

#171 AUGUST 30, 2024

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



INCLUDED IN THIS WEEK'S BOXES:
THE LAST HARVEST OF OUR ORGANIC SWEET CORN
AND OUR OWN ORGANIC HAWAIIAN GINGER

IF YOU HAVE HAD YOUR FILL OF PLAIN CORN ON THE COB AS
YOUR STAPLE SIDE DISH OF SUMMER, TRY AN INTERESTING SPIN
ON CREAMED CORN USING OUR OWN HAWAIIAN GINGER!

COCONUT CREAMED CORN WITH GINGER



INGREDIENTS

- 5 OR 6 EARS FRESH SWEET CORN
(TO MAKE 3 TO 4 CUPS KERNELS)
- 1 TEASPOON VEGETABLE OIL
- ½ TEASPOON CUMIN SEEDS
- ⅓ CUP MINCED ONION
- 2 TABLESPOONS GRATED FRESH GINGER
- 2 CUPS UNSWEETENED COCONUT MILK
- SALT AND FRESHLY GROUND BLACK PEPPER
- CAYENNE PEPPER
- ¼ CUP FINELY CHOPPED FRESH CORIANDER LEAVES

*In your
Box This
Week!*

- Microgreens
- Corn
- Ginger
- Lettuce Mix
- Shishito Peppers
- Yellow Onions

Small

- Microgreens
- Carrots
- Corn
- Curly Kale
- Lettuce Mix
- Shishito Peppers
- Yellow Onions
- BMA Black Rice

Medium

- Microgreens
- Corn
- Carrots
- Cherry Tomatoes
- Curly Kale
- Ginger
- Lettuce Mix
- Shishito Peppers
- Yellow Onions
- Zucchini
- Thyme
- BMA Black Rice

Large



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STEP 1

HUSK THE CORN AND REMOVE THE SILK. STAND EACH EAR UPRIGHT IN A SHALLOW BOWL, AND CUT THE KERNELS OFF WITH A SHARP KNIFE. WITH THE BACK OF THE KNIFE, SCRAPE THE COB DOWN TO PRESS OUT THE MILK. SET ASIDE.

STEP 2

RUB THE BOTTOM OF A SAUTE PAN WITH THE OIL, AND PLACE OVER MEDIUM HEAT. ADD THE CUMIN AND ONION, AND SAUTE UNTIL THE ONION IS TRANSLUCENT, 2 TO 3 MINUTES. ADD CORN KERNELS WITH THEIR MILK, THE GINGER AND THE COCONUT MILK. SEASON TO TASTE WITH SALT, PEPPER AND CAYENNE. HEAT UNTIL SIMMERING; ADD CORIANDER, AND MIX WELL. SERVE HOT OR WARM AS A SIDE DISH, OR SERVE OVER BLACK RICE AS A HEARTY VEGETARIAN MEAL. PERHAPS WITH A SPRINKLE OF OUR MICROGREENS!

MEDIUM AND LARGE BOXES ARE ALSO GETTING OUR OWN BLACK RICE THIS WEEK!

BLACK RICE IS THE HIGHEST IN ANTIOXIDANT ACTIVITY AND CONTAINS MORE PROTEIN THAN BROWN RICE. AS SUCH, EATING IT MAY OFFER SEVERAL HEALTH BENEFITS, INCLUDING BOOSTING EYE AND HEART HEALTH, PROTECTING AGAINST CERTAIN FORMS OF CANCER, AND AIDING WEIGHT LOSS. OUR RICE IS ALSO EXTREMELY LOW IN ARSENIC LEVELS COMPARED TO OTHER RICE BRANDS. WE CONTINUALLY TEST OUR RICE AND OUR LEVELS OF ARSENIC ARE EQUIVALENT TO ACCEPTABLE DRINKING WATER STANDARDS.

