

#135 DECEMBER 22, 2023

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



INSTRUCTIONS

1. Scrub the sunchokes clean. Dry thoroughly.
2. Cut into finger size pieces, preferably lengthwise.
3. Place on a parchment-lined baking sheet, drizzle with olive oil and a hint of sea salt.
4. Bake at 375° for 30 minutes or until light brown and crispy.
5. While sunchokes are baking, prepare lemon & thyme topping – remove thyme leaves and chop and zest lemon using a Microplane. Mix thyme leaves, lemon zest, and sea salt in a bowl or mash using a mortar and pestle.
6. When sunchokes are finished cooking, top with lemon & thyme mixture and serve immediately.

<https://chefcindy.com/roasted-sunchokes-lemon-thyme/>

Roasted Sunchokes with Lemon and Thyme

INGREDIENTS

- 1 lb sunchokes (Jerusalem Artichokes)
- 1 tbsp olive oil
- ½ teaspoon sea salt
- 3 thyme sprigs
- 1 lemon

In your Box This Week!

Microgreens*
Napoli Carrots*
Collard Greens*
15ct Edible Flowers*
Lettuce Mix*
Ginger

Extra-Small

Microgreens*
Napoli Carrots*
15ct Edible Flowers*
Curly Kale*
Lettuce Mix*
BMA Medium Grain Brown Rice*
Ginger

Small

Microgreens*
Napoli Carrots*
15ct Edible Flowers*
Curly Kale*
Lettuce Mix*
Cherry Belle Radishes*
BMA Medium Grain Brown Rice*
Ginger
Kobocha Squash
Sunchokes
Mixed Sweet Potatoes

Large





Sparkling Pomegranate Cocktail

Ingredients

With Alcohol:

- pomegranate juice
- Prosecco
- ice cubes with pansies

Without Alcohol:

- pomegranate juice
- sprite or sparkling water
- ice cubes with pansies

Instructions:

How to make Edible Flower Ice Cubes:

- Fill an ice cube tray half way with filtered water.
- Add an edible pansy flower.
- Freeze.
- Then add another layer of filtered water.
- Freeze.
- Add to drinks!

How to make a Sparkling Pomegranate Cocktail

1. To a glass, add an ounce of pomegranate juice then top with Prosecco or sparkling water.
2. Garnish with ice cubes decorated with pansies, and a few fresh pansies for fun!
3. Enjoy!

<https://aprettylifeinthesuburbs.com/sparkling-pomegranate-cocktail/>

Holiday Shoppe Highlight



THERE'S NOTHING BETTER THAN WAKING UP TO AN AMAZING CUP OF COFFEE...ESPECIALLY IF THAT COFFEE WAS ROASTED JUST FOR YOU TO YOUR LIKING! CHECK OUT OUR TOP JAVA GIFT SETS AND THINK ABOUT SIGNING UP FOR A SUBSCRIPTION SO YOU NEVER HAVE TO WORRY ABOUT RUNNING ON EMPTY!

