

#136 DECEMBER 29, 2023

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



INSTRUCTIONS

1. Preheat the oven to 400°F (200°C). Prepare a baking sheet with a silicone mat and set aside.
2. Wash the radishes well, and use a peeler to create stripes, leaving parts with the black skin still attached (totally optional, but a fun visual effect!). Cut the radish into slices, about 1/2 inch thick.
3. Combine the remaining ingredients in a large bowl, and mix well to combine. Once it's thoroughly mixed together, add the radishes (in batches if necessary), stir to coat, and place on the prepared baking sheet. Pour any remaining sauce over the radishes, and place in the preheated oven. Bake for 15 minutes, flip the radishes over, and bake for another 15-20 minutes until soft and a little crispy.

<https://veryveganval.com/2020/05/17/black-radish-recipe-miso-roasted-black-radishes/>

Miso Roasted Black Radishes

INGREDIENTS

- 2 medium-large black radishes
- 2 tbsp. olive oil
- 1-2 cloves of garlic, very finely minced
- 1 tbsp. red miso paste
- 1/2 tbsp. soy sauce
- 1/2 tbsp. rice vinegar
- Salt and pepper, to taste

In your Box This Week!

Microgreens*
Chard*
Baby Heads of Lettuce*
Yellow Onions*
Chioggia Beets
Black Radishes

Extra-Small

Microgreens*
Beets*
Baby Heads of Lettuce*
Yellow Onions*
Black Radishes
Yukon Gold Potatoes*

Small

Microgreens*
Beets*
Collard Greens*
Tuscan Kale*
Baby Heads of Lettuce*
Yellow Onions*
Scallions*
Chioggia Beets
Black Radishes
Yukon Gold Potatoes*
Gilda's Biscotti
Satsuma Oranges

Large



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Instructions:

Beef Stock:

1. Preheat the pot over medium-high heat. Add a little bit of canola oil.
2. Cut big, hard chunks of fat off beef, if any. Add beef and bones to the pot and sear for a couple of minutes.
3. Add water to the pot and bring it to simmer.
4. Add bay leaves, coriander, and whole peppercorns. Lower the heat to low.
5. Loosely cover with a lid (so that there is a good amount of room for steam to escape) and cook for 2-4 hours.
6. About half way through of cooking meat, add whole, unpeeled beets to the pot. Cook until done, take out and set aside.
7. Strain off the stock and discard bones, bay leaves, coriander, and peppercorns. Set meat and beef aside.

Borscht soup:

1. Prepare your veggies: slice onions, mushrooms, and cabbage thinly. Grate carrots on a large grater, and cube potatoes. Peel garlic and set aside. Set whole cooked beets aside to cool.
2. Using the same pot, set the heat to medium and add a couple of tablespoons of canola oil to the pot.
3. Add onions and carrots and saute until softened. Smash garlic, mince and add to the pot. Stir well.
4. Add potatoes and mushrooms. Cook for a few minutes, stirring occasionally.
5. Add cabbage, stir and cook until cabbage softens.
6. Add tomato paste, sugar, salt, and black pepper. Stir well until tomato paste is evenly mixed.
7. Break apart beef and add it to the pot. Stir and start adding stock. Add enough stock to completely cover the veggies. (You can add more if you want more broth.)
8. Cook over medium heat for 25-30 minutes. Stir occasionally. Taste to make sure you have enough salt and pepper. Adjust to taste.
9. Stir in dill weed.
10. Peel beets and grate them into the soup on a large cheese grater. Stir and your soup is ready to eat!
11. Garnish with some sour cream and fresh dill weed.

<https://www.willcookforsmiles.com/russian-borscht-recipe/#recipe>



Borscht

Ingredients

Beef stock:

- 2 lbs stew beef
- 1 lb beef bones (marrow bones) optional
- 2.5 quarts water
- 2 large bay leaves
- 1 tbsp coriander
- 1/2 tsp whole peppercorns

Soup:

- 3 medium beets about 1.5 lbs
- 1 medium yellow onion
- 2 medium carrots
- 1 head of cabbage
- 2 medium Idaho potatoes
- 8 oz baby bella mushrooms
- 4 garlic cloves
- 1/4 cup tomato paste
- 1 tbsp sugar
- Salt
- Fresh cracked black pepper
- 3 tbsp fresh dill weed minced

Topping:

- Sour cream
- Fresh minced dill weed

