



# Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 101) Share – March 19, 2022

Hello Fellow Locavores,

Welcome to the Immune Booster week one hundred plus one newsletter. This week we head to the Mediterranean on our Immune Booster journey, where we will explore the region's broad range of culinary delights via the prepared foods that are included in this share. As par for the course, we have some excellent veggies and legumes for you to mix and match with the prepared foods to make complete and wholesome meals. So let's sail away on a cool and cloudy Michigan day to the azure-colored seas of the Mediterranean and explore the majestic coast to see what the locals eat. But first, let's cover the hometown produce before we weigh anchor. There's lots to explore, so we must make haste!

As always, let's get this share popping with the leafy greens and kick things off with some hydroponically-grown, organic **Lettuce** from [Sell Farms and Greenhouses](#). In your share, you will receive two heads of purple and green lettuce that are prime for adding a rainbow of colorful veggies to them to make complete salads. With the produce in this week's share, I'm thinking a mix of all the leafy greens to build up the salad base, caramelized shallots, roasted sweet potatoes, and finally doused with some cooked and then cooled down red lentils that you have seasoned so well. A kind and gentle toss in a huge bowl, and you're in the local salad business.

Next up with the leafy green theme, we have fresh-cut, organic **Pea Shoots** from [Garden Works Organic Farm](#). These shoots are full of nutrition and powerful antioxidants to keep your immune system humming right along. Pea shoots are perfect for that extraordