

#167 JULY 31, 2024

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



**Our Black Rice is back this week in medium and large boxes!
Black Rice Bowls with Crispy Tofu and Asian Slaw**

Ingredients

For the Rice:

- 1 cup Black/Forbidden Rice
- 1" knob Ginger, peeled and grated
- 2 cloves Garlic, minced
- 2 tbsp Reduced-Sodium Tamari
- 1 1/2 cup Filtered Water



Instructions:

Add all ingredients to a medium pot and bring to a boil over high heat.

Reduce heat to medium-low to maintain a simmer, cover, and cook until rice is tender and water is absorbed, about 35-40 minutes.

Remove from heat; let stand 10 minutes before serving.

While the Rice is cooking, prepare the Asian Slaw and any additional bowl toppings that you would like.

Once everything is ready, add the cooked Black Rice to the bottom of each bowl, then top with Asian Slaw, Crispy Tofu, and Broccoli (Optional). Garnish with freshly chopped Green Onion and Sesame Seeds, if desired.

Rice leftovers will keep in the fridge for up to 5 days.

*In your
Box This
Week!*

- Microgreens
- Bell Pepper
- Carrots
- Garlic
- Lettuce Mix
- Watermelon

Small

- Microgreens
- Bell Pepper
- Carrots
- Garlic
- Lettuce Mix
- Yellow Onions
- Watermelon
- Black Rice

Medium

- Microgreens
- Bell Peppers
- Carrots
- Garlic
- Jalapenos
- Lettuce Mix
- Yellow Onions
- Zucchini
- Watermelon
- Parsley
- Black Rice

Large



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Asian Slaw

Ingredients

- 1” piece Ginger, minced
- 1–2 cloves Garlic, minced
- ¼ cup Toasted Sesame Seeds
- ¼ cup Tamari
- 2 tbsp Rice Vinegar
- Juice of 1 Lime
- ¼ head Purple Cabbage, shredded
- 3 large Carrots, cut into thin matchsticks
- 1 large Seedless Cucumber, cut into thin matchsticks
- 1 Green Onions, finely chopped
- ¼ cup Thai Basil, loosely chopped
- Optional: Toasted Sesame Oil and/or Chili Oil, to taste



Instructions

First, whisk the Ginger, Garlic, Sesame Seeds, Tamari, Rice Vinegar, and Lime Juice together in the bottom of a large bowl. Add in Sesame Oil and/or Chili Oil, if desired.

Toss the remaining ingredients into the bowl and fold into the dressing until everything is well-coated.

Taste and add any extra ingredients to taste, if desired.

Let sit for at least 10 minutes before serving – the longer the better!

Crispy Tofu

Ingredients

- 1 14 oz. block Extra Firm Tofu
- 1 tbsp Reduced-Sodium Tamari
- 2 tbsp Nutritional Yeast, plus more to taste

Instructions

Preheat the oven to 425F.

Drain the liquid from the Tofu and “press” the extra liquid out by wrapping it in a clean dish towel, or by using a Tofu press. Try to get it as dry as possible!

Cut the Tofu into even cubes.

Add the cubed Tofu to a large bowl, then use a spatula to gently toss it with the Tamari, until evenly coated. Add the Nutritional Yeast, then gently mix until coated.

Transfer the cubes to a baking sheet lined with a silicone mat, leaving space between the cubes. Bake on the top rack of the oven for 20 minutes, then carefully flip the cubes.

Bake for another 20–30 minutes, depending on how crispy you like your tofu. The Tofu will also get slightly crispier as it cools.