



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 100) Share – March 12, 2022

Hello Fellow Locavores,

IT'S A MILESTONE!!! This week marks the **100th SHARE** of the Immune Booster project! As always, thank you for signing up. We have a wonderful line-up of local, fresh produce, healthy prepared foods and artisanal treats to offer. To celebrate the special centennial occasion, we will also have tickets hidden in 3 random shares for an Immune Booster Gift Basket. Open your share upon pick-up to see if you are a lucky winner and claim your gift basket!

Holy Moly! Time flies when you're having fun, and what an amazing 100 weeks it has been! Since the launch of this local food project, the Immune Booster CSA share has been offered weekly to over 600 of our beloved community members, the freshest farm-to-box produce from around 20 local farms. We have also introduced and supported close to 50 different restaurants, bakers and artisans from our deep reservoir of local food-producing talent here in southeast Michigan. As the project continues to evolve and diversify, we look forward to showcasing many more local talents as we forge ahead on this local food mission.

So with that, let's tap into the details of this very special BBQ-themed share that celebrates many of the original vendors who participated in the very first Immune Booster CSA shares, and recognizes those who have collaborated with us week after week. We salute you!

Opening up your share this week, you will be greeted by a beautiful bunch of **Rainbow Swiss Chard** from [Goetz Greenhouse and Family Farm](#), who provided us with lettuce, kale, and spinach in our very first Immune Booster share. Goetz Farm has participated in at least 50 of the Immune Booster shares to date and we are grateful for their partnership and shared vision in supporting the local food movement. This Swiss chard can be consumed in many delicious ways from the tender green leaves all the way down to the end of the vibrant stems. Mix up the chard greens with the lettuce that is also in this week's share for a denser, crisper salad, or cook the chard greens down into scrambled eggs or wilted salads. Toss the leaves and stems into soups, stews, casseroles or bean dishes too. So many options to chard it up buttercup!

Next up, we have **Daikon Microgreens or Pea Shoots** from [Garden Works Organic Farm](#) who was also part of the very first Immune Booster share. Since then, we have featured Garden Works Organic Farm over 80 times in our shares with a plethora of diverse and tasty plant shoots and microgreens. In this week's offering from Garden Works Organic Farm, you will receive either Daikon Microgreens or Pea Shoots in your box. Both of these baby greens are highly nutritious and can be used as a salad topper, tossed into sandwiches or wraps or sprinkled onto any savory dish for an extra nutritional kick.

The final, leafy green to feature in this week's share is hydroponically-grown, organic **Lettuce** from [Sell Farms and Greenhouses](#) who have consistently provided us with fresh lettuce for the past two years from late fall to late spring. Lettuce this good through the height of winter is a true blessing! This crisp and colorful lettuce is harvested Friday morning and could be on your lunch plate Saturday afternoon in a plethora of different applications from salads to burger toppings for those burgers included in this week's offerings.

Rolling right along, let's roll into a bountiful bag of **Yukon Gold Potatoes** from [Tantre Farm](#), which are the perfect companion for a BBQ-themed share. Tantre Farm is the birthplace of the Immune Booster project, and I have had the pleasure of working alongside my fellow Tantre farmers to grow, harvest, wash, pack and hand out up to 50 or more crops from Tantre's fields in the past 100 weeks. Diversity in the fields and in our shares has always been our target, and it is so fulfilling to see all the wonderful produce items we grow eventually land in these share boxes. These superfood spuds are most definitely not duds. Prime for granny's potato salad recipe, wrapped in foil and tossed onto the grill before the burgers, or simply sliced and fried, these tantalizing taters are prime for pairing up with the prepared foods in this week's share.

