

#163 JULY 3, 2024

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



In this week's Medium & Large Boxes: Blue Moon Acres own Certified Organic Black, or Forbidden, Rice

Rice Salads are a great option for any al fresco dining this time of year. Whether it is simply outside at your own home on a warm evening or if you are bringing a dish to a picnic or BBQ. The salad can be made ahead and the more it sits, the better it absorbs the citrus flavor .

*In your
Box This
Week!*

- MICROGREENS
 - ARUGULA
 - CARROTS
 - CUCUMBERS
 - POTATOES
 - GREEN BEANS
 - ROMAINE
- Small*

- MICROGREENS
 - ARUGULA
 - CARROTS
 - CUCUMBERS
 - POTATOES
 - GREEN BEANS
 - BMA BLACK RICE
 - ROMAINE
- Medium*

- MICROGREENS
 - ARUGULA
 - CARROTS
 - CHERRY TOMATOES
 - CUCUMBERS
 - FENNEL
 - POTATOES
 - GREEN BEANS
 - BMA BLACK RICE
 - ROMAINE
 - SHISHITO PEPPERS
 - SQUASH BLOSSOMS
- Large*

Ingredients

- 1 cup black rice
- 3 tablespoons olive oil or other healthy vegetable oil
- 3 to 4 cloves garlic, minced
- 3 to 4 scallions, green and white parts, thinly sliced
- 2 cups fresh corn kernels
- ¼ cup lemon or lime juice, or to taste
- ¼ to ½ cup chopped cilantro leaves, to taste
- 2 teaspoons ground cumin
- ½ teaspoon dried oregano
- ¼ teaspoon dried thyme
- ½ cup dried cranberries
- Salt and freshly ground pepper to taste
- ¼ cup toasted pumpkin seeds for topping





PREPARATION

Step 1

If using black rice, combine in a saucepan with 2 cups water. Bring to a rapid simmer, then lower the heat, cover, and simmer gently until the water is absorbed, about 30 minutes. If you'd like a more tender grain, add ½ cup additional water and cook until absorbed. If using wild rice, combine with 3 cups of water and cook as directed above.

Step 2

Just before the rice is done, heat half the oil in a large skillet. Add the garlic and sauté over low heat until golden. Add the scallions and corn kernels and sauté just until warmed through.

Step 3

Transfer the cooked rice to the skillet. Turn the heat up to medium-high, then add the lime juice, cilantro, cumin, oregano, thyme, cranberries, and remaining oil. Gently stir the mixture, then season to taste with salt and pepper.

Step 4

To serve, transfer to an serving platter and sprinkle the pumpkin seeds over the top.



Benefits of our Black Rice

Not only is this beautiful rice aesthetically pleasing, but it is rich in many health benefits. It is high in fiber and high in antioxidants, including anthocyanins. Other benefits of eating our own organically grown Black rice is the low Arsenic concentration that has so many people concerned with eating rice these days. Our rice is continually tested and is at, or right around, the levels of drinking water Arsenic levels. This is due to our commitment to robust soil health and our growing methods. We take care of our soil so that we can not be concerned with the high Arsenic levels found in other rice available in the stores. The other benefit of our rice is we take the time to properly store our harvested rice and freshly husk it on demand so that it doesn't turn rancid.

