

#170 AUGUST 23, 2024

# BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



Our Beets are in your Boxes this Week!

## Roasted Beet Salad with Blueberries

4 beets, trimmed, leaving 1 inch of stems attached

¼ cup minced shallot

2 tablespoons minced fresh parsley

2 tablespoons extra-virgin olive oil

1 tablespoon balsamic vinegar

1 tablespoon red wine vinegar

salt and pepper to taste

¼ cup crumbled feta cheese, small mozzarella balls, or burrata torn into pieces

1 cup fresh blueberries

Thinly sliced radishes and microgreens for garnish

## Directions

Preheat the oven to 400 degrees F

Wrap each beet individually in aluminum foil and place onto a baking sheet.

Bake beets in preheated oven until easily pierced with a fork, 45 minutes to 1 hour. Allow beets to cool until you can handle them. Peel beets and cut into 1/4-inch slices.

While beets are roasting, whisk shallots, parsley, olive oil, balsamic vinegar, and red wine vinegar together in a bowl until blended; season with salt and pepper and set aside.

Place warm, sliced beets onto a serving dish; pour vinaigrette over the beets and sprinkle with cheese, blueberries, radish slices and microgreens.

In your  
Box This  
Week!

Microgreens  
Heads of Lettuce  
Beets  
Garlic Heads  
Fingerling Potatoes

Small

Microgreens  
Heads of Lettuce  
Beets  
Sweet Corn  
Garlic Heads  
Jimmy Nardello Peppers  
Lemons  
Fingerling Potatoes

Medium

Microgreens  
Heads of Lettuce  
Beets  
Cherry Belle Radishes  
Sweet Corn  
Garlic Heads  
Green Beans  
Jimmy Nardello Peppers  
Yellow Onions  
Parsley  
Squash Blossoms  
Fingerling Potatoes

Large





Our own Garlic  
is also in Boxes this Week!

As the start of school approaches, I need to amp up my fresh ideas for slow cooker meals that can be whipped up while having my morning coffee and getting the kids ready to go. Getting home after a long day at work, magic has hopefully happened while you have been gone! There is nothing better than that simple lift of the lid, and you are practically ready to serve up dinner.

### Slow Cooker Honey Garlic Chicken

**Ingredients:**

- 1/2 tsp. kosher salt
- 12 medium-sized skinless, boneless chicken thighs (about 3 lb.)
- 1 Tbsp. canola oil
- 1/2 cup honey
- 2 Tbsp. soy sauce
- 1 Tbsp. rice vinegar
- 2 tsp. grated peeled fresh ginger
- 8 large garlic cloves, minced
- 1/4 cup butter, chopped
- 1 1/2 Tbsp. cornstarch
- Hot cooked sushi rice, for serving
- Sliced green onions, for serving



### Directions

- Sprinkle salt over top of the chicken thighs.
- Heat a 14-inch skillet over medium-high.
- Add oil to pan and swirl to coat. Add chicken to pan, seasoned side down.
- Cook until seared, about 3 minutes.
- Prepare sauce and cook: Place chicken, seared side up, in a 6-quart slow cooker.
- Whisk together honey, soy sauce, vinegar, ginger, and garlic in a medium bowl.
- Pour honey mixture over chicken.
- Sprinkle butter pieces over the top.
- Cover and cook until chicken is tender, 5 to 6 hours on Low or 3 to 4 hours on High.
- Finish sauce and serve: Remove chicken from slow cooker.
- Whisk together cornstarch and 3 tablespoons water in a small bowl; stir into sauce in cooker.
- Cook until slightly thickened, 3 to 5 minutes.
- Serve chicken over rice; top with sauce and green onions

