

#200 · MARCH 21, 2025

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!

SAUTEED OYSTER MUSHROOMS WITH GARLIC BUTTER

DIRECTIONS

- Prep the mushrooms: Gently pat the mushrooms with a clean towel to absorb any excess moisture. Trim off the hard stem at the base of each clump of mushrooms. Separate large clusters into more bite-sized pieces, using your hands or a knife.
- Place a large (10-12-inch) nonstick pan over medium-high heat. When a drop of water sizzles and evaporates on contact, add the oil to the pan. Arrange the mushrooms in one layer. Cook, without turning, until one side is golden brown and crisp. Sprinkle with salt and pepper to taste and toss. *Note: If the mushrooms don't fit in one layer in your pan, cook them in 2 batches, adding a little more oil as needed.
- Transfer the mushrooms to a serving platter. Without returning the pan to the heat, add the butter, garlic and parsley to the hot pan, swirling until the butter melts and the garlic is fragrant.
- Pour the garlic butter over the mushrooms and serve.

Ideas for serving:

- Make mushroom toast: Spoon over toasted slices of garlic bread with some grated Parmesan cheese or melted cheese.
- Toss the mushrooms with cooked pasta.
- Add the mushrooms to softly scrambled eggs for a fancy breakfast dish.

INGREDIENTS

- 10 ounces (284 g) oyster mushrooms
- 1 tablespoon (15 ml) extra virgin olive oil
- Salt and freshly ground black pepper
- 2 tablespoons (30 g) butter
- 1 clove garlic finely chopped or grated
- ¼ cup (15 g) fresh Italian parsley leaves

<https://familystylefood.com/sauteed-oyster-mushrooms/#wprm-recipe-container-83798>



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BALSAMIC CARAMELIZED SHALLOT PASTA

DIRECTIONS

- Cook pasta according to package instructions. Reserve a cup of pasta water before draining.
- Heat olive oil in a large skillet over medium heat. Add the sliced shallots and cook until tender, stirring occasionally, about 10 to 15 minutes. Add the balsamic vinegar and brown sugar to the skillet, stir, and cook for 5 more minutes until most of the moisture has evaporated and the shallots have cooked down (they should be almost sticky).
- Transfer the drained pasta to the skillet and pour in a little bit of pasta water. Stir in the parsley and parmesan cheese. Add more pasta water as desired to ensure that the noodles are evenly coated with cheese, herbs, and shallots. Top with more cheese and drizzle with balsamic reduction if desired before serving.

NOTES

- To increase the protein content, use lentil or chickpea pasta or add white beans or chicken.
- Store leftovers in an airtight container in the fridge for 2 to 3 days. Reheat in the microwave for about a minute until warmed through.

INGREDIENTS:

- 8 ounces penne pasta about 2 cups dry
- 2 tablespoon olive oil can sub butter
- 1 pound shallots about 9 to 10 shallots; peeled and sliced into rings
- Salt to taste
- Freshly ground black pepper to taste
- 3 tablespoon balsamic vinegar
- 2 tablespoon packed brown sugar
- 1/3 cup chopped fresh parsley
- 1/2 cup freshly grated parmesan cheese more to taste
- Balsamic reduction for serving, optional

<https://itsavegworldafterall.com/caramelized-shallot-pasta/#recipe>



In your Box This Week!

Microgreens*
Beets
Scallions*
Chard*
Shallots
Cilantro*

Small

Microgreens*
Beets
Carrots*
Kale*
Ginger
Shallots
Lemons
Daikon Radish
Fingerling Potatoes

Medium

Microgreens*
Baby Arugula*
Baby Brocolette
Beets
Carrots*
Collards*
Ginger
Chard*
Shallots
Lemons
Daikon Radishes
Oyster Mushrooms
Fingerling Potatoes

Large



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

