

#254 · APRIL 3, 2026

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



GREEN GARLIC PARATHA

DIRECTIONS

1. Make a fine paste of the coriander leaves, garlic, chilis, cumin seeds using as little water as required
2. To the flour, add the coriander garlic paste and salt - mix well to form a soft dough - you may not need any water to knead the dough. Apply the oil, cover and set aside for 15 minutes
3. Divide the dough into 10 balls and roll them out into thin discs. Heat a griddle and place a paratha on it. Cook both sides until brown spots appear on them
4. Smear a tablespoon of oil on each side, cook for another minutes and remove from heat. Serve your healthy and yummy green garlic parathas with achar and yogurt for a hearty meal. Enjoy!

INGREDIENTS

- 1.5 cups whole wheat flour
- 1 cup coriander leaves roughly chopped
- 1 cup green garlic roughly chopped
- 2-3 cloves garlic
- 1-2 chilis roughly chopped
- ½ tsp cumin seeds
- 2 tbsp oil or ghee + more for cooking
- 1 tsp salt

<https://kitchenmai.com/green-garlic-paratha/#wprm-recipe-container-10033>

Pennington Market
REOPENING SOON
April 17, 2026
Save The Date

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



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BOK CHOY IN GINGER SAUCE

DIRECTIONS:

- Cutting** - Trim the base of the bok choy then separate all the leaves. Leave the delicate baby bok choy in the centre intact, it's precious! Cut giant stems in half lengthwise so they are all roughly the same size. Rinse in colander, shake off excess water (don't need to dry fully).
- Sauce** - Stir Sauce ingredients except water in a jug until cornflour is dissolved. (Easier to make lump free with less liquid). Then stir in water.
- Gingery oil** - Put the ginger and oil in a large non-stick pan. Turn onto medium heat. Once the ginger starts sizzling, sauté for 1 minute until it turns light golden and is a bit floppy. Add bok choy then use 2 spatulas to toss the ginger for around 15 seconds to coat.
- Steam** - Turn heat up to medium, pour water over. Cover with lid and steam for just 45 seconds.
- Sauce** - Remove lid (bok choy will still be a bit underdone), pour in sauce, toss for 30 seconds until sauce changes from murky to clear, and thickens. Bok choy should be just floppy but still soft crunch, not mushy. If your sauce gets too thick (Note 4), add a tiny splash of water and mix.
- Serve** - Pour the bok choy and all the sauce onto a serving plate, then eat!

INGREDIENTS

- 6 small bok choys , up to ~17cm/7" long, or other Asian greens
- 2 tbsp vegetable oil
- 1/4 cup ginger , finely julienned (or 1 tbsp garlic)
- 1/4 cup water

SAUCE:

- 3 tsp cornflour/cornstarch
- 1 1/2 tsp light soy sauce , or all-purpose soy
- 1 tsp oyster sauce (sub vegetarian oyster sauce)
- 2 tsp Chinese cooking wine
- 1 tsp sesame oil, toasted
- 1/4 cup water
- 1/4 tsp cooking salt
- Pinch white pepper

<https://www.recipetineats.com/bok-choy-in-ginger-sauce/#recipe>



In your Box This Week!

Microgreens*
Lettuce Mix*
Carrots*
Red Onions*
Leafy Greens*
Cilantro*

Small

Microgreens*
Lettuce Mix*
Baby Bok Choy
Broccoli Rabe*
Carrots*
Shallots*
Leafy Greens*
Thyme*
Fingerling Potatoes

Medium

Microgreens*
Lettuce Mix*
Baby Bok Choy
Broccoli Rabe*
Carrots*
Fennel
Green Garlic
Shallots*
Leafy Greens*
Zucchini
Thyme*
Fingerling Potatoes

Large



Buckingham Market Hours:
Fridays 9am-3pm



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