

#198 · MARCH 7, 2025

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



GARLIC PARM ROASTED CAULIFLOWER

DIRECTIONS

- Place a large rimmed baking sheet on the center rack of the oven; preheat oven to 450°F.
- Cut the cauliflower into small florets and add to a large bowl. Toss with olive oil, paprika, salt, and black pepper.
- Empty cauliflower out onto preheated baking sheet. Arrange florets in a single layer, avoiding overcrowding. Roast for 20 to 25 minutes, tossing once midway through, until lightly charred and tender.
- Sprinkle Parmesan cheese and garlic over cauliflower and place back in the oven for 5 more minutes.
- Spritz lemon juice ovetop and garnish with fresh parsley; toss and serve.

INGREDIENTS

- 1 medium head cauliflower, cut into florets (about 8 cups)
- 3 Tbsp. extra-virgin olive oil
- 1 1/2 tsp. paprika
- 3/4 tsp. kosher salt
- 1/2 tsp. cracked black pepper
- 3 garlic cloves, minced
- 2 to 3 Tbsp. grated Parmesan cheese
- Juice of 1/2 lemon
- 2 Tbsp. finely chopped fresh parsley

<https://dishingouthealth.com/parmesan-roasted-cauliflower/#wprm-recipe-container-26001>



Transplant Sale!



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CHIOGGIA BEET BORANI WITH FETA

DIRECTIONS

- Preheat oven to 350°F. Rub beets with 1 teaspoon olive oil and season with 1/4 teaspoon salt. Roast on a baking sheet until tender, about 50 to 60 minutes. Let cool, then peel. Cut the beets into medium chunks and set aside.
- Toast the cumin seeds in a dry skillet until fragrant, 1 to 2 minutes, then grind into a powder, preferably with a mortar and pestle.
- In a small sauté pan over medium low heat, heat 2 teaspoons olive oil and sweat garlic and shallot until tender, 4 to 5 minutes.
- In a blender or a food processor, combine the beets, 1/4 cup olive oil, 1/2 teaspoon salt, cumin, garlic, shallot, yogurt, and lime. Continue pulsing until very smooth. This recipe yields about 2 cups.
- Spoon borani into a serving bowl. Sprinkle with feta, sesame seeds, and finishing sea salt and drizzle with extra virgin olive oil. Serve with baguette or crackers.

INGREDIENTS:

- 3 medium chioggia beets
- 1/4 cup plus 3 teaspoons extra virgin olive oil, divided
- 3/4 teaspoon kosher salt, divided
- 1/2 teaspoon cumin seeds
- 1 clove garlic, thinly sliced
- 1/2 medium shallot, thinly sliced
- 1 cup whole milk Greek yogurt
- 2 tablespoons lime juice
- 2 oz fresh goats milk feta, crumbled (about 1/4 cup)
- 1 tablespoon sesame seeds, toasted
- fleur de sel or Jacobsen salt, more for serving
- grilled or toasted baguette or seeded crackers, for serving

<https://www.epicurious.com/recipes/food/views/chioggia-beet-borani-with-feta-and-toasted-sesame-seeds-51243230>



*In your
Box This
Week!*

Microgreens*
Bell Peppers
Carrots*
Celery
Garlic*
Chioggia Beets

Small

Microgreens*
Bell Peppers
Carrots*
Cauliflower
Celery
Garlic*
Chard*
Chioggia Beets
Fingerling Potatoes

Medium

Microgreens*
Acorn Squash
Avocado
Bell Peppers
Carrots*
Cauliflower
Celery
Garlic*
Chard*
Red Lettuce Heads
Spinach*
Chioggia Beets
Fingerling Potatoes

Large



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