

#164 JULY 10, 2024

# BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



## Summer is in full swing at the farm!

Tomatoes are ripening and the corn is almost here!

One of my favorite memories as a kid growing up in the Garden State was going to pick the veggies for dinner: Green Beans (steamed lightly with lots of butter added) and Zucchini (grilled and brushed with olive oil, topped with parmesan cheese) from the garden. And there were always big, thick, juicy slices of red Tomatoes to go around. Simply topped with salt and pepper. Often still warm from the sun. In New Jersey, these are simple but delicious summertime side dishes.

## NJ Peach and Tomato Salad

sounds like a strange combo but trust me, it is delicious!

- 3 ripe peaches, sliced
- 3 ripe large tomatoes, sliced
- 15 mixed variety cherry tomatoes, halved
- 1 chunk good blue cheese like Stilton
- 10 basil leaves
- Good Extra Virgin Olive Oil
- Balsamic Vinegar
- Salt and Pepper

Arrange Peach Slices and Tomato slices alternating them around a plate or platter. Sprinkle halved cherry tomatoes all around. Dust everything with salt and pepper. Sprinkle small chunks of blue cheese all around. Tear bits of basil and sprinkle all around. Top with a drizzle of olive oil and balsamic vinegar. ENJOY!

*In your  
Box This  
Week!*

- Microgreens
- Carrots
- Cherry Tomatoes
- Green Beans
- Spring Mix

*Small*

- Microgreens
- Beets
- Carrots
- Cherry Tomatoes
- Gold Potatoes
- Green Beans
- Rainbow Chard
- Snow Peas
- Spring Mix
- Thyme

*Medium*

- Microgreens
- Beets
- Carrots
- Cherry Tomatoes
- Cucumbers
- Eggplant
- Gold Potatoes
- Green Beans
- Peppers
- Rainbow Chard
- Snow Peas
- Spring Mix
- Thyme
- Zucchini

*Large*



## Sweet Corn, Pancetta and Sage Risotto

Separate the sage leaves from the stems. Leave 12 leaves for topping (3 for each plate.) Finely chop the rest of it.

Place a large pot over medium high heat. Add the pancetta and cook for 5-7 minutes, until the fat is rendered and the meat is crispy. Remove the pancetta from the pan with a slotted spoon. Adjust the heat to medium.

Add the onion along with a pinch of salt. Cook for 5 minutes, stirring every minute or so, until fragrant and softened. If the pan is drying up, add the 1 tbsp of butter. Add the sweet corn, a few chopped sage leaves and a generous pinch of salt. Cook for 2 minutes until the sage is fragrant.

Add the rice. Stir into the corn mixture, then toast for 2 minutes until it is well coated in the pancetta fat/butter.

Pour in the wine and stir until it has almost evaporated.

Add the stock one ladleful at a time, stirring until each amount has absorbed before adding another. This should take between 15 and 20 minutes. Season with salt to taste.

Meanwhile, on a separate burner, pour olive oil in a small deep skillet. Heat on high. Once the oil is shimmering, add the reserved whole sage leaves and cook until crispy - not even 1 minute. Remove with a slotted spoon.

Reserve the sage infused oil for topping!

Once all of the stock has been absorbed, the rice should be cooked through but still have a little 'bite' to it - think al dente pasta. Add the juice of one lemon and stir until combined. At this point, turn the heat off. Add the grated cheese and 1 tbsp butter and stir well. Taste to ensure the salt levels are to your liking. Cover with a lid. Let it rest for 5 mins.

Plate the risotto. Top with reserved crispy pancetta, crispy sage leaves, black pepper and a swirl of sage infused olive oil.

**AND** if you are looking for a protein addition to this meal, try some fresh seared Sea Scallops. Approximately 4 Sea Scallops for each serving of Risotto.



## Ingredients

- 1 large bunch of sage
- 4oz. diced pancetta
- 1 medium white or sweet onion
- 1 1/2 cups fresh sweet corn kernels
- Diamond kosher salt
- 2 tbsp unsalted butter
- 1 1/2 cups Arborio or Maratelli rice
- 1/2 cup dry white wine
- 5 cups unsalted or low sodium vegetable or chicken stock
- Olive oil
- Juice of 1 lemon
- 1/2 cup grated Parmesan
- 1/2 cup grated Pecorino

Did you know that our own Maratelli Rice will be ready soon? Our rice fields are growing and our farmers have been out every day weeding it by hand. This is just one way that our rice is grown organically and we ensure such low arsenic levels!