Next up in the produce line up, we have a Root Bag Mix of organic **Orange Carrots and Red Beets** in a net bag and **Onions** in a paper bag from [Second Spring Farm](#). Even though Second Spring Farm is a way north of our area, we have a running history with this farm. Reid Johnston, the owner and operator of Second Spring Farm, started his budding farming career at Tantre Farm many moons ago and has refined his craft to develop some amazing crop turnouts year after year. We have featured Second Spring Farm at least 50 times or more in the past 99 shares and we look forward to supporting this Tantre Farm veteran and his quality produce. The carrots in this Root Bag Mix are great for slicing and dipping in your favorite condiment. Or why not take it a step further and wrap them in foil to join the BBQ roast? The onions can be added to the salads, sliced for the burgers, pickled and served as a side or grilled whole in their paper rind. If you pursue the latter, make sure they feel tender when grabbing them with the tongs, and once you cut the paper rind off, BOOM! A succulent and sweet roasted onion awaits you. The red beets can be shredded onto your salads, steamed in a steaming pot, chopped into a chutney with the onions and carrots, or my personal favorite - pickled! To pickle, first roast the beets in tin foil at 375°F for an hour and a half. After cooling, peel off the skins, slice and brine them in a mix of apple cider vinegar, sugar and water. The pickled beets will last in your fridge for up to 6 weeks and are a tasty side to almost any dish.

Closing out the produce in this week's share, we are stoked to offer **Jonagold**

Apples from [Kapnick Orchards](#) who were also in one of our very first weeks of the Immune Booster share. Since then, they have been featured many times over the past two years and we are grateful to have this farm in our local community. The Jonagold apple was developed at Cornell University in 1953 and is a cross between a golden delicious apple and crimson Jonathan apple. These apples are ideal for cooking down for pie fillings, cakes or tarts. They also roast well with other vegetables and would be a delicious twist to roast along with the carrots and beets if you so choose to take a walk on the wild side. No culinary rules here!

Leading the prepared foods line-up, we feature a tasty two-pack of **Bavarian Pretzels** from [Raterman Bread](#) that is sure to please! Raterman Bread operates out of the Washtenaw Food Hub in Ann Arbor and contributed a fine loaf of Original Sourdough Bread to the first ever Immune Booster share back in Week 1. Since then, Raterman Bread has participated in more than 70 shares featuring every bread in their inventory. These pretzels are a limited-edition item that were too good to miss for this BBQ-themed share as a little appetizer while you grill. They are composed of Raterman Bread's original sourdough recipe of flour, water, salt, honey and coconut oil. These hand-rolled and braided pretzels are freshly baked late into Friday night. Pulled from the fiery ovens with a thin browned crust and a chewy center, these pretzels are a sure-fire winner. So get your mustard ready because it's time to rip and dip these pretty pretzels of chewy delight!

Next, we pivot to a seriously popular dish by Ginger Deli that is both savory and sweet - a Southeast Asian **Kohlrabi Salad** that is vegan and gluten-free, but does contain nuts in a separate container. [Ginger Deli](#) participated in one of the first week's of the Immune Booster share with this very same salad and it became a favorite! Since then they have contributed a wide range of dishes in more than 60 Immune Booster shares to date. Traditionally a Vietnamese cuisine chef, Te Phan (owner and operator of Ginger Deli) has served up some of the most colorful, flavorful and thoughtful dishes we have featured. In the process we have become great friends and enjoy hitting up local pop ups and other businesses we think would be great to collaborate with. This super tasty salad is composed of kohlrabi, green papaya, bean sprouts, carrot, mint, mango, red beets, shallot, crushed peanut (in separate container) and a sweet and tangy dressing on the side that is composed of apple vinegar, lime, minced garlic, red pepper flakes and maple syrup. This has become a fan favorite and in-demand staple at Ginger Deli, and you will clearly see why. If you find yourself wanting more, then you're in luck because Ginger Deli sells it every day of the week at their retail location in downtown Ann Arbor and also at Agricole and Argus Farm Stops. Head on over and pick up round two with a Bahn Mi sandwich or a nice warm bowl of pho while you're at it and tell the staff that Ryan sent you.

