

#165 JULY 17, 2024

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



Cherry Tomatoes and full size Heirlooms Tomatoes are available now from our fields! You will find both of these in boxes this week and in our Markets. The recipe featured this week is for meatless Eggplant Balls. Similar in texture and taste to a traditional meatball only using eggplant. Use the tomatoes in your box to whip up a fresh tomato sauce, and add the Eggplant Balls in as a wonderful vegetarian dish. In our household of 4, (3 meat eaters and 1 vegetarian) we love this dish because it leaves no one out of a big, hearty, pasta dinner.



Ingredients

- 3 tablespoons olive oil
- 3 garlic cloves minced
- 2 pints cherry tomatoes
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 tablespoon Italian seasoning
- fresh basil, to garnish and extra flavor

Instructions

- In a large skillet over medium-high heat, add the oil and heat through for about one minute.
- Add the garlic and cook for 1 minute until fragrant and softened.
- Add the tomatoes, salt, pepper, Italian seasoning, and fresh basil if you desire. Cook and stir sauce the sauce for 10-15 minutes. Allow the sauce to simmer on medium-low heat until the tomatoes burst. Mash the tomatoes using a mashing utensil until desired consistency.
- Garnish with fresh basil. Serve over pasta, with a side of bread, or add Eggplant Balls (see recipe below).

In your Box This Week!

Microgreens
Cherry Tomatoes
Lettuce Mix
Shishito Peppers
Parsley

Small

Microgreens
Bell Pepper
Cherry Tomatoes
Eggplant
Lettuce Mix
Rainbow Chard
Parsley
BMA Black and Tan Rice

Medium

Microgreens
Bell Peppers
Cherry Tomatoes
Eggplant
Lettuce Mix
Rainbow Chard
Red Onions
Romaine Heads
Shishito Peppers
Heirloom Tomatoes
Parsley
BMA Black and Tan Rice

Large





Eggplant Balls!

the same flavors and ingredients as meatballs, only vegetarian!

Directions:

Heat oil in a medium skillet over medium heat. Add garlic and sauté until fragrant, about 1 minute.

Stir in eggplant and water. Reduce the heat to low, cover, and steam until eggplant is soft, about 20 minutes.

Transfer to a large bowl and let cool for 5 to 10 minutes.

Add parsley, bread crumbs, Parmesan, and eggs to eggplant; mix with a wooden spoon or your hands until thoroughly combined and mixture can be rolled into balls. Add more bread crumbs as needed to make mixture workable. Cover and refrigerate for 15 minutes.

Preheat the oven to 350 degrees F. Grease a baking sheet.

Roll chilled eggplant mixture into 18 balls; place onto the prepared baking sheet.

Bake in the preheated oven for 30 minutes. Serve immediately.



Ingredients

3 tablespoons olive oil

3 cloves garlic, minced

4 cups cubed eggplant, with peel

1 tablespoon water

1 cup chopped fresh parsley

¾ cup dry bread crumbs, or more as needed

½ cup grated Parmesan cheese

2 large eggs, beaten

Serve with spaghetti and your favorite tomato sauce

