

#146 MARCH 6, 2024

# BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



## St. Patrick's Day is March 17!

It's no blarney, potatoes are a staple for St. Patrick's Day meals, along with corned beef, cabbage, and soda bread. The Irish (white) potato has long been associated with the potato famine when the crop failed in successive years during the 1840s in Ireland.

### Health Benefits of Cabbage

Cabbage is highly nutritious vegetable. Cabbages are rich in vitamin C, fiber, and vitamin K. They may help with heart and digestive health.



**In your Box This Week!**

- SMALL**
  - Parsley\*
  - Collards\*
  - Tuscan Kale\*
  - Lettuce Mix\*
  - Microgreens\*
  - Green Cabbage
- MEDIUM**
  - Parsley\*
  - Tuscan Kale\*
  - Lettuce Mix\*
  - Microgreens\*
  - Red Mustard\*
  - Green Cabbage
  - Gold Potatoes
  - Shitake Mushrooms
- LARGE**
  - Parsley\*
  - Tuscan Kale\*
  - Red Kale\*
  - Lettuce Mix\*
  - Microgreens\*
  - Scallions\*
  - Tatsoi\*
  - Green Cabbage
  - Rainbow Carrots
  - Shitake Mushrooms
  - Sweet Potatoes



## What to do with your Cabbage or Kale this Week?

### Colcannon

#### Preparation

##### Step 1

Cover potatoes with water in a small pot; season with salt. Bring to a boil over medium-high heat, then reduce heat and simmer until a paring knife slides easily through the flesh, 30–40 minutes. Drain, let cool slightly, and peel.

##### Step 2

Meanwhile, melt 4 Tbsp. butter in a large saucepan over medium heat. Add leeks and cook, stirring frequently, until very soft, 8–10 minutes. Add garlic and cook, stirring frequently, until garlic is fragrant and leeks are just beginning to brown around the edges, about 3 minutes longer. Add 1 cup cabbage or kale and cook, stirring constantly, until wilted. Add milk and cream and bring to a simmer.

##### Step 3

Add potatoes and remaining 1 cup cabbage or kale, then coarsely mash with a potato masher. Season with salt and pepper.

##### Step 4

Transfer colcannon to a large serving bowl. Top with remaining 2 Tbsp. butter and sprinkle with scallion.

### Ingredients

- 5 medium Yukon Gold potatoes (about 1¾ pounds)
- Kosher salt
- 6 tablespoons unsalted butter, divided
- 2 leeks, white and pale-green parts only, sliced in half lengthwise, thinly sliced crosswise
- 2 garlic cloves, thinly sliced
- 2 cups (packed) shredded cabbage or kale, divided
- ¼ cups milk
- ½ cup heavy cream
- Freshly ground black pepper
- 1 scallion, thinly sliced



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