Bring on the beans for the BBQ theme! Yes we shall, with a delicious recipe of vegan **Baked Beans** from [Zingerman's Deli](#). These rich and tasty beans are composed of great northern beans, molasses, ketchup, yellow mustard and Spanish onions. In our nearly two years of running the Immune Booster project, we have collaborated with many of the Zingerman's businesses here in Ann Arbor for roughly 60 different weekly shares. We get the full spectrum from sweet to savory, deli to dairy, and everything in between! This week we highlight another culinary delight with these beautiful baked beans that complement all

of the other ingredients in your celebratory cookout.

With the aroma of roasted onions and potatoes on the grill, I think it's time to add the protein. This week you were offered an option of a one-pound package of free-range, grass-fed **Ground Beef** from [Washtenaw Meats](#) via Baseline Farm or from [nkidsfarm](#) which are both based out of Dexter, Michigan OR a four-pack of **Tempeh Burger Patties** that are vegan and gluten-free from [The Brinery](#). So either side of the fence works here, and we made it easy for all folks to join in on the BBQ feast. As our share evolves, we often feature new businesses, and this week is the debut of Washtenaw Meats. Operating as a collective that sells local farmers' meat products in bulk orders as well as growing their own livestock to contribute to their business, Washtenaw Meats is another collaborative-minded local business that supports local farmers and serves up a wide variety of products and cuts. They distribute weekly orders at different locations and every fourth Saturday of the month, the pick up location is at the Washtenaw Food Hub! If you're interested in more details, please visit their website and tell them the Immune Booster sent you. Alternatively, The Brinery Burger Patties are plant-based and composed of organic soybean, tamari, sunflower oil, onion, apple cider vinegar, sriracha, natural smoke flavor, sea salt, onion powder, black pepper, garlic powder, shiitake mushroom and tarragon. As you can see it's quite the elixir of immune boosting properties in these burgers that will soon be charred up nice and sliding onto your warm grilled buns. Yummy!

Bring on the buns with a six-pack of **Challah Burger Buns** from [Zingerman's Bakehouse](#). These flying saucers of delight are about to land on your grill and are composed of organic wheat flour, water, egg yolk, honey, corn oil, sea salt and yeast that are coming in hot for your BBQ feast. The Bakehouse came into our orbit around the end of the first year of the Immune Booster project and since then, we have featured them at least 40 times with a little bit of anything and everything from sweet to savory. Their wide variety of offerings and amazing staff have been awesome to work with, and that's what it's all about. Bringing the local to the locals.

One last savory treat before we sit down to eat. We can't forget the **Dilly Dally Pickle Spears** from [The Brinery](#). These small-batch pickles are made with locally grown cucumbers and fresh dill seed from Green Things Collective. Fresh cucumbers sit in a brine of filtered water, sea salt, garlic, flowering dill, dill seed, yellow and black mustard seed, and coriander seeds. These dill spears are the real deal, clean and crisp and full of flavor and crunch. The Brinery's owner and business operator, David Klingenberger, has deep roots with Tantre Farm having worked as the farm manager almost two decades ago when The Brinery was only a dream. Now that dream is a reality and David has climbed many mountains in the fermenting arena to bring top notch fermented foods to more than 50 of the Immune Booster shares so far. From sauerkraut to hot sauces as well as seasonal limited edition veggie ferments and everything in between David and his Brinery crew have really made some amazing products. Going forward almost all The Brinery ferments will be available for purchase in the marketplace at the Food Hub every Saturday morning at the Immune Booster pick up in Ann Arbor, so stop on by!

Time to mix in another alumni from the very first Immune Booster share with a little sweet and nutty treat to wind down that savory BBQ feast. Presenting

Michael's Granola from [Harvest Kitchen](#). Harvest Kitchen has been featured in roughly 40 of our Immune Booster shares to date with a wide range of sweet and savory dishes. Particularly popular for their granola, this week we have just that with Michael's Granola, which is composed of Ferris Farms organic oats, Lesser Farms honey, expeller-pressed canola oil, walnuts, almonds, sunflower seeds and pumpkin seeds. Harvest Kitchen sells their foods in Argus, Agricole and at the Kerrytown Ann Arbor Farmers Market on Saturdays, if you're interested to check out a wider range of dishes that this local kitchen has to offer.

