

#155 MAY 8, 2024

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



THIS WEEKEND

Sweet Alissum Cookies!

Mother's Day is Sunday
We have stocked our markets with some extra special items to make the mom's a great meal. Large boxes this week have an extra special sugar cookie made in house with edible flowers. We hope you enjoy!
What do mom's want on Mother's Day? Most of us would love to have our family close but the meal prep and clean up far away! Have the kids get involved with breakfast by scrambling some eggs and adding some greens to punch it up. Throw some edible flowers on top and mom will be impressed! Don't forget to give mom some rest and relaxation by making her a wonderful dinner. There is amazing halibut, salmon and shrimp in the NJ Market. We bring it in from the most sustainable sources so that you can feel good about your seafood purchase.

In your Box This Week!

- Heads of Lettuce*
- Rainbow Chard*
- Spinach*
- Red Kale*
- Edible Flowers*
- Microgreens*

Small

- Heads of Lettuce*
- Scallions*
- Red Kale*
- Spinach*
- Edible Flowers*
- Rice*
- Blue Potatoes
- Microgreens*

Medium

- Asparagus
- Heads of Lettuce*
- Bok Choy*
- Green Peppers
- Rainbow Chard*
- Red Kale*
- Rhubarb
- Spinach*
- Vidalia Onions
- Zucchini
- Mint*
- Edible Flowers*
- Rice*
- Microgreens*
- Edible Flower Sugar Cookie

Large



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What are we making this Week? Halibut Packets on the Grill!

Directions

- Cut halibut into 4-6 nice size portions
- Place each portion onto it's own large piece of parchment
- Add a lemon slice or 2 to the top of each piece of fish
- Add salt and pepper to each piece of fish
- Place asparagus spears next to each piece of fish
- Add a few cherry or chopped tomatoes
- Squeeze some lemon on top of each piece of fish
- Add a pat of butter to top of piece of fish
- Sprinkle a few fresh herbs

To secure parchment packets use these directions:

How To Make a Parchment Packet

1. Gather sides of parchment, keeping ingredients toward the middle of the sheet.
2. Begin to fold down the paper from the top of the parchment until you reach about an inch from the ingredients. ...
3. Tightly fold in the sides of the packet.
4. Crimp the edges tightly to ensure the packet closes fully.



This is my own recipe and it is marvelous and easy!

Ingredients

- 2 lbs halibut thawed if frozen or fresh, cut into nice individual portions for each person, usually 4-6 pieces from 2 lbs of halibut
- 1 pat of butter for each piece
- 1-2 slices of lemon for each piece
- 4 asparagus spears for each packet
- 2 cherry tomatoes or a large tomato diced
- Salt and pepper
- Fresh herbs like parsley or basil
- Squeeze of lemon each packet

Start your grills!

Halibut packets should be placed on a preheated grill, use medium high heat or around 450-500 degrees

Let cook on grill with cover closed for 15 minutes

Remove and serve the packets on a plate closed

Let your guests open the packets and be amazed by how delicious the fish, vegetables and sauce are!

Serve with some of our Blue Moon Acres Organic Rice on the side

Enjoy! Happy Mother's Day!

