

#109 · JUNE 9, 2023

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



INSTRUCTIONS

- Preheat broiler with rack about 6 inches from heat. Place chiles on a rimmed baking sheet; broil, turning occasionally, until evenly charred, 8 to 10 minutes. Transfer to a medium bowl and cover tightly with plastic wrap. Let stand for 10 minutes, then scrape off charred skin using a towel. Discard skin, stems, and seeds. Slice chiles into 1/4-inch-thick strips.
- Meanwhile, heat oil in a large skillet over medium-high. Add zucchini; cook, stirring occasionally, until browned, about 3 minutes. Add chiles, garlic, salt, pepper, and 1/2 cup squash blossoms. Cook, stirring often, until garlic is fragrant and blossoms are wilted, about 45 seconds.
- Divide tortillas between 2 rimmed baking sheets. Top each tortilla with 2 tablespoons cheese. Place 1 baking sheet in oven; broil until cheese is melted and tortilla is slightly charred, 1 to 2 minutes. Remove from oven and repeat with other baking sheet.
- Divide zucchini mixture among tortillas. Top with remaining squash blossoms, sliced avocado, sour cream, pepitas, and cilantro. Serve with a squeeze of lime.

<https://www.realsimple.com/food-recipes/browse-all-recipes/squash-blossom-tacos-recipe>



SQUASH BLOSSOM TACOS

INGREDIENTS

- 2 medium poblano chiles
- 1 tablespoon olive oil
- 1 small zucchini, cut into 1/2-in.-thick sticks (about 1 1/2 cups)
- 1 clove garlic, grated (1 tsp.)
- 1/2 teaspoon kosher salt
- 1/8 teaspoon freshly ground black pepper
- 20 squash blossoms, stamens and stems removed, halved lengthwise, divided
- 12 corn tortillas (6 in.)
- 6 ounces shredded mozzarella cheese (about 1 1/2 cups)
- 1 avocado, thinly sliced
- Sour cream, roasted salted pepitas, chopped fresh cilantro, and lime wedges, for serving



This warm weather is bringing in some beautiful produce...like our garlic scapes, beets, and fresh onions! Check our Barn2Door page frequently for newer and newer offerings (like our soon-arriving carrots)!

Customer Review



Gorgeous fresh organic food and flowers. Charming, conscientious and rare. Excellent locally grown brown rice and microsprouts. A joy to visit this place. Beautifully tended farm. And, they deliver! Their weekly boxes come in various sizes, with all-organic greens, rice and more. We get the Friday weekly delivery. So worth it.

-Pat P.

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INSTRUCTIONS

- Preheat oven to 180°C (356°F), grease and flour two 8 inch round cake tins, or two loaf tins, or one sheet pan.
- In a bowl, place carrot, pear, raisins, dates, baking soda and boiling water, stir and set aside for 20 minutes until dates are soft. Stir once or twice.
- In another bowl, mix flour, cinnamon, ginger, nutmeg, coconut sugar, salt and walnuts together.
- Once carrot mixture has cooled, stir in coconut oil, eggs and vanilla.
- With a metal spoon, fold flour mixture gradually (about 4 tablespoons at a time) into carrot mixture until all the flour is combined. Divide mixture evenly between cake tins (about 8 heaped tablespoons per cake tin) and level out.
- Bake for 35 minutes or until a toothpick inserted into the middle of the cakes comes out clean. Allow to cool completely in tins before turning out and cooling the undersides completely before frosting.
- TO MAKE THE FROSTING:
- With an electric beater, beat cream cheese and butter until smooth, beat in lemon juice, honey and vanilla. With a metal spoon, stir in lemon zest.
- Place one cake on a serving platter or cake-stand. Spread on a layer of frosting (using about 1/3), top with second cake and spread with remaining 2/3 frosting. Decorate with lemon zest, chopped walnuts and berries if desired, slice and serve!

<https://www.berrysweetlife.com/carrot-cake/>



WALNUT PEAR CARROT CAKE

INGREDIENTS

- FOR THE CAKE:
- 2 cups peeled and grated carrot
- 1 cup grated pear or apple (skin on)
- 1/2 cup mixed raisins
- 1 cup pitted dates, chopped small
- 1 1/2 tsp baking soda
- 1 cup boiling water
- 1 3/4 cups wholewheat flour, or almond flour
- 1 tsp ground cinnamon
- 1 tsp ground ginger
- 1/2 tsp ground nutmeg
- 1/2 cup coconut sugar
- Pinch Himalayan pink salt
- 1/2 cup walnuts, chopped small
- 1/2 cup coconut oil or butter, melted
- 2 eggs, beaten
- 2 tsp vanilla extract
- FOR THE FROSTING:
- 230 g plain cream cheese (medium or full-fat is best)
- 1/4 cup butter, softened
- 2 tbsp fresh lemon juice
- 2 1/2 tbsp raw honey
- 1 tsp vanilla extract
- 1 tsp lemon zest



In your
Box This
Week!

Microgreens*
Beets*
Broccoli Rabe*
Atlas Carrots*
Lettuce Mix*
Fresh Onions*

Extra-Small

Microgreens*
Broccoli Rabe*
Atlas Carrots*
Lettuce Mix*
Fresh Onions*
Pears
Garlic Scapes*
BMA Black and Tan Rice*

Small

Microgreens*
Beets*
Watercress
Broccoli Rabe*
Napoli Carrots*
Lettuce Mix*
Pears
Radishes*
Squash Blossoms
BMA Black and Tan Rice*

Large