

#192 · JANUARY 23, 2025

# BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



## SIMPLE ROASTED CARROTS WITH DILL YOGURT

### DIRECTIONS

- Preheat the oven to 425 degrees. Line a [baking sheet](#) with either a silpat or parchment paper.
- Spread the carrots over the sheet and drizzle with oil. Toss lightly to coat and then spread out evenly. Season liberally with coarse salt. Roast for 20-30 minutes, or until the skin shows a little wrinkling.
- Move carrots to a serving platter or plate. Stir together yogurt, lemon juice and 2 Tbsp. fresh dill. Top the carrots with the yogurt mixture, then sprinkle with remaining dill, a little more coarse salt and freshly ground black pepper.

### INGREDIENTS

- 1.5 lbs carrots, ish, scrubbed clean, ends trimmed if you prefer
- 2 Tbsp. vegetable or olive oil
- Lots of coarse salt
- 4 Tbsp. chopped fresh dill, divided
- 1/2 cup plain Greek yogurt
- 1 Tbsp. lemon juice
- Freshly ground black pepper

<https://honestcooking.com/simple-roast-carrots-dill-yogurt/>

*Transplant Sale!*



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PAGE 01





## JAPANESE MAITAKE MUSHROOMS

### DIRECTIONS

- Tear maitake mushrooms into bite sized pieces (or larger steak like pieces if you prefer). Cook using dry-fry method, this means adding to the pan with nothing but heat. Sear them for 2-4 minutes on medium-high or until outside is slightly golden.
- Remove mushrooms from heat and reduce pan to medium-low. Add plant butter, green onion, ginger, and garlic to pan and cook for 1 minute.
- Add Japanese sake to pan, soy sauce, and sesame oil to pan. Once combined, then add mushrooms and sauté for 3-4 minutes.
- Garnish with your favorite microgreens
- Serve with some Blue Moon Acres Rice!

### INGREDIENTS

- 12 Ounces Maitake Mushrooms
- 2 Tablespoons Plant Butter
- 1/2 Cup Green Onion, chopped
- 1 Tablespoon Garlic, minced
- 1 Tablespoon Ginger, minced
- 2-3 Tablespoon Japanese Sake Wine
- 2 Tablespoon Soy Sauce
- 1 Teaspoon Sesame Oil

<https://www.farawaykitchen.com/recipe/japanese-maitake-mushrooms/>



*In your Box This Week!*

Microgreens\*  
Brussel Sprouts  
Carrots\*  
Garlic\*  
Dill

*Small*

Microgreens\*  
Beets  
Carrots\*  
Celery  
Garlic\*  
Dill  
Maitaki Mushrooms  
Fingerling Potatoes

*Medium*

Microgreens\*  
Beets  
Broccoli\*  
Butternut Squash  
Carrots\*  
Garlic\*  
Leeks  
Shallots\*  
Dill  
Maitaki Mushrooms  
Fingerling Potatoes

*Large*



Rice is back in stock in our Farm and Online Markets!

