

#129 NOVEMBER 3, 2023

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



INSTRUCTIONS

1. Preheat your oven to 400 degrees.
2. Rinse off your acorn squash.
3. Cut in half and scoop out the insides.
4. I want you to cut a bit off the rounded side to make sure the squash bowl doesn't roll around on you.
5. Place the cut squash on a cookie sheet, drizzle with half of the olive oil & salt and place into the preheated oven for about 40 mins.
6. I rotated the baking sheet halfway through.
7. Heat a large saucepan on medium-high and add the remaining olive oil.
8. Take out your sausage links, cut them in half lengthwise and then into bite size pieces.
9. Toss them into the heated pan.
10. While the sausage is going, chop your veggies.
11. I sliced my onion into thin rings and separated them when I put them in the pan.
12. The peppers were cut into larger chunks, about 1/2 - 1 inch long pieces.
13. The garlic got a rough mince.
14. When the sausage is browned, remove it from the heat onto a plate, place the pan back on the burner and toss in the onions and peppers.
15. When the onion and peppers start to brown and soften, after about 5 mins, add the garlic, oregano, and salt and allow these to sweat and release flavor.
16. Let the veggies go about 5 mins more stirring as you go.
17. Add the sausage back into the mix and turn the burner off.
18. When the squash is roasted, transfer it to a plate, scrape out a little of the soft insides, about 2 tbsp. or so.

QUICK SAUSAGE AND PEPEPRS IN ACORN SQUASH

INGREDIENTS

- 2 Acorn Squashes
- 1 package of Natural Sausage – Chicken Sausage is a great idea and found in the deli isle!
- 2 Red Bell Peppers
- 1 Green Bell Pepper
- 1 large or 2 small Onions
- 2 – 4 cloves of Fresh Garlic (depending on how much you like it)
- 1 tbsp. of Oregano
- 1 tsp of Olive Oil
- 4 tbsp. of Almond Meal
- 1/2 tsp of salt



19. Fill with sausage and peppers and top with almond meal, if you wish!

<https://www.missallieskitchen.com/quick-sausage-peppers-acorn-squash/>

In your Box This Week!

Extra-small

- Microgreens*
- Napa Cabbage*
- Carrots*
- Traviata Eggplant*
- Ginger*
- Lettuce Heads*
- Shishito Peppers*

Small

- Microgreens*
- Broccoli*
- Napa Cabbage*
- Carrots*
- Traviata Eggplant*
- Ginger*
- Lettuce Heads*
- Shishito Peppers*
- Sweet Potatoes*

Large

- Microgreens*
- Broccoli*
- Napa Cabbage*
- Carrots*
- Red Mustard OR Spring Raab*
- Traviata Eggplant*
- Fairytale Eggplant*
- Ginger*
- Lettuce Heads*
- Bell Peppers*
- Shishito Peppers*
- Sweet Potatoes*
- Acorn Squash



Happy
Thanksgiving

Stress-free holiday shopping with our
Thanksgiving Produce Box!

Enough produce to feed 8 or more people!

**Free-range, pasture-raised
Certified Organic or Non-GMO Turkeys!**

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MOON
ACRES
AND THE BEETS**

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AND THE BEETS!
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FOR OUR
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SOME BONUS
RECIPES FROM US,
EXCLUSIVE LOOKS
AT WHAT'S
HAPPENING ON
THE FARM, AND
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ABLE TO SHARE
MORE OF WHAT
WE LOVE WITH
YOU AND TO
LEARN FROM YOU!

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