

#176 OCTOBER 4, 2024

# BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



Yukon Gold Potatoes are in the boxes this week!

Our potatoes cook up beautifully in recipes such as Potato Pancakes with Chunky Applesauce. This is definitely a fall favorite using the harvests of the season!

As a kid we had these in the fall often and we were given the option of sour cream or apple sauce for the side of our potato pancakes. For me, there was no choice. The sweet tooth always won.

*In your Box This Week!*

- Microgreens
- Heads of Lettuce
- Spinach
- Bell Pepper
- Curly Kale
- Green Onions
- Yukon Gold Potatoes

*Small*

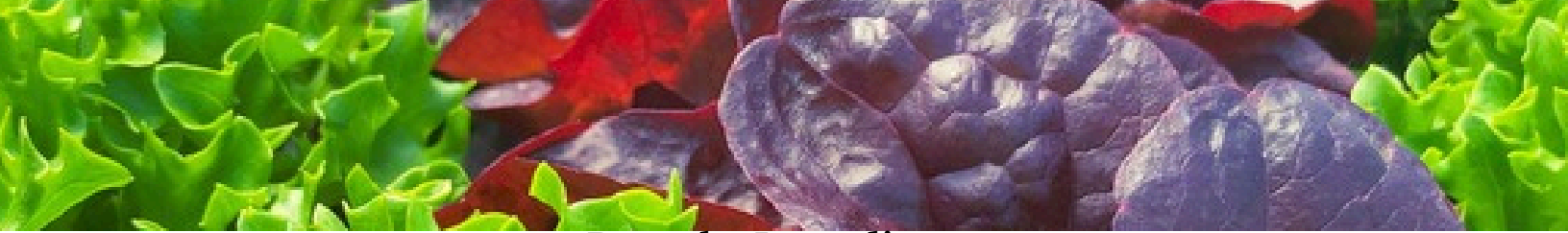
- Microgreens
- Heads of Lettuce
- Bell Pepper
- Bok Choy
- Butternut Squash
- Curly Kale
- Spinach
- Cilantro
- Yukon Gold Potatoes

*Medium*

- Microgreens
- Heads of Lettuce
- Bell Peppers
- Bok Choy
- Butternut Squash
- Curly Kale
- Garlic Heads
- Green Beans
- Turnips or Radishes
- Spinach
- Cilantro
- Yukon Gold Potatoes

*Large*





### **Pancake Ingredients:**

- 3 medium to large Yukon Gold potatoes, peeled and shredded with a hand grater
- 1 medium yellow onion, peeled and grated
- 1 egg, beaten
- 1 teaspoon coarse salt
- 1 teaspoon baking soda
- 1/2 teaspoon freshly grated nutmeg or a few pinches of ground nutmeg
- A few tablespoons butter, for frying pancakes

### **Pancake Directions:**

Pre-heat a nonstick griddle or skillet over medium to medium-high heat.

Put the potatoes and onion in a colander and squeeze out the liquid.

Place potatoes and onion in a bowl and work quickly to avoid discoloring the potatoes.

Add egg, salt, baking soda and nutmeg.

Combine the pancake mixture and place the bowl near stove.

Melt a pat of butter on the skillet and drop 3-4-inch circles of the potato mixture onto hot surface.

Cook pancakes for 3-4 minutes on each side and repeat process until pancake mixture is gone.



### **Applesauce Ingredients:**

- 4 McIntosh apples, cut into chunks
- 2 tablespoons brown sugar
- 2 cups all-natural apple juice or fresh cider
- 1/2 teaspoon ground cinnamon (a few pinches)
- 1/2 teaspoon freshly grated nutmeg or a few pinches of ground nutmeg

### **Applesauce Directions:**

Place chunked apples, brown sugar, juice or cider, cinnamon and nutmeg in a medium size pot over medium-high heat and let cook for 15 minutes, stirring occasionally and reducing heat to medium when the mixture comes to a boil.

Stir hot, chunky applesauce to break up cooked apples and remove from heat.

Layer pancakes with warm apple mixture and serve.

