

#142 FEBRUARY 9, 2024

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



KALE AND APPLE SLAW

Instructions

Add the kale, red cabbage, green cabbage, apples, and carrots to a large bowl.

Add the olive oil, apple cider vinegar, honey, lemon juice, dijon mustard, and salt to a mason jar or bowl.

Whisk vigorously until all of the ingredients are thoroughly combined. If you're using a mason jar, close the lid and shake vigorously.

Pour the vinaigrette over the slaw and toss until combined.

Ingredients

- 2 cups kale shredded
- 1 cup red cabbage shredded
- 1 cup green cabbage shredded
- 2 cups apples (from 1-2 apples) peeled and cut into matchsticks
- 1/2 cup carrot shredded
- 1/4 cup olive oil
- 2 tablespoons apple cider vinegar
- 2 tablespoons maple syrup or agave (honey if not vegan)
- 1 tablespoon fresh lemon juice
- 1 tablespoon dijon mustard
- 1/4 teaspoon salt

In your Box This Week!

- Bok Choy*
- Fennel*
- Tuscan Kale*
- Lettuce Mix*
- Microgreens*
- Parsley*
- Ginger

Extra-Small

- Bok Choy*
- Tuscan Kale*
- Lettuce Mix*
- Microgreens*
- Parsley*
- Scallions*
- Ginger
- Red Onions
- Rainbow Carrots
- Parsnips

Small

- Bok Choy*
- Tuscan Kale*
- Lettuce Mix*
- Microgreens*
- Parsley*
- Scallions*
- Ginger
- Red Onions
- Rainbow Carrots
- Parsnips
- Celeriac

Large





Slow-Roasted Salmon With Fennel, Citrus, and Chiles

INSTRUCTIONS

Preheat oven to 275°. Toss fennel, orange slices, lemon slices, chile, and 4 dill sprigs in a shallow 3-qt. baking dish; season with kosher salt and pepper. Season salmon with kosher salt and place on top of fennel mixture. Pour oil over.

Roast until salmon is just cooked through (the tip of a knife will slide through easily and flesh will be slightly opaque), 30–40 minutes for medium-rare.

Transfer salmon to a platter, breaking it into large pieces as you go. Spoon fennel mixture and oil from baking dish over; discard dill sprigs. Season with sea salt and pepper and top with fresh dill sprigs.

INGREDIENTS

- 1 medium fennel bulb, thinly sliced
- 1 blood or navel orange, very thinly sliced, seeds removed
- 1 Meyer or regular lemon, very thinly sliced, seeds removed
- 1 red Fresno chile or jalapeño, with seeds, thinly sliced
- 4 sprigs dill, plus more for serving
- Kosher salt and coarsely ground black pepper
- 1 2-lb. skinless salmon fillet, preferably center-cut
- ¾ cup olive oil
- Flaky sea salt (such as Maldon)

Transplant Sale!



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


