

#112 · JUNE 30, 2023

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



INSTRUCTIONS

1. In a medium bowl, combine flour, baking soda, baking powder and salt.
2. In a large bowl beat eggs, add sugar, honey and oil. Mix well.
3. Beat in peaches, cream and carrots. Add dry ingredients until thoroughly moistened.
4. Pour into 2 greased loaf pans. Bake at 325° for 1 hour.
5. To make the cream cheese icing, beat all ingredients together in a bowl. Spread icing onto cooled bread with a spatula and serve.

<https://www.mightymrs.com/peaches-and-cream-carrot-bread-with-cream-cheese-icing/>

PEACHES AND CREAM CARROT BREAD

INGREDIENTS

- 3 cups flour
- 2 teaspoon baking soda
- 2 teaspoon baking power
- 1 ½ teaspoon salt
- 3 eggs
- 1 ½ cups sugar
- ½ cup honey
- 1 cup cooking oil
- ½ cup heavy cream
- 2 cups puréed peaches
- 1 cup fresh shredded carrots
- 1 cup chopped nuts optional

CREAM CHEESE ICING

- 4 oz whipped cream cheese
- 4 tablespoon butter softened
- 1 teaspoon vanilla extract
- 1 cup powdered sugar



COMING Soon!

SUMMER PRODUCE

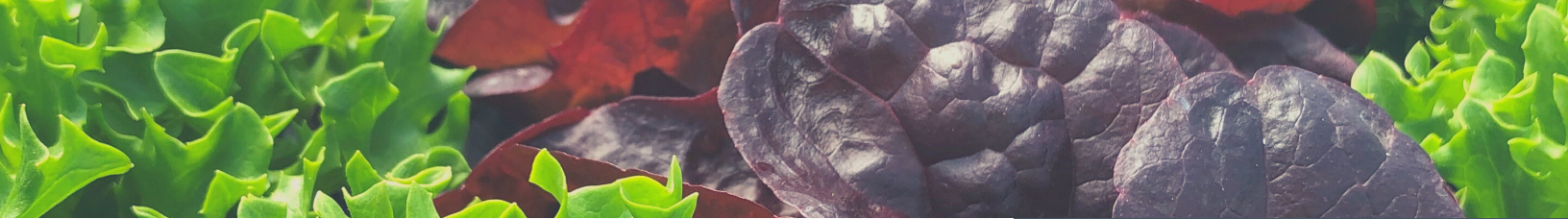
- Baby Hawaiian Ginger
- Jimmy Nardello Peppers
- Bell Peppers
- Shishito Peppers
- Jalapeno Peppers
- Fingerling Potatoes
- Zucchini
- AND MORE!

CERTIFIED ORGANIC **LOCAL** **HARVESTED TO ORDER**

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INSTRUCTIONS

1. In a medium saucepan, bring 2 cups water, the milk, 1 teaspoon salt and pepper to taste for the grits to a gentle boil. Whisk in the grits. Reduce the heat to simmer and cook, stirring often with a wooden spoon, until the mixture is smooth and thick and falls easily from the spoon, 45 to 60 minutes.
2. Towards the end of the cooking time for the grits, in a large skillet, heat the olive oil over medium heat. Add the onions and cook until soft and translucent, 2 to 3 minutes. Add the garlic and cook until fragrant, 45 to 60 seconds. Stir in the tomatoes with their juice and the bay leaves. Season with cayenne pepper. Reduce the heat and simmer until the mixture is slightly thickened, 5 to 10 minutes.
3. Increase the heat under the tomatoes to medium high and add the shrimp. Cook until the shrimp are pink and firm, an additional 3 to 5 minutes. Remove the skillet from the heat and stir in the parsley. Taste and adjust for seasoning with salt and pepper. When the grits have thickened, stir in the cheese and butter. To serve, place a heaping spoonful of grits on each plate. Top with the shrimp and tomato gravy. Garnish with additional Parmigiano-Reggiano and chopped parsley. Serve immediately.

<https://cookingwithcocktailrings.com/mushroom-alfredo-pasta/>

CAULIFLOWER GRITS AND SHRIMP

INGREDIENTS

- 24 large fresh shrimp, peeled and deveined (tails left on)
- 1 medium onion, coarsely chopped
- 3 cloves garlic, finely chopped
- One 28-ounce can low-sodium whole tomatoes, coarsely chopped, juice reserved
- 2 bay leaves, preferably fresh
- 2 tablespoons chopped fresh parsley, plus more for garnish
- 1 cup stone-ground grits
- 1 tablespoon olive oil
- 1 pinch ground cayenne pepper or to taste
- 2 cups 2-percent milk
- 2 tablespoons freshly grated Parmigiano-Reggiano, plus more for garnish
- 1 tablespoon unsalted butter
- Coarse kosher salt and freshly ground black pepper



In your Box This Week!

Microgreens*
Fresh Onions*
Parsley*
Peaches
Sugar Snap Peas*
Zucchini*

Extra-Small

Microgreens*
Cauliflower
Napoli Carrots*
Kale*
Fresh Onions*
Parsley*
Peaches
Spring Mix*

Small

Microgreens*
Cauliflower
Cilantro*
Cucumber
Kale*
Kohlrabi*
Fresh Onion*
Parsley*
Peaches
Radicchio
Spring Mix*
Indigo Rose Tomato
Zucchini*

Large

