

#145 MARCH 1, 2024

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!

Did you know about Ginger?

This week our Small and Large boxes are getting fresh Ginger. Did you know that you can store your Ginger pieces in the freezer? Take it out and use a chunk in your daily cup of tea to help with colds or stomach upset.

Or grate some frozen into your favorite meals.

Some benefits of Ginger are:

Ginger contains vitamin C, magnesium and potassium, which are all valuable to your health. But ginger's secret weapon is one of its natural oils: gingerol. Natural oils give ginger its unique flavor and smell, and gingerol — ginger's most important oil — has powerful medicinal properties. It reduces inflammation, works as an antioxidant and offers numerous other benefits to your health.

Other benefits of Fresh Ginger:

- Helps with osteoarthritis pain. ...
- Relieves menstrual cramps. ...
- Improves blood sugar regulation. ...
- Soothes an upset stomach. ...
- Improves indigestion. ...
- Reduces risk of heart disease. ...

In your Box This Week!

Cilantro*
Chard*
Lettuce Mix*
Microgreens*
Onions*
Celery
Ginger

SMALL

Cilantro*
Arugula*
Broccoli Rabe*
Chard*
Lettuce Mix*
Microgreens*
Onions*
Rice*

MEDIUM

Cilantro*
Arugula*
Broccoli Rabe*
Chard*
Lettuce Mix*
Microgreens*
Onions*
Rice*
Celery
Ginger
Parsnips
Yellow Summer Squash

LARGE





What to do with your Chard this Week?

Brothy Greens and Beans on Toast

Trust us, you will love this recipe!

Directions

In a large skillet, heat oil and garlic over medium until garlic begins to sizzle, about 1 minute.

Add chard stems and season with salt.

Cook, stirring, until crisp-tender, 5 to 6 minutes.

Add chard leaves, cover, and cook, tossing once, until bright green and just tender, about 3 minutes.

Add beans and cooking liquid; simmer until heated through, about 30 seconds.

Season to taste, drizzle with oil, and squeeze with lemon before serving over toast.

Ingredients

2 tablespoons extra-virgin olive oil, plus more for drizzling

3 cloves garlic, thinly sliced

1 large bunch Swiss chard (1 pound), washed, stems separated and thinly sliced, leaves roughly chopped

Kosher salt and freshly ground pepper

1 ½ cups cooked beans, or 1 can (15 ounces) beans,

drained and rinsed,

plus ½ cup bean-cooking liquid or water

Lemon wedges and toasted sliced rustic bread, for serving

Tomatoes, Herbs, Edible Flowers, Peppers, Cucumbers, and More!

Transplant Sale!



Time to start your garden planning...
Our annual Gardeners Box and Transplant sale is here!



Let us help you plant your garden! Order today!

