

#177 OCTOBER 11, 2024

BLUE MOON BEETS

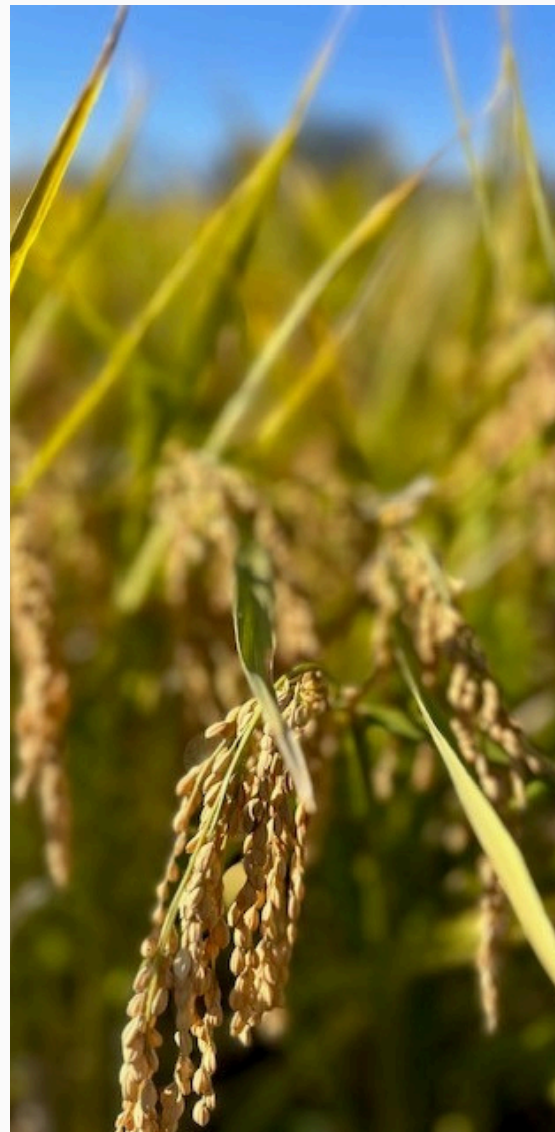
Official Newsletter for Produce Box lovers!



BLUE MOON ACRES OWN ORGANIC RICE IS BEING HARVESTED ON OUR NJ FARM RIGHT NOW!

OUR MARATELLI RICE IS FRESHLY HUSKED AND IT IS IN MEDIUM AND LARGE BOXES THIS WEEK!

Maratelli rice keeps its shape better than other forms of rice during slow cooking. Due to higher quantities of amylose it is perfect for making risotto.



In your Box This Week!

Microgreens
Heads of Lettuce
Carrots
Collards
Eggplant
Shallots

Small

Microgreens
Heads of Lettuce
Carrots
Collards
Eggplant
Turnips or Radishes
Shallots
BMA Maratelli Rice

Medium

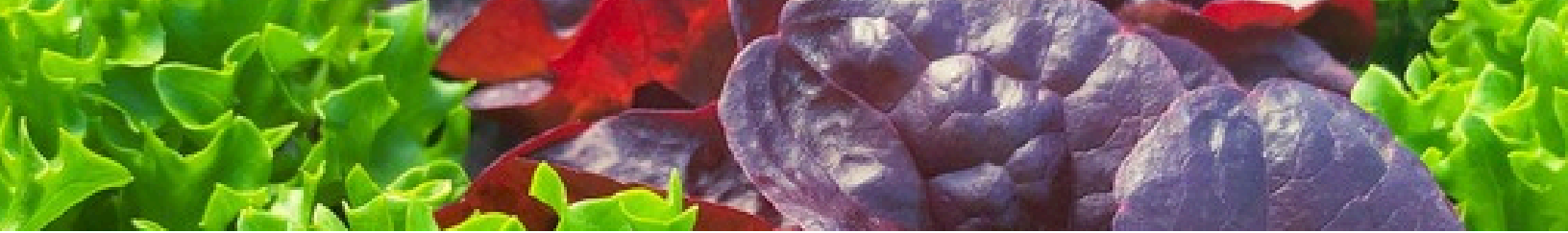
Microgreens
Heads of Lettuce
Beets
Carrots
Cherry Tomatoes
Collards
Eggplant
Napa Cabbage
Shallots
Shishito Peppers
Parsley
BMA Maratelli Rice

Large



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LEMON AND SHALLOT RISOTTO



Ingredients:

- 2 tablespoons butter
- 3 shallots
- 2 sticks celery
- 1 tablespoon extra virgin olive oil
- 2 cups Maratelli rice
- 1 1/2 - 2 liters vegetable stock
- 1 lemon, zest of
- 1/4 cup lemon juice, freshly squeezed
- 1 teaspoon rosemary
- 6 tablespoons parmesan cheese, freshly
grated
- 1/3 cup heavy cream
- 2 tablespoons butter
- salt and pepper

DIRECTIONS:

CHOP SHALLOTS AND CELERY FINELY.

HEAT OIL AND 2 T BUTTER IN A LARGE SKILLET. ADD SHALLOTS AND CELERY AND COOK UNTIL SOFTENED.

ADD MARATELLI RICE AND STIR TO COAT RICE WITH OIL/BUTTER.

POUR 1 CUP OF STOCK INTO THE PAN. STIR UNTIL COMPLETELY ABSORBED. REPEAT UNTIL RISOTTO IS CREAMY AND TENDER.

ADD LEMON ZEST, LEMON JUICE AND ROSEMARY.

REMOVE FROM HEAT AND STIR IN THE CREAM AND PARMESAN CHEESE.

ADD BUTTER, PEPPER AND SALT AND SERVE.