Closing out the share on a sweet note, as we often do, we are pumped to feature a fan favorite no matter the time of year with [Go! Ice Cream](#) and their infamous **Fair Trade Chocolate Fudge Ice Cream** that is vegetarian and gluten-free. Similar to the fair-trade arrangement, we also like to operate with sustainable and equitable trade relationships in mind, as well as improving environmental standards. It only seems right to offer a fair-trade item in our centennial share. Go! Ice Cream has been featured in roughly 20 of the Immune Booster shares so far and each time delivered with impressive marks on the quality, taste and creativity of flavors. The owner and operator of Go! Ice Cream is Rob Hess, one of the kindest and most thoughtful people I have met in the local food business. He is also a mad scientist in the arena of ice cream creations, and you can really taste the love and care in every bite. This week's delight is composed of milk, cream, sugar, tapioca starch, chocolate milk powder, salt and vanilla. So my vote is go visit Go! Ice Cream and find your favorite flavor that will be topped by your new favorite flavor every time you visit. It's really that good!

So there you have it, Week 100 of the Immune Booster menu breakdown has launched! We have circumnavigated some of our nearest and dearest local talents, who have joined hands with us over these 100 weeks to offer exceptional shares to our community each week. As we move forward, the vision is wide and long for new culinary ideas and adventures, from new faces and old schoolers alike. The more local we can put back into the local community, the merrier we will be, and as we continue on this local food mission, we look forward to what the future of local food brings us.

None of this would be possible without your continued support. We are beyond grateful to all of the patrons who have joined this local food journey with us. From those who have accompanied us since the beginning, to those who have just started their first share this week or anywhere in between, your support matters in so many ways. This is a local collaborative effort, where many hands share the same mission: sustainable, healthy, local food that is better for you and better for our planet, which is pouring revenue back into our own community, supporting our local farmers, entrepreneurs and artisans. We are honored and grateful to represent all of our vendors and we hope that you venture outside of the box to discover many other delights that they grow and make. We are strongest when we work together. Eat well, be well, do well my friends!

RECIPES: Here's a link to Tantre's treasure trove of recipes, where you can get some additional ideas for using this week's share: <http://tantrerecipes.blogspot.com>. Please always keep in mind many more combination of recipes can be found by typing any combination of vegetables

into your preferred search engine with the word "recipe" after that, and it is amazing what concoctions can be created in your very own kitchen!

SOCIAL MEDIA: Follow us on Instagram [@immuneboosterbytantrefarm](#) or [@tantrefarm](#) to learn more. We are also active on [Facebook](#) and [Twitter](#) with regular posts of photos and blurbs detailing life on the farm and what is happening in the weekly Immune Booster CSA shares.

Don't forget to keep an eye out for our next email on Sunday, March 13, regarding Tantre Farm's Immune Booster CSA Share, Week 101, for pick up on March 19, 2022.

All the best,

Ryan Poe and the Talented Tantre Farm Crew

***We look forward to hearing your weekly feedback on the shares and welcome any suggestions on how to improve. Please understand that we try to give you an accurate listing of the produce in your box each week; however, since this menu is published before we pack the boxes on Fridays, we may sometimes have to substitute some vegetables for others. Mostly we are able to update you of changes in our Friday newsletter, but sometimes our decisions are made after the newsletter is published. Please let us know whenever you think you are missing anything, and we will try to find some way to make amends. Thank you for your patience and understanding, as we try to keep things as smooth as possible. Please contact Ryan, Carrin, and Deb with questions or comments at immuneboosterbytantre@gmail.com.*

Tantre Farm

2510 Hayes Road, Chelsea
MI 48118 United States

You received this email because you signed up on our website or made a purchase from us.



[Unsubscribe](#)

mailer lite