (last of the season)!\*  
Turnips or Radishes\*  
Edible Flower Lollipops\*  
BMA Long Grain Brown Rice\*  
Persimmons

**Large**