

#260 · MAY 15, 2026

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



RAINBOW CHARD BOWLS

DIRECTIONS

1. Prep your chard by slicing off the coarse parts of the stems and dicing them. Coarsely chop the greens and set aside.
2. Cook orzo in a pot of salted boiling water according to package directions (or about 9 minutes).
3. In a medium bowl add 1 tablespoon olive oil, minced garlic, dijon mustard, lemon, salt and pepper. Once your orzo is done cooking, drain it and then add it to this bowl and toss. (the heat of the pasta will gently cook the raw garlic). Taste, adjust seasonings and set aside.
4. In a medium skillet, heat a few teaspoons of olive oil, then add the chard stems, salt and pepper. Next, add the chard leaves and toss until just wilted (less than 2 minutes). Finish with a squeeze of lemon and remove from heat.
5. Assemble bowls with orzo, chard, feta and toasted walnuts.

INGREDIENTS


- 1 cup uncooked whole wheat orzo
- 1+ tablespoons olive oil
- 1 garlic clove, minced
- ½ teaspoon Dijon mustard
- A few squeezes of lemon
- 1 small bunch of rainbow chard (about 4-5 leaves)
- ⅓ cup feta cheese
- ¼ cup toasted walnuts
- Sea salt and fresh black pepper

<https://www.loveandlemons.com/rainbow-chard-bowls/>




FRESH PRODUCE BOXES REFERRAL PROGRAM


It's Simple and Rewarding!



1 INVITE A FRIEND
Invite a friend to try our fresh produce boxes using your **UNIQUE REFERRAL LINK**.



2 FRIEND PLACES FIRST ORDER
When they place their first order, they'll receive **\$5 off** as a welcome bonus.



3 GET \$10 CREDIT
As a thank-you, you'll get **\$10 credited** to your account.

An easy way to share healthy, high-quality food while saving on your own deliveries!

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GREEN GARLIC FARRO SALAD WITH MARINATED ZUCCHINI AND HERBS

DIRECTIONS:

1. Set a pot of salted water (4.5 cups water to 1 tablespoon salt) on the range. Add the apple cider vinegar and the bay leaf. Bring the water to a rolling boil, and then add the farro. Lower the heat to medium-high and cook the farro uncovered for 30 minutes, or until chewy and al dente. Drain the farro, and allow it to come to room temperature.
2. Meanwhile, soak the onion slices in lukewarm water for 10 minutes, to make them less harsh; drain and dry the onion slices.
3. Meanwhile, in a medium bowl, toss the zucchini coins with the remaining 1 teaspoon salt and 1 teaspoon lemon juice. Let the zucchini sit for 15 minutes, until it slackens.
4. Meanwhile, over medium-low heat, saute the green garlic and the pepper with 1 tablespoon of the olive oil. When the vegetables are translucent and soft, spoon them into a mortar and pestle. Add the remaining 1/4 cup olive oil and the zest and juice of 1 lemon; make a vinaigrette/paste. (If you don't have a mortar and pestle, this can also be done roughly with a bowl/large fork.) Fold the vinaigrette into the farro.
5. Fold the zucchini into the farro. Fold in the Parmesan shavings, chives, parsley and pumpkin seeds. Adjust the lemon juice, if needed. Serve slightly warm, or at room temperature.

INGREDIENTS

- 1.5 cups (290 grams) farro
- 1 tablespoon + 1 teaspoon kosher salt
- 1/2 cup apple cider vinegar
- 1 bay leaf
- 1 very small red onion, cut into half-moon slices
- 1 tablespoon + 1/4 cup olive oil
- 2 heads spring garlic, minced
- 1/2 Scotch bonnet pepper, seeds removed and thinly sliced
- the juice and zest of 1 large lemon + 1 teaspoon lemon juice
- 1 medium-large (275 grams) zucchini, thinly sliced crosswise
- 1 cup Parmesan cheese shavings
- 1/2 cup minced chives
- 1.5 cups chopped parsley
- 1/2 cup pumpkin seeds

<https://food52.com/recipes/37924-green-garlic-farro-salad-with-marinated-zucchini-and-herbs>



In your Box This Week!

Microgreens*
Baby Arugula*
Baby Heads of Lettuce*
Green Garlic*
Rainbow Chard*

Small

Microgreens*
Baby Arugula*
Baby Heads of Lettuce*
Green Beans*
Green Garlic*
Rainbow Chard*
Zucchini
Red Potatoes

Medium

Microgreens*
Baby Arugula*
Baby Heads of Lettuce*
Broccoli
Green Garlic*
Rainbow Chard*
Tatsoi
Zucchini
Green Beans
Maitaki Mushrooms
Red Potatoes

Large

Buckingham Market Hours: Fridays 9am-3pm

Pennington Market Hours: Fridays 9am-5pm

Saturdays 9am-3pm

