

#271 · JULY 31, 2026

BLUE MOON BEETS

Official Newsletter for Produce Box lovers!

EASY AND PERFECT SUSHI RICE

DIRECTIONS

- In a medium pot, rinse the rice by covering it with water and stir it with your fingers until the water is foggy. Drain off the water.
- Add 1 ½ cups fresh water to the rinsed rice. Put over high-heat, cover, and bring to a boil. The second that it starts to boil, reduce to low to so the rice is at a very light simmer, keeping it covered. Cook for about 10 to 15 minutes until all of the water is absorbed and the rice is tender. If your rice isn't cooked all the way through, but the water is absorbed, stir in a splash or two more water, and continue to simmer.
- Remove from heat, add in the seasoned rice vinegar, then stir and fluff the rice to incorporate the rice vinegar. The rice will become sticky and clump together. Allow the rice to cool before handling and using to make sushi. Done! Told you that was easy.

INGREDIENTS

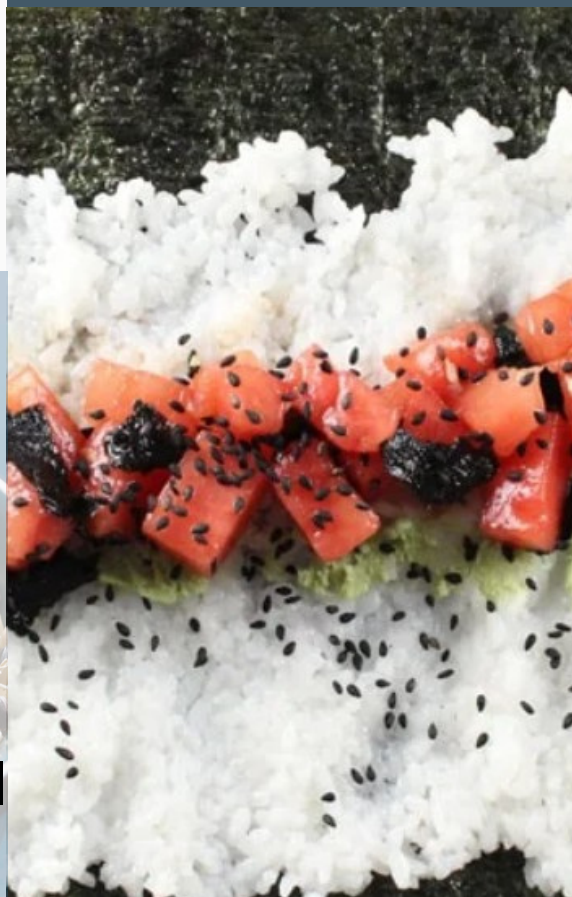
- 1 cup uncooked sushi rice, (it will say on the package that the rice is intended for sushi)
- 1 ½ cup water
- ¼ cup seasoned rice vinegar

<https://itdoesnttastelikechicken.com/the-easiest-way-to-make-perfect-sushi-rice/#recipe>

Our Rice is sold out!

But don't worry...if you're still have a craving, it will be available in our Medium and Large Produce Boxes AND in both our Pennington and Buckingham Markets until every last grain is gone.

Our next rice harvest is on track for this September and October, so we don't have to wait too long for all our favorites to be back!



CONNECT WITH US

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

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SIMPLE ROASTED FAIRYTALE EGGPLANT WITH TOMATOES AND FETA

DIRECTIONS:

1. Preheat oven 425°F.
2. Arrange the eggplant, tomatoes, feta, olives, and garlic on a baking sheet.
3. Sprinkle with oregano, salt, and pepper.
4. Drizzle with the olive brine and olive oil.
5. Roast for 20 minutes, until tomatoes are blistered and feta is golden. You can broil it for a minute or two if you want more color.
6. Serve as is, with crusty bread, or mixed with your favorite pasta.

INGREDIENTS

- 1 pint cherry tomatoes
- 1 pound fairytale eggplant halved and stems removed
- 4 - 6 ounces of feta cubed
- ½ cup kalamata olives more, if you like
- 2 tablespoons olive brine
- 4 cloves garlic chopped
- ½ teaspoon dried oregano
- kosher salt to taste
- Pepper to taste
- 3 tablespoons extra virgin olive oil

<https://www.thegeneticchef.com/roasted-fairytale-eggplant-with-tomatoes-and-feta/#recipe>



*In your
Box This
Week!*

Microgreens*
Lettuce Mix*
Leafy Greens*
Cherry Tomato*
Heads of Lettuce*
Thyme*

Small

Microgreens*
Lettuce Mix*
Lettuce Heads*
Leafy Greens*
Cherry Tomato*
Thyme*
BMA Short Grain
White Rice*

Medium

Microgreens*
Lettuce Heads*
Lettuce Mix*
Leafy Greens*
Bell Peppers*
Carrots*
Cherry Tomato*
Eggplant*
Shishito Peppers*
Thyme*
Fingerling Potatoes*
BMA Short Grain
White Rice*

Large



Buckingham Market Hours: Fridays 9am-3pm

Pennington Market Hours: Fridays 9am-5pm

Saturdays 9am-3pm

