

#159 JUNE 5, 2024

# BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



## Spring Things

Let's Talk about Garlic Scapes!

Garlic scapes are edible flower stalks that grow from hardneck garlic plants in late spring and early summer. They resemble green onions and have a similar texture to asparagus. Garlic scapes have a unique flavor that's a blend of onion, scallion, and garlic, but is usually milder and fresher than the garlic bulb itself.



How To Cook With Garlic Scapes

Garlic scapes can be eaten raw or cooked and added to many dishes. Wash the garlic scapes, and trim the end and the bud. Many people discard the bud because it can be quite fibrous, particularly in raw preparations.

The scapes can be tough, so for raw preparations, they're best served thinly sliced as a garnish, or pureed for use in pesto, sauces, or soups.

In your Box This Week!

- Microgreens\*
- Turnips\*
- Scallions\*
- Lettuce Mix\*
- Patty Pan Squash
- Strawberries\*

Small

- Heads of Lettuce\*
- Radishes\*
- Garlic Scapes\*
- Lettuce Mix\*
- Strawberries\*
- Rice\*
- Microgreens\*

Medium

- Microgreens\*
- Asparagus
- Heads of Lettuce\*
- Cherry Tomatoes
- Garlic Scapes\*
- Scallions\*
- Turnips\*
- Lettuce Mix\*
- Sugar Snap Peas
- Rice\*
- Microgreens\*

Large





## Green Goddess Dressing using Scapes

### Ingredients

- 1 1/2 teaspoons anchovy paste
- 1 garlic clove, or 3 scapes, chopped
- 3/4 cup fresh parsley leaves, tightly packed
- 1/2 cup tarragon leaves, tightly packed
- 1/4 cup chives leaves, tightly packed
- 2 tablespoons fresh lemon juice
- 1 cup mayonnaise
- 3/4 cup Greek yogurt, or sour cream
- Salt
- Freshly ground pepper

### Directions

Add the anchovy paste, garlic clove, parsley leaves, basil or tarragon leaves, chives, and lemon juice to your blender. Pulse a few times to chop and scrape down the sides.

Add the mayonnaise and yogurt or sour cream. Season with salt and pepper. Blend, stopping to scrape down the sides once or twice so that the herbs are fully incorporated, until totally smooth and a bright green color.

Serve immediately over salad or as a dipping sauce, or refrigerate in an airtight container for up to 2 days. We are slathering up our turkey burgers in this sauce!



## Turkey Burgers with Green Goddess Dressing (skip the ketchup!)

### Ingredients

- 3/4 cup red onion, finely chopped
- 2 cloves garlic, minced
- 1 pound ground turkey thighs
- 1 pound ground turkey breast
- 1/3 cup dry unseasoned breadcrumbs
- 3 tablespoons chopped fresh parsley
- 2 tablespoons lemon juice
- 1 large egg, lightly beaten
- Salt and Pepper

### Directions

- Combine all ingredients in a bowl
- Form Burger patties
- Grill until cooked through
- Serve with Green Goddess Dressing

