

#157 MAY 22, 2024

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



Spring Things

Green garlic, also known as spring garlic or baby garlic, is a young garlic plant harvested in early spring before the bulbs mature. It has a white base, flat green leaves, and a pink or purple bulb that resembles a green onion. Green garlic has a milder, sweeter, and fresher taste than regular garlic, and is sharp when eaten raw but mellows when cooked

Health Benefits of Green Garlic

Green Garlic is packed with an antioxidant called Allicin. It works as an active ingredient in reducing cholesterol, reduces inflammation in the body, prevents cold, cough and flu. Apart from that this powerful antioxidant helps in boosting immunity and helps in cell regeneration caused due to oxidative stress.

In your Box This Week!

Microgreens*
Heads of Lettuce*
Asparagus
Kale*
Green Garlic*
Vidalia Onions

Small

Microgreens*
Heads of Lettuce*
Asparagus
Kale*
Cilantro*
Green Garlic*
Radishes*
Vidalia Onions
Rice*

Medium

Microgreens*
Heads of Lettuce*
Asparagus
Kale*

Green Garlic*
Broccoli Rabe*
Cabbage
Cherry Tomato
Hakurei Turnips*
Rice*
Japanese Fingerling
Sweet Potatoes

Large





Alice Waters' Spaghetti with Green Garlic Recipe

1. Bring a large pot of salted water to boil and add the spaghetti. Cook until al dente, reserving 1 cup of pasta cooking water before draining.
2. Meanwhile, heat the olive oil in a large (3-quart) saucepan over medium heat until shimmering. Add the garlic, parsley, red pepper flakes, and 1/4 cup of water.
3. Cover and sweat, stirring occasionally, until soft, adding more water if necessary to keep the garlic from caramelizing too much.
4. Add the cooked pasta to the garlic mixture and toss well to combine. Add some pasta cooking water if necessary to bring the dish to a creamy consistency. Serve with more olive oil and the minced tops of the green garlic, if desired.

Ingredients

Salt

1 pound spaghetti

1/3 cup extra-virgin olive oil

3 heads green garlic (or 4 cloves regular garlic), thinly sliced

1 tablespoon chopped parsley

Small pinch of red pepper flakes

