

#139 JANUARY 19, 2024

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!

INSTRUCTIONS

1. Preheat the oven to 350°.
2. In a large ovenproof skillet, heat 3 tablespoons of the butter. Add the onion and cook over medium heat until translucent.
3. Add the mustard greens and cook until wilted.
4. Season the eggs with salt and pepper, whisk in the remaining tablespoon of butter and the cream.
5. Pour the eggs into the skillet, tilt the pan so the eggs are evenly distributed and cook over moderate heat for about 10 minutes.
6. At this point the bottom and sides should be setting but the top should still be runny..
7. Sprinkle the Parmigiano-Reggiano on top.
8. Transfer the skillet to the oven and bake for about 10 minutes, until the center of the frittata is set and slightly browned. Slide the frittata onto a cutting board.
9. Cut into 1 1/2-inch squares and serve hot, warm or at room temperature. Also great as leftovers, reheated and served on a slice of toast.

<https://tubtotable.com/2020/05/23/mustard-greens-frittata/>

Mustard Greens Frittata

INGREDIENTS

- 4 tablespoons butter
- 1 large onion, diced
- 4 cups chopped mustard greens (stems discarded and leaves coarsely chopped)
- 8 eggs, beaten
- 1/4 cup heavy cream
- Kosher salt and freshly ground pepper
- 1 cup grated Parmigiano-Reggiano

In your
Box This
Week!

Napoli Carrots*
Fennel*
Garlic*
Microgreens*
Red Mustard*
Yellow Onions*
Portobello Mushrooms

Extra-Small

Napoli Carrots*
Fennel*
Garlic*
Microgreens*
Red Mustard*
Yellow Onions*
Portobello Mushrooms
Shallots
BMA Black and Tan Rice*

Small

Napoli Carrots*
Fennel*
Garlic*
Baby Heads of Lettuce*
Microgreens*
Red Mustard*
Yellow Onions*
Cherry Belle Radishes*
Portobello Mushrooms
Shallots
Sweet Potatoes
Butternut Squash
BMA Black and Tan Rice*

Large



CONNECT WITH US
FOLLOW US FOR UPCOMING DISCOUNTS AND SPECIAL
NEWS ABOUT OUR FARM. [HTTPS://BLUEMOONACRES.COM](https://bluemoonacres.com)

SHOP@BLUEMOONACRES.COM 
215-794-3093 
@BLUEMOONACRESFARM 
@BLUEMOONACRES 



Instructions:

1. Preheat the oven to 350°F. Line a sheet pan with parchment paper
2. Halve the butternut squash: slice off the bottom of the bulbous end, stand the squash upright, then carefully cut straight down through the center. Use a spoon to scoop out the seeds and discard. Rub the halved sides with a drizzle of olive oil then place them halved side down on the prepared sheet pan. Cut the head of garlic in half through the equator. Rub a small amount of olive oil on the sheet pan and place the garlic, cut side down, in the olive oil. Transfer to the oven.
3. After 40 minutes, check on the garlic. If it is knife-tender and caramelized at the surface, remove it, otherwise, let it continue roasting with the squash until done. Cook the squash for roughly 1 hour or until knife tender at the solid end.
4. Let the squash and garlic cool for 20 minutes or until cool to the touch. Scoop the squash flesh into a pot. Squeeze the roasted cloves of garlic into the pot as well. Add the quart of stock. Bring to a simmer.
5. Use an immersion blender to purée the mixture — alternatively, transfer the mixture to a blender or food processor and purée until smooth. If you transferred the mixture to puree it, return it to the pot and bring it to a simmer. Taste. Adjust to taste with salt and pepper to taste. I consistently add 1 to 1.5 teaspoons of Diamond Crystal kosher salt.
6. If you wish, add the heavy cream or crème fraîche and whisk to incorporate. Depending on the size of the squash, you may need to add more stock to thin it to the right consistency.
7. Ladle into bowls and serve with bread on the side.
8. Store the soup in the fridge for up to a week or freeze for up to 3 months. When reheating day- or days-old soup, you may need to add water or more stock to thin — it thickens as it sits.

<https://tubtotable.com/2020/05/23/mustard-greens-frittata/>

Roasted Butternut Squash and Garlic Soup

Ingredients

- 1 whole butternut squash, 2.25 to 2.75 lbs
- 1 whole head/bulb of garlic, see notes above
- extra-virgin olive oil
- 1 quart of stock of choice, such as vegetable or chicken
- kosher salt
- 3 tablespoons of crème fraîche or heavy cream, optional
- Fresh cracked pepper to taste
- bread for serving, such as peasant bread or focaccia or no-knead thyme dinner rolls

