

#201 · MARCH 28, 2025

# BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



## CRISPY ROASTED MAITAKE MUSHROOMS

### DIRECTIONS

- Line a baking sheet with parchment paper and preheat your oven to 350°F (180°C).
- Shred the 250 grams maitake mushrooms with your hands into pieces that are about 3 1/2 inches in size (9cm) and 3/4 inch thick (2cm).
- Add the maitakes to a bowl, drizzle them with 3 tablespoons olive oil, and then toss to coat evenly.
- Sprinkle on the 1/8 teaspoon salt, 1/4 teaspoon black pepper, and 30 grams pecorino romano, then toss to coat evenly.
- Spread the mushrooms around the parchment-lined pan so they don't overlap.
- Roast the maitake mushrooms for 15 minutes.
- Remove the pan from the oven and flip the mushrooms over. Continue roasting for another 10-15 minutes or until golden brown and crispy around the edges.

### INGREDIENTS

- 250 grams maitake mushrooms
- 3 tablespoons olive oil
- 1/4 teaspoon black pepper
- 1/8 teaspoon salt
- 30 grams pecorino romano grated

<https://marcsrecipes.com/crispy-roasted-maitake-mushrooms/>



**PENNINGTON MARKET**

Get ready to mark your calendars!  
Our Pennington Market is set to open for the season in Mid-April.  
Check our socials for updates!

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## TUSCAN KALE SALAD

### DIRECTIONS

- Wash the kale. Stack the leaves and place the top leaf so that the stem is horizontal. Start on the non-woody stem end to make thin slices until about  $\frac{3}{4}$  down. Then de-stem the remaining portion of each kale leaf, removing the harder stem. Roughly chop remaining kale.
- Place kale in large bowl and sprinkle with  $\frac{1}{4}$  teaspoon salt. Gently massage kale with your hands, breaking down the fibers. Let kale sit to further soften while you prepare remaining ingredients.
- **MAKE THE DRESSING:** In a small bowl, whisk together miso, mustard, balsamic vinegar, maple syrup and water.
- Thinly slice scallions; dice cucumbers and red peppers, thinly slice cabbage and carrots. Add to bowl with kale. Sprinkle on marcona almonds.
- Pour  $\frac{1}{2}$  the dressing over the salad and mix until everything is well incorporated. Pour on additional dressing, as desired and mix again.

### Ingredients

- 1 bunch lacinato kale
- 4 scallions thinly sliced
- 3 small Persian cucumbers diced
- 2 cups shredded cabbage
- 3 carrots chopped into thin rounds
- 1 red pepper diced
- $\frac{3}{4}$  cup marcona almonds
- **OPTIONAL:**  $\frac{1}{4}$  teaspoon sea salt\*

### Balsamic Miso Dressing

- $\frac{1}{4}$  cup light miso\*
- 2 teaspoons balsamic vinegar
- 2 teaspoons dijon mustard
- $\frac{1}{4}$  cup water
- 1 Tablespoon maple syrup

<https://debraklein.com/tuscan-kale-salad/#recipe>



*In your  
Box This  
Week!*

**Microgreens\***  
**Beets**  
**Cucumber**  
**Red Lettuce Heads**  
**Tuscan Kale\***  
**Lemon**  
**Cilantro\***

*Small*

**Microgreens\***  
**Cucumber**  
**Scallions\***  
**Red Leaf Lettuce Heads**  
**Shallots\***  
**Tuscan Kale\***  
**Lemon**  
**BMA Black and Tan  
Rice\***

*Medium*

**Microgreens\***  
**Baby Arugula\***  
**Acorn Squash**  
**Beets**  
**Broccoli Rabe\***  
**Cucumber**  
**Scallions\***  
**Tuscan Kale\***  
**Lemon**  
**Parsley**  
**Maitaki Mushrooms**  
**Fingerling Potatoes**  
**BMA Black and Tan Rice\***

*Large*



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



**PCO**  
CERTIFIED ORGANIC

