

#256 · APRIL 17, 2026

# BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



## LAO HU CAI (TIGER SALAD)

### DIRECTIONS

1. In a medium mixing bowl, combine celery, long hot green pepper, scallions, and chopped cilantro.
2. In a small bowl, combine rice vinegar, salt, and sugar, then stir to dissolve the salt and sugar completely. Add soy sauce and sesame oil and stir to combine.
3. Pour dressing over vegetables, tossing to ensure thorough distribution.
4. Mound vegetables on a serving plate and sprinkle dried shrimp all over the top. Serve immediately.

### INGREDIENTS

- 3 celery ribs (5 ounces; 140 g), preferably cut from closer to the heart, peeled of tough fibers and cut into quite thick matchstick lengths
- 1/2 long hot green pepper (1/2 ounce; 14 g), split in half, each half then cut on a bias (see note)
- 2 medium scallions, sliced thinly on a bias (2 ounces; 56 g)
- 1 small bunch cilantro leaves and tender stems, torn by hand or chopped into 3-inch lengths (1 ounce; 28 g)
- 1 tablespoon (15 ml) rice vinegar
- 3/4 teaspoon Diamond Crystal kosher salt; if using table salt, use half as much by volume
- 3/4 teaspoon sugar
- 1/4 teaspoon soy sauce
- 1 teaspoon sesame oil
- 2 tablespoons tiny dried shrimp (0.2 ounce; 6 g)

<https://www.serious-eats.com/tiger-salad-recipe>



**Our Pennington Market is OPEN for the season!**

Visit us this season for all the best harvests from our Certified Organic fields and greenhouses.

We've partnered again with local growers and makers to fill out our shelves and coolers to make our market a one stop shop.

**Pennington Market hours:**

Fridays 9am-5pm  
Saturdays 9am-3pm

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# BUDDHA BOWL WITH BEETS AND QUINOA

## DIRECTIONS:

1. Make the Beet and Tahini Dressing
2. Steam Beets: Fill a pot with water up to the height of your steamer basket. Bring to a boil, add red ruby and golden beets, cover and steam until tender, about 30 minutes. Set aside to color briefly, rub off the skins and discard.
3. Cook Quinoa (foolproof recipe!): Bring 1 3/4 cups of water to a boil in a small pot. Add a big pinch of sea salt. Add the quinoa, give a big stir, cover when comes to a boil. Reduce heat to low-medium heat and cook the quinoa for about 12 minutes. Check after 10 minutes. The quinoa opens up - and all water should be absorbed without sticking to the pot. Add a few more tablespoons of water if needed. Take off heat, fluff with a fork.
4. Add quinoa to a medium sized bowl. Grate the red ruby beets with the largest hole on your grater. Add to the warm quinoa and stir well - will become a beautiful color. Chop the remaining golden beet into large chunks; reserve.
5. Finish the Buddha Bowl: Mount the Quinoa/Beet mixture in the center (if too much, save for another day.) Add arugula and sunflower sprouts around the outside of the bowl. Add Golden beets, heirloom tomatoes, garbanzo beans, cucumbers, radishes and carrots around in their own sections.
6. Top with Beet and Tahini Dressing. Garnish with toasted sesame seeds.
7. Enjoy your bowl!
8. OPTIONS: Use what you have on hand, or ingredients you love. Top with extra protein... I like sesame tofu and sliced hard boiled eggs. Layer with other vegetables, such as sliced avocado and home grown lettuces. Add cooked chicken or seafood if desired.

## INGREDIENTS

- 1 cup white quinoa, organic
- 1 3/4 cups filtered water
- 2 medium red ruby beets, scrubbed
- 1 medium golden beet, scrubbed
- 3 cups arugula, washed and dried
- 2 cups sunflower sprouts
- 1 cup heirloom tomatoes, sliced, bite sized or baby tomatoes
- 1 cup garbanzo beans, drained, pat dry
- 1/2 cup cucumbers, sliced thinly, try farmers' market varieties
- 1/4 cup purple radishes, wahed, dried, thinly sliced
- 1/2 cup heirloom colored carrots, thinly sliced with a peeler (refresh in ice water)
- 1 tablespoon sesame seeds, lightly toasted
- 1 recipe Beet-Tahini Dressing

<https://azestforlife.com/recipe/buddha-bowl-with-beets-quinoa-and-a-bevy-of-vegetables/>



**In your Box This Week!**

Microgreens\*  
Lettuce Mix\*  
Leafy Greens\*  
Carrots\*  
Green Beans  
Cilantro\*

Small

Microgreens\*  
Lettuce Mix\*  
Leafy Greens\*  
Beets  
Carrots\*  
Green Beans  
Leeks  
Cilantro\*

Medium

Microgreens\*  
Lettuce Mix\*  
Leafy Greens\*  
Beets  
Broccoli Rabe\*  
Carrots\*  
Cauliflower  
Green Beans  
Scallions\*  
Leeks  
Zucchini  
Cilantro\*

Large

Buckingham Market Hours: Fridays 9am-3pm

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

