

# BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



## DIRECTIONS THAI-SPICED BUTTERNUT SQUASH SOUP

- Prepare the lemongrass stalks by peeling off 1 or 2 layers of the dry outer leaves (if any). Slice the lemongrass stalks into 4-inch sections. If the tips at the top look dry, discard them. If the tips look fresh, tie them into a bundle with string (see photo below, left). Take a kitchen mallet and bash the bottom sections of the lemongrass to release more flavor. Set the lemongrass aside.
- Heat the oil in a large pot over medium heat. Add the onions, garlic, and ginger. Cook for about 4 minutes, stirring occasionally. Next, add the Thai chili, lemongrass sections, and 1/4 teaspoon of salt, and cook for another minute.
- Add the cubed butternut squash, vegetable broth, remaining 1/2 teaspoon of salt, coriander, and turmeric (if using). Use tongs to dig out the lemongrass sections and lay them at the top. Placing the lemongrass here will make them easier to remove when the soup is done cooking.
- Cover the pot and bring the broth to boil. Then, reduce the heat to low and simmer for another 10 to 13 minutes, covered. The soup is ready when the squash is fork tender.
- Uncover the pot and let the contents cool for 10 minutes.
- Use tongs to remove the lemongrass and discard. Add the coconut milk.
- Scoop the contents into a high-speed blender and blend in smaller batches until smooth. Alternatively, you can use an immersion blender and blend the soup directly inside the pot. Taste the soup and add more salt, if necessary.
- Serve the soup in bowls. Add a squeeze of lime juice, coconut milk, sliced scallions, and chili flakes, if you like..

## INGREDIENTS

- 2 to 3 stalks lemongrass, (see note 1)
- 2 tablespoons coconut oil, (see note 2)
- 1 small onion (about 130g), diced
- 4 cloves garlic, smashed
- 1-inch piece of ginger, sliced
- 2 to 3 Thai chilis, sliced (see note 3)
- 3/4 teaspoon sea salt, divided
- 5 cups cubed butternut squash, about 1 1/2 pounds, (see note 4)
- 4 cups vegetable broth
- 1/2 teaspoon ground coriander
- 1/4 teaspoon turmeric, optional
- 1/2 cup full-fat canned coconut milk, (see note 5)
- Optional Add-Ins
- sliced limes
- coconut milk, for drizzling
- chopped scallions
- chili flakes

<https://healthynibblesandbits.com/thai-spiced-creamy-butternut-squash-soup/>



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## PINK GRAPEFRUIT AND RADICCHIO SALAD

### DIRECTIONS

- Slice the top and bottom off one of the grapefruits. Stand it up on a cut side and, using a small sharp knife, slice off the peel and pith, following the curve of the fruit. Save the peels (there should be some red fruit clinging to the pith). Repeat with the other grapefruit. Slice both grapefruits into quarter-inch-thick rounds and arrange on a platter. Evenly sprinkle the dates on top.
- Squeeze the juice from the grapefruit peel into a small bowl. You should have about a tablespoon. If there is less, squeeze some from one of the grapefruit slices. Add the shallot and a pinch of salt; let sit for 5 minutes.
- Meanwhile, thinly slice the radicchio and add to a bowl. Add the shallot and grapefruit juice and toss to combine. Toss in 3 tablespoons of the oil.
- Sprinkle grapefruit slices with salt and drizzle with the remaining oil. Place a mound of the radicchio in the middle of the grapefruit, leaving a border of the fruit exposed. Sprinkle with pistachios and black pepper and serve immediately.

### INGREDIENTS

- 2 pink or red grapefruits
- 2 medjool dates, pitted and thinly sliced
- ½ medium shallot, peeled and thinly sliced
- Fine sea salt, to taste
- 1 small head radicchio, halved and cored
- 4 tablespoons extra-virgin olive oil
- 2 tablespoons coarsely chopped pistachio nuts
- Freshly ground black pepper

<https://cooking.nytimes.com/recipes/12383-pink-grapefruit-and-radicchio-salad-with-dates-and-pistachios>



*In your Box This Week!*

Microgreens\*  
Broccoli  
Carrots\*  
Ginger  
Green Onions  
Chard

Small

Microgreens\*  
Squash  
Broccoli  
Carrots\*  
Ginger  
Green Leaf Lettuce  
Radicchio  
Chard  
Cilantro

Medium

Microgreens\*  
Squash  
Broccoli  
Carrots\*  
Ginger  
Green Leaf Lettuce  
Green Onions  
Radicchio  
Chard  
Cilantro  
Lemongrass  
Oyster Mushrooms  
Early Bird Granola

Large



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



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