

#199 · MARCH 14, 2025

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



TOASTED BROWN RICE WITH MUSHROOMS AND THYME

DIRECTIONS

- Heat $\frac{1}{2}$ teaspoon olive oil in a medium saucepan set over medium heat. Add the onions and cook until soft, 4 to 5 minutes. Add the garlic and cook for 30 seconds.
- Add the rice and cook, stirring constantly, for 1 minute.
- Stir in the vegetable broth and water. Bring to a boil, cover saucepan and reduce heat to low.
- Cook until all of the liquid is absorbed, about 35 minutes.*
- Heat 1 teaspoon olive oil in a large nonstick skillet set over medium-high heat. Add the mushrooms and cook until starting to brown, about 4 minutes.
- Stir in the thyme and cook for 30 seconds.
- Add the mushrooms, parsley, salt and pepper to the rice, and stir to combine. Serve.

INGREDIENTS

- 1 $\frac{1}{2}$ teaspoons olive oil divided
- $\frac{1}{2}$ yellow onion chopped
- 2 garlic cloves minced
- 1 cup brown rice (I prefer basmati)
- 1 cup vegetable broth
- 1 cup water
- 8 ounces crimini mushrooms sliced
- 1 tablespoon minced fresh thyme
- 3 tablespoon minced flat-leaf parsley
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground pepper

<https://www.cookincanuck.com/toasted-brown-rice-mushrooms-thyme-recipe/#recipe>



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CHARRED ROMAINE SALAD

DRESSING:

- Add all dressing ingredients into a glass jar with a lid.
- Shake vigorously until a thickened dressing forms.
- Set aside to serve with the salad.

LETTUCE:

- Turn your oven to the broiler setting, on high.
- Cut the romaine hearts in half, leaving the bottom intact so that the leaves stay together. You will have four halves of romaine.
- Drizzle with the olive oil and rub on and into the leaves of the romaine. Sprinkle generously with salt and pepper on both sides.
- Place the romaine hearts, cut side down, on a large baking sheet and broil for 2-3 minutes, then flip and broil the other side for 2-3 minutes. Keep an eye on them, they should come out looking slightly charred but not burnt.
- Remove the sheet of romaine from the oven and, using tongs, place the hearts on a serving platter cut side up.
- Top each heart equally with the toasted walnuts and grated parmesan.
- Drizzle with the dressing and serve warm or at room temperature.

INGREDIENTS:

- 2 medium heads of romaine lettuce
- 1 tbsp olive oil
- Kosher salt
- Fresh cracked pepper
- 1/3 cup toasted walnuts
- 1/4 cup freshly grated parmesan cheese

Dressing:

- 1/2 tsp dijon
- 1/4 cup parmesan
- Juice from 1/2 of a large lemon
- 1/4 cup olive oil
- 1/4 teaspoon Kosher salt
- 1/8 teaspoon fresh cracked pepper

<https://kathleenashmore.com/charred-romaine-salad-with-walnuts-lemon-parmesan-dressing/#wprm-recipe-container-6148>



In your Box This Week!

Microgreens*
Black Radishes
Chard*
Romaine Head
Shallots
Cremini Mushrooms

Small

Microgreens*
Black Radishes
Carrots*
Kale*
Garlic*
Scallions*
Romaine Head
Shallots
Parsley
BMA Medium Grain
Brown Rice*

Medium

Microgreens*
Black Radishes
Carrots*
Garlic*
Leeks
Chard*
Romaine Head
Shallots
Cilantro*
Parsley
Japanese Sweet Potatoes
Cremini Mushrooms
BMA Medium Grain Brown
Rice*

Large



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

