

#107 · MAY 26, 2023

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



INSTRUCTIONS

- Preheat the oven to 425 degrees. Line a baking sheet with parchment paper.
- Place the beets on the prepared baking sheet and drizzle the oil over top. Use your hands to toss them in the oil. Cover the baking sheet with aluminum foil and bake in the oven for 30-40 minutes, or until they can be pierced using some pressure with a fork.
- 1 ½ lb. beets, 1 teaspoon extra virgin olive oil
- While the beets are roasting prepare the rest of the salad. Add the walnut halves to a small frying pan over medium-high heat. Let them cook until they are fragrant and start to brown in places, shaking the pan frequently. Pour over the maple syrup and sprinkle with sea salt and fresh cracked pepper. Let them cook, stirring constantly, until the maple syrup has almost evaporated, about 1 minute. Remove the walnuts from the pan and place them on a piece of parchment paper, separating them from each other as much as possible.
- 1 cup walnut halves, 3 tablespoons pure maple syrup, ¼ teaspoon sea salt, ⅛ teaspoon fresh cracked pepper
- To make the dressing, combine all the ingredients EXCEPT the oil in a medium-sized bowl. Slowly add the oil in a thin steady stream while whisking the dressing constantly. If the oil starts to build up at all stop pouring it and whisk the dressing vigorously. It will take you about 1 minute to whisk in the oil. Taste the dressing and season it with extra salt, to taste.
- 3 tablespoons apple cider vinegar, 2 tablespoons honey, 1 teaspoon balsamic vinegar, ½ teaspoon Dijon mustard, 1 clove garlic, a pinch of sea salt, ¼ cup extra virgin olive oil
- Add the kale, candied walnuts, and, if using, the cheese or avocado to a large bowl. When the beets come out of the oven let them cool slightly then add them to the bowl too. Pour the dressing over top and toss well so that everything is coated.

<https://www.theendlessmeal.com/roasted-beet-and-kale-salad-with-maple-candied-walnuts/>



ROASTED BEET AND KALE SALAD WITH MAPLE CANDIED WALNUTS

INGREDIENTS

- 1 ½ lb. beets, peeled and quartered (or cut into bite sized pieces if you're using large beets)
- 1 teaspoon extra virgin olive oil
- 1 cup walnut halves
- 3 tablespoons pure maple syrup
- ¼ teaspoon sea salt
- ⅛ teaspoon fresh cracked pepper
- 4 packed cups of curly kale, washed and torn into bite sized pieces
- Optional: ¼ cup goat or Boursin cheese, a diced avocado makes a great vegan and paleo alternative to creamy cheeses in salads!

The Dressing

- 3 tablespoons apple cider vinegar
- 2 tablespoons honey, use maple syrup for vegan
- 1 teaspoons balsamic vinegar
- ½ teaspoon dijon mustard
- 1 clove garlic, grated on a Microplane or very finely minced
- A pinch of sea salt
- ¼ cup extra virgin olive oil



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INSTRUCTIONS

One Day Before Baking

- Add the active starter and water to a large bowl and mix until well-distributed.
- Add the flour and, using a dough whisk and/or your hands, mix to form a shaggy dough.
- Cover with a tea towel and rest at room temperature for 30 minutes.
- While the dough is resting, soak the apricots in enough warm water to fully cover them. Once soaked, drain and roughly chop.
- Next, add salt and mix to incorporate. Add the soaked apricots and anise, and use your hands mix again.
- **Stretch and fold** the dough a total of six times, once every 30 minutes over a total of three hours.
- Dust a banneton with flour and set aside.
- **Shape the dough into a boule**, dusting with flour as needed. Try to keep the apricots from poking through the surface tension of the dough, tucking them under when needed.
- Once shaped, turn the loaf into the banneton, seam-side up. Sprinkle flour over the loaf before covering with a towel.
- Transfer the shaped loaf into the refrigerator to rest overnight.

Day of Baking

- Place a dutch oven in the oven and preheat to 260°C (500°F). After the oven has come to temperature, let the dutch oven continue to preheat for another 30 minutes.
- Once preheated, take bread out of the refrigerator. Gently invert the dough onto a piece of parchment paper (seam side down) that is large enough to lift your bread into and out of the dutch oven.
- Score the bread with a sharp knife or bread lame.
- Using oven mitts, carefully remove the hot dutch oven. Remove the lid, then quickly and carefully lift the dough into the pot using the edges of the parchment paper as handles. Using oven mitts, carefully place the lid back on the dutch oven and put the vessel back into the oven.
- Reduce oven temperature to 230°C (450°F) and bake for 25 minutes.
- Carefully remove the lid (be careful of steam) and bake for another 20-25 minutes with the lid off, or until the bread is golden to dark brown (depending on preference) and crusty.
- Using the parchment paper as handles, transfer the bread from the dutch oven to a wire rack. Cool completely on a wire rack before cutting into it, at least 4 hours.

<https://www.baked-theblog.com/apricot-sourdough-with-anise/>

APRICOT SOURDOUGH WITH ANISE

INGREDIENTS

- ½ cup active sourdough starter or levain
- 1 ⅓ cups water, room temperature
- ~3 cups all-purpose flour
- 2 teaspoons sea salt
- 1 ½ cups apricots, soaked and drained
- 1 tablespoon anise seed



In your Box This Week!

<ul style="list-style-type: none"> Microgreens* Apricots Fennel* Curly Kale* Lettuce Mix* Zucchini 	<ul style="list-style-type: none"> Microgreens* Apricots Beets* Curly Kale* Green Beans Young Garlic* Lettuce Mix* Cremini Mushrooms Zucchini BMA Rice*
Extra-Small	Large
<ul style="list-style-type: none"> Microgreens* Apricots Fennel* Curly Kale* Young Garlic* Lettuce Mix* BMA Rice* 	
Small	