

#255 · APRIL 10, 2026

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



MY MOTHER'S LEBANESE TABBOULEH

DIRECTIONS

1. Put the bulgur in a bowl, cover it with an inch of just-boiled water, and let it sit at least 20 minutes. (It will double in size.)
2. Wash and dry the parsley and mint. Remove the stems, finely chop the herbs together, and put them in a large mixing bowl.
3. Peel and deseed the cucumber half. Slice it lengthwise into thirds, then chop. Chop the scallions and tomatoes and add them to the cucumber, parsley, and mint.
4. Drain any remaining water out of the bulgur and add it to the vegetables.
5. Add the lemon juice, olive oil, salt, and pepper to the salad. Mix well, taste, and adjust the seasoning and olive oil as needed.

INGREDIENTS

- 1 cup fine bulgur (sometimes called #1)
- 2 bunch curly parsley
- 12 large mint leaves
- 1/2 English cucumber
- 5 scallions
- 3 medium tomatoes
- 2 lemons, juiced (about 6 tablespoons)
- 1/2 cup extra-virgin olive oil
- 1 pinch salt and pepper, plus more to taste

<https://food52.com/recipes/29842-my-mother-s-lebanese-tabbouleh>

NJ Market
REOPENING SOON
April 17, 2026
Save The Date

Pennington Market Hours:
Fridays 9am-5pm
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WARM CHICKEN AND SWISS CHARD

DIRECTIONS:

1. Preheat oven to 350°. Toast almonds on a rimmed baking sheet, tossing once, until darkened slightly, 6–8 minutes. Let cool, then coarsely chop.
2. Meanwhile, season chicken with salt; set aside. Remove ribs and stems from Swiss chard leaves. Tear leaves into 3" pieces. Cut thicker ends of stems on a diagonal into 1" pieces; discard thin ends.
3. Combine shallot, lemon zest, lemon juice, vinegar, and cumin seeds in a large bowl; toss to coat. Season vinaigrette with salt.
4. Heat 1 Tbsp. oil in a large skillet over medium-high. Cook chicken thighs, undisturbed, until golden brown underneath, about 5 minutes. Turn and cook until golden brown on other side and cooked through, about 5 minutes. Transfer to a cutting board; reserve skillet with pan juices. Let chicken rest 5 minutes, then cut into 1" pieces. Whisk pan juices and 4 Tbsp. oil into vinaigrette.
5. Cook Swiss chard stems in a large pot of generously salted boiling water until slightly tender, about 2 minutes. Using a slotted spoon, transfer stems to bowl with vinaigrette; toss well. Working in batches if needed, cook Swiss chard leaves until just wilted and bright green, 15–30 seconds. Drain leaves and let cool slightly. Squeeze out as much liquid as possible. Separate leaves and add to vinaigrette along with dates, olives, and chicken; toss well.
6. Transfer salad to plates; drizzle with oil and top with almonds.

INGREDIENTS

- 3 Tbsp. raw skin-on almonds
- 4 skinless, boneless chicken thighs (about 1¼ lb.)
- Kosher salt
- 2 large bunches Swiss chard, preferably rainbow (about 1 lb.)
- 1 large shallot, thinly sliced
- 1 tsp. finely grated lemon zest
- 2 Tbsp. fresh lemon juice
- 1 Tbsp. white wine vinegar
- ½ tsp. cumin seeds, crushed
- 5 Tbsp. extra-virgin olive oil, divided, plus more for drizzling
- 6 Medjool dates, pitted, coarsely chopped
- ⅓ cup kalamata olives, pitted, coarsely chopped

<https://www.bonappetit.com/recipe/warm-chicken-and-swiss-chard-salad>



In your Box This Week!

Microgreens*
Lettuce Mix*
 Beets
Rainbow Chard*
 Zucchini
 Cilantro*
 Parsley*
 Small

Microgreens*
Lettuce Mix*
Rainbow Chard*
 Zucchini
 Parsley*
 Edible Flowers*
 BMA Short Grain
 White Rice
 Medium

Microgreens*
Lettuce Mix*
 Cauliflower
 Green Beans
 Radicchio
Rainbow Chard*
 Zucchini
 Parsley*
 Edible Flowers*
 Cremini Mushrooms
 BMA Short Grain
 White Rice*
 Large



Buckingham Market Hours:
 Fridays 9am-3pm

