

#193 · JANUARY 31, 2025

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



EASY VEGAN SUSHI

DIRECTIONS

- Cook your rice according to package instructions. Once done, place in a large bowl in the fridge to cool down.
- 2 cup uncooked sushi rice*
- Make the sauce by whisking together the soy sauce, maple syrup, cornstarch, ginger, garlic, and water. Set aside.
- ¼ cup soy sauce, 2 tablespoons maple syrup, 1 tablespoon cornstarch, ½ tablespoons grated ginger, 1 clove garlic, 2 tablespoons water
- In a large non-stick skillet, heat 1 tablespoon of oil over medium heat. Once hot, add in the tofu and saute for 5 minutes untouched. Once it has formed a nice crust, flip and cook for a few more minutes on each side, about 12 minutes total. Add in the sauce and cook for a few more minutes, tossing often, so that the sauce can thicken. Stir to ensure the tofu is evenly coated in the sauce. Remove from heat and set aside.
- 1 tablespoon oil, 1/2 block extra firm tofu
- Once rice is cooled down, mix in the rice vinegar and white wine vinegar and set aside.
- 2 tablespoons rice vinegar, 2 tablespoons white wine vinegar
- Assemble the sushi by placing a nori sheet on a sushi mat*. Spread 2/3 cup of the cooked rice over the nori sheet, leaving about 2/3 of an inch clean on one end (see video). Top with some of the cucumber, 2 pieces of the tofu, carrots, and 2 slices of avocado. Roll the nori sheet over top of the fillings and continue to gently and "tightly" roll the sheet until it's all the way rolled up. Repeat with the remaining ingredients (I end up with 5-6 rolls depending on how I filled them).
- 1 large, ½ of a cucumber, 5-6 Nori sheets, 1 Avocado
- Slice into 1 inch pieces and ENJOY! I LOVE mine with a little sliced ginger and a touch of soy sauce.

INGREDIENTS

- 2 cup uncooked sushi rice*
- ¼ cup soy sauce
- 2 tablespoons maple syrup
- 1 tablespoon cornstarch
- ½ tablespoons grated ginger
- 1 clove garlic minced
- 2 tablespoons water
- 1 tablespoon oil love toasted sesame oil in this recipe!
- ½ block extra firm tofu ~8 ounces, pressed and cut into 1/2 inch long strips (see photos and video for reference)*
- 1 large or 2 small carrot, thinly sliced
- ½ of a cucumber thinly sliced
- 1 Avocado thinly sliced
- 2 tablespoons rice vinegar
- 2 tablespoons white wine vinegar
- 5-6 Nori sheets

<https://foodwithfeeling.com/easy-vegan-sushi/#wprm-recipe-container-14357>

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FILIPINO GARLIC RICE

DIRECTIONS

- Add the oil and garlic to a large pan over medium low heat. Cook for about 4 to 5 minutes, until the oil becomes fragrant and the garlic turns a golden color.
- Add the rice and break it up using a rice paddle or spatula. Mix the rice with the garlic and cook for 2 to 3 minutes, until the rice is hot.
- Turn the heat off, add the chopped scallions and sprinkle the salt on top of the garlic rice and mix well in the pan.
- Transfer to a serving bowl and serve hot.

NOTES

- REFRIGERATING - Refrigerate in an airtight storage container for 5 to 7 days.
- FREEZING - Let the rice cool to room temperature and pack it in individual servings using freezer friendly storage bags. Freeze for 4 to 6 months.
- Reheat: Thaw the rice overnight in the fridge and reheat in a skillet over medium low heat for about 5 minutes.

INGREDIENTS

- 2 tablespoons vegetable or grapeseed oil
- 5 garlic cloves, thinly sliced
- 2 cups cooked cold leftover long grain white rice, such as jasmine rice
- 1/4 teaspoon rock salt
- 2 scallions, finely chopped

<https://pickledplum.com/filipino-garlic-rice/>



*In your
Box This
Week!*

Microgreens*
Avocado
Carrots*
Red Lettuce
Red Meat Radishes

Small

Microgreens*
Brussel Sprouts
Carrots*
Snap Peas
Bok Choy
Red Leaf Lettuce
BMA Sushi Rice*

Medium

Microgreens*
Avocado
Brussel Sprouts
Carrots*
Bok Choy
Snap Peas
Red Leaf Lettuce
Red Meat Radishes
BMA Sushi Rice*

Large



Transplants are now available for pre-order in our online shop!



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