

#269 · JULY 17, 2026

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!



GARLIC SESAME PAN-FRIED SHISHITO PEPPERS

DIRECTIONS

- Heat a cast-iron skillet to med-high heat. Add both types of oil to the pan and when pan is hot, add the shishito peppers. Stir them around so they all have some oil. Season liberally with salt and pepper. Once you see that they are starting to blister, move them around frequently so they don't burn.
- Once the majority of the peppers have blistered, reduce the heat to medium and add the red pepper flakes and garlic to the pan. The pan will be really hot, so keep stirring everything around so the garlic does not burn. When the garlic has softened and has cooked, they are done. Sprinkle sesame seeds over the peppers and eat immediately, or store in the fridge for a couple days. Enjoy!

INGREDIENTS

- 10 oz package of raw shishito peppers
- 1 tbsp. toasted sesame oil
- 1 tbsp. olive oil
- 1/4 tsp. red pepper flakes
- 4 garlic cloves minced
- salt & pepper
- toasted sesame seeds

<https://flavorfuleats.com/asian-pan-fried-shishito-peppers/>

Looking to add **MORE** summer harvests to your weekly delivery?

You can shop our online market throughout the week to add all your favorite items.

Just make sure you finalize your cart before 12 noon on Tuesday!

Now available in our Online Market:

Tomatoes	Kale	Shishitos	Carrots
Cherry Tomatoes	Chard	Jalapenos	Yukon Gold Potatoes
Eggplant	Salad Greens	Bell Peppers	Fingerling Potatoes
Garlic	Green Beans	Beets	AND MORE



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CRISPY HASSELBACK POTATOES

DIRECTIONS:

1. Preheat the oven to 425°F and line a sheet pan with foil. In a small bowl, combine the oil, garlic, spices, and salt. Set aside.
2. $\frac{1}{3}$ cup olive oil, $1\frac{1}{2}$ tsp garlic, $1\frac{1}{2}$ tsp paprika, $1\frac{1}{2}$ tsp dried oregano, $1\frac{1}{2}$ tsp dried thyme, $\frac{1}{2}$ tsp kosher salt
3. Line up two chopsticks on either side of a potato. Using a sharp knife, cut $\frac{1}{8}$ - $\frac{1}{4}$ inch slices, leaving about $\frac{1}{4}$ inch intact at the bottom of the potato. The chopsticks should stop the knife at the right height.
4. 6 Yukon Gold potatoes
5. Using a silicone brush, coat the potatoes with the oil mixture, making sure to gently open the slices and drip the oil in between. At the end, brush the tops and sides thoroughly.
6. Bake on the prepared sheet pan for 50-65 minutes, or until they are golden brown on the edges and tender in the middle.

INGREDIENTS

- 6 Yukon Gold potatoes 3-4 inches long
- $\frac{1}{3}$ cup olive oil
- $1\frac{1}{2}$ teaspoon garlic minced
- $1\frac{1}{2}$ teaspoon paprika
- $1\frac{1}{2}$ teaspoon dried oregano
- $1\frac{1}{2}$ teaspoon dried thyme
- $\frac{1}{2}$ teaspoon kosher salt

<https://borrowedbites.com/hasselback-potatoes/#recipe>



*In your
Box This
Week!*

Microgreens*
Lettuce Mix*
Curly Kale*
Fresh Onions*
Thyme*
Yukon Gold Potatoes*

Small

Microgreens*
Lettuce Mix*
Cherry Tomatoes*
Thyme*
Yukon Gold Potatoes*
BMA Black Rice*

Medium

Microgreens*
Lettuce Mix*
Broccoli
Cherry Tomatoes*
Curly Kale*
Eggplant*
Fresh Onions*
Shishito Peppers*
Thyme*
Yukon Gold Potatoes*
BMA Black Rice*

Large

Buckingham Market Hours: Fridays 9am-3pm

Pennington Market Hours: Fridays 9am-5pm

Saturdays 9am-3pm

