

#251 · MARCH 13, 2026

# BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



## GREEN GARLIC RISOTTO

### DIRECTIONS

1. In a medium saucepan bring the broth to a simmer. Reduce the heat and keep warm. In a large heavy bottom pot heat 2 tablespoons of the butter over medium high heat. Add the green garlic and a hefty pinch of salt and pepper. Cook, stirring often, until fragrant and tender, about 3 minutes. Add the rice and cook, stirring often for about 1 minute.
2. Add the wine and stir until evaporated, about 2 minutes. With a ladle add about 1 cup of the warm broth. Cook, stirring often, until broth is absorbed, about 4 minutes. Keep adding broth, 1 cup at a time until the rice is tender but still al dente and sauce is creamy (you may end up with more broth than you need), about 20-25 minutes.
3. Remove the skillet from the heat and stir in the mizuna, the remaining 2 tablespoons of butter and the parmesan cheese. Season to taste with salt and pepper and serve warm.

### NOTES

- \*Use this recipe as a guide \*Adjust measurements and ingredients as necessary
- \*Cooking times will vary from kitchen to kitchen

### INGREDIENTS

- 6 cups vegetable broth
- 4 tablespoons unsalted butter, divided
- 3 stalks of green garlic, finely chopped (white and pale green parts only)
- pinch of salt and pepper
- 1 cup short grain white rice or maratelli
- 1/2 cup dry white wine, such as a Pinot Grigio
- 1 cup mizuna, roughly chopped (or arugula)
- 2 tablespoons freshly grated parmesan cheese
- salt and pepper to taste

<https://dishingupthedirt.com/recipes/entree/green-garlic-risotto/>



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# JAPANESE-STYLE FERMENTED SPIRALIZED RADISH

## INGREDIENTS

- 1.5 pounds purple daikon radish
- 6 green onions
- 3/4 Tablespoon sea salt

<https://www.fermentationrecipes.com/japanese-style-fermented-spiralized-radish/3137#zrzn-recipe-container>



## DIRECTIONS:

1. Prepare ingredients - gently clean the radishes and green onion. Cut the green onion into pieces approximately an inch long.
2. Spiralize - utilizing your spiralizer, spiralize the radishes.
3. Toss with salt - place the spiralized radishes and onion in a bowl and toss with the sea salt. Allow them to sit for 30-60 minutes until they begin to sweat.
4. Place in fermentation vessel - Place the salted ingredients into your preferred fermentation vessel. Be sure to include all liquid which may have pooled in the bowl after salting. For this fermentation, I used a 1 quart mason jar topped with an airlock. For larger quantities you can use a more formal fermentation crock such as this one.
5. Wait impatiently - allow to ferment for a few weeks. If you allow it to ferment longer, you'll be fine. The dish will gradually get more sour.
6. Refrigerate - once the fermentation is complete, place the ferment into storage jars (if you're not already using a mason jar) and refrigerate.

**In your Box This Week!**

- Small**
  - Microgreens\*
  - Baby Lettuce Heads\*
  - Curly Kale\*
  - Green Beans
  - Shallots\*
  - Purple Daikon Radish
- Medium**
  - Microgreens\*
  - Lettuce Mix\*
  - Brussels Sprouts
  - Green Onions\*
  - Winter Greens\*
  - Cilantro\*
  - BMA Sushi Rice
- Large**
  - Microgreens\*
  - Lettuce Mix\*
  - Broccoli
  - Brussels Sprouts
  - Cauliflower
  - Green Garlic
  - Leeks
  - Winter Greens\*
  - Purple Daikon Radishes
  - BMA Sushi Rice\*



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Fridays 9am-3pm

