

#202 · APRIL 4, 2025

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!

ZUCCHINI PATTIES

DIRECTIONS

- Place zucchini, eggs, flour, Parmesan cheese, mozzarella cheese, onion, and salt in a medium bowl; stir until well combined.
- Heat oil in a skillet over medium-high heat.
- Scoop tablespoonfuls of zucchini mixture into hot oil and fry, working in batches, until golden brown, about 2 minutes per side.

INGREDIENTS

- 2 cups grated zucchini
- 2 large eggs, beaten
- ½ cup all-purpose flour
- ½ cup grated Parmesan cheese
- ½ cup shredded mozzarella cheese
- ¼ cup chopped onion
- salt to taste
- 2 tablespoons vegetable oil

<https://www.allrecipes.com/recipe/13941/zucchini-patties/>



NG Market

REOPENING SOON

April 18, 2025

Save The Date



Pennington Market Hours:
Fridays 9am–5pm
Saturdays 9am–3pm

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FENNEL CARROT SOUP WITH GINGER

DIRECTIONS

- Heat coconut oil over medium heat in a large, heavy pot.
- Add onions, ginger and turmeric root, and sauté for 4 minutes.
- Add carrots, fennel and fennel fronds, black pepper and salt and sauté for 6 minutes.
- Add broth and water, cover, and cook for 15-20 minutes, until vegetables are very tender.
- Add coconut milk and heat for an additional 2 minutes. Turn off heat, and blend soup with an immersion blender until very smooth and creamy. Alternatively, puree soup in a large blender in batches. May reheat soup for a few minutes as needed.
- Makes 4 servings (about 1 ¼ cups each).
- May garnish soup (optional) by filling each bowl with soup, drizzling with 1 teaspoon coconut oil, sprinkling with ¼ teaspoon fresh turmeric, arranging with 1 tablespoon shaved coconut, and fresh fennel fronds.

Ingredients

- 1 tablespoon coconut oil
- 1 large (about 11 ounces) white onion, chopped
- 1 2-inch ginger root, peeled, chopped
- 1 2-inch turmeric root, peeled, chopped
- 4 medium (2 ounces each) orange or yellow carrots, sliced
- 1 medium (about 11 ounces) fennel bulb, sliced (reserve ½ cup fennel fronds)*
- *1/2 cup chopped fennel fronds (plus more for garnish)
- ½ teaspoon black pepper
- ¼ teaspoon salt (optional)
- 2 cups vegetable broth
- 1 cup water
- 1 cup coconut milk beverage, plain, unsweetened (not canned, i.e., So Delicious Coconut Milk Beverage)

<https://sharonpalmer.com/fennel-carrot-soup-with-ginger-and-turmeric/>



In your Box This Week!

Microgreens*
Carrots*
Little Gem Lettuce
Chard*
Turnips
Zucchini
Parsley*

Small

Microgreens*
Baby Arugula*
Broccoli
Carrots*
Collard Greens*
Fennel
Ginger
Little Gem Lettuce
Red Scallions*
Turnips
Zucchini
Cilantro*
Fingerling Potatoes

Large

Microgreens*
Broccoli
Carrots*
Ginger
Scallions*
Little Gem Lettuce
Chard*
Turnips
Zucchini

Medium



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

