

#166 JULY 24, 2024

# BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



## Corn and Melon Season is Here and it Sure is Sweet! Mexican Street Corn Salad

### Instructions

Preheat a grill to medium-high heat. Brush the corn with olive oil and grill for 2 minutes per side, or until char marks form. Remove from grill and set aside.

In a large bowl, combine the mayo, garlic, and lime zest and juice. Slice the kernels off the corn and add to the bowl along with the scallions. Stir to coat, then add the cheese, cilantro, smoked paprika, jalapeño, and salt. Season to taste and serve immediately or chill until ready to serve.

### Ingredients

- 4 ears fresh corn, husked
- Extra-virgin olive oil, for brushing
- 1½ tablespoons mayo, or vegan mayo
- 1 garlic clove, minced
- Zest and juice of 1 lime
- ⅓ cup chopped scallions
- ¼ cup crumbled Cotija, or feta cheese
- ¼ cup finely chopped fresh cilantro
- ¼ teaspoon smoked paprika, or chili powder
- 1 jalapeño pepper, diced\*
- ¼ teaspoon sea salt

In your  
Box This  
Week!

Microgreens  
Heads of Lettuce  
Cherry Tomatoes  
Sweet Corn  
Heirloom Tomatoes

Small

Microgreens  
Heads of Lettuce  
Beets  
Cherry Tomatoes  
Sweet Corn  
Eggplant  
Heirloom Tomatoes  
Cantaloupe  
Fingerling Potatoes

Medium

Microgreens  
Heads of Lettuce  
Beets  
Cherry Tomatoes  
Sweet Corn  
Eggplant  
Garlic  
Heirloom Tomatoes  
Yellow Onions  
Cantaloupe  
Fingerling Potatoes

Large





# Cantaloupe Pico de Gallo

## INGREDIENTS

- ½ cup cantaloupe diced
- ½ cup roma tomatoes diced
- ½ cup red onion finely diced
- 2 tablespoons finely diced cilantro
- ¼ teaspoon sea salt
- Juice from ½ a lime

## INSTRUCTIONS

Combine all ingredients in a medium bowl and toss to combine.  
Refrigerate for 1-2 hours before serving to allow flavors to marry.



## Health Benefits of Cantaloupe

Cantaloupes are full of vitamins, minerals, antioxidants, fiber, and water, and eating one to two cups a day can provide many health benefits:

### Hydration

Cantaloupes are high in water, which helps the digestive tract stay hydrated, detoxify the body, and expel waste.

### Immunity

Cantaloupes contain phytonutrients, which have anti-inflammatory properties and can help fight off disease. Vitamin A in cantaloupes also boosts immunity and white blood cell production.

### Blood pressure

Cantaloupes contain potassium, which can help lower high blood pressure by counteracting the effects of sodium in the body.

### Vitamin C

One cup of cantaloupe contains more than the daily recommended value of vitamin C, which is needed for the production of collagen, muscles, and blood vessels.

### Cancer risk

Cantaloupes contain beta-cryptoxanthin, an antioxidant that may reduce the risk of certain cancers, such as those of the lungs and esophagus. However, more human studies are needed to confirm these findings.

### Skin health

Cantaloupes' high water content can help keep skin healthy and elastic, and may even provide anti-aging benefits. Cantaloupe juice can also be used as a lotion to remove freckles and help with eczema.

