

#263 · JUNE 5, 2026

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



QUICK BOK CHOY WITH GARLIC AND GINGER

DIRECTIONS

- Heat oil in a large skillet over medium high heat.
- Add the ginger and garlic and cook for 30 seconds to 1 minute, until fragrant.
- Add the bok choy, cut side down, and sear for 2 minutes.
- Turn each piece of bok choy over and sprinkle lightly with salt and pepper. Add the soy sauce to the pan, turn to coat the bok choy and reduce the heat to medium low.
- Cover the pan with a tight fitting lid and cook for 3-4 minutes, until the bok choy is tender. (If your pan is drying out before the bok choy is done, add a splash of water or broth.)
- Drizzle with the sesame oil, if desired, and serve immediately.

INGREDIENTS

- 1 ½ tablespoons canola oil
- 1 teaspoon minced fresh ginger
- 3 cloves garlic, minced
- 4 baby bok choy, sliced in half lengthwise
- Salt and black pepper (or red pepper flakes)
- 2 tablespoons low sodium soy sauce
- 1 teaspoon sesame oil (optional)

<https://www.familyfoodonthetable.com/quick-bok-choy-with-garlic-and-ginger/#recipe>



PENNINGTON MARKET

Visit us every Friday and Saturday at our Pennington Farm and shop all our harvests right in our Market!

Certified Organic harvests this week:

- | | | |
|-----------------------|----------------|------------------|
| Lettuce Mix | Zucchini | Scallions |
| Baby Heads of Lettuce | Edible Flowers | Flower Bouquet |
| Baby Spinach | Microgreens | Rice |
| Baby Arugula | Kale | Radishes |
| Full Sized Herbs | Chard | AND MORE! |
| | Garlic Scapes | |

CONNECT WITH US
FOLLOW US FOR UPCOMING DISCOUNTS AND SPECIAL NEWS ABOUT OUR FARM. [HTTPS://BLUEMOONACRES.COM](https://bluemoonacres.com)

SHOP@BLUEMOONACRES.COM
215-794-3093
@BLUEMOONACRESFARM
@BLUEMOONACRES



20 MINUTE SCALLION NOODLES

DIRECTIONS:

1. Bring a pot of salted water to a boil, and prepare noodles according to package instructions. (Most need about 3 to 4 minutes.) Drain water, and set noodles aside.
2. Meanwhile, heat 1 Tbsp. oil in a large skillet over medium-high. Once hot, add broccoli and sauté until crisp-tender, about 5 to 6 minutes. Transfer broccoli to a bowl, and reduce heat to medium.
3. Add butter and remaining 1 Tbsp. oil, along with two-thirds of the chopped scallions (reserve remaining for garnish), garlic, ginger, and chili flakes. Cook until softened and aromatic, about 3 minutes. Stir in soy sauce.
4. Add cooked noodles to skillet, along with sautéed broccoli, edamame, and toasted sesame seeds. Use a set of tongs to toss noodles to coat in sauce.
5. Divide noodles into bowls, and garnish with a fried or soft-boiled egg (or toppings of choice), along with remaining chopped scallions. Drizzle chili oil overtop for an extra kick of spice, if desired.

INGREDIENTS

- 6 oz. dry ramen noodles (or Pad Thai rice noodles)
- 2 Tbsp. neutral cooking oil, divided
- 3 to 4 cups small broccoli florets (sub 8 oz. shiitake mushrooms)
- 3 Tbsp. unsalted butter
- 1 whole bunch green onions (scallions), trimmed and thinly sliced, divided
- 4 garlic cloves, minced or thinly sliced
- 2 tsp. freshly grated ginger
- 1/4 to 3/4 tsp. chili flakes (depending on desired level of spice) sub chili oil
- 1/4 cup lower-sodium soy sauce or tamari (must be lower sodium or the noodles will be overly salty)
- 1/2 cup shelled edamame (optional for added protein)
- 2 Tbsp. toasted sesame seeds (or 1 to 2 tsp. toasted sesame oil)
- Fried or soft-boiled eggs for serving (optional)
- Chili oil for garnish (optional)

<https://dishingouthealth.com/scallion-noodles/#wprm-recipe-container-21439>



In your Box This Week!

Microgreens*
Baby Heads of Lettuce*
Baby Bok Choy*
Scallions*
Rainbow Chard*
Cilantro*
Small

Microgreens*
Baby Heads of Lettuce*
Baby Bok Choy*
Scallions*
Rainbow Chard*
Parsley*
BMA Medium Grain Brown Rice*
Medium

Microgreens*
Baby Heads of Lettuce*
Baby Bok Choy*
Cauliflower
Scallions*
Rainbow Chard*
Turnips*
Zucchini*
Parsley*
Squash Blossoms*
BMA Medium Grain Brown Rice*
Large

Buckingham Market Hours: Fridays 9am-3pm

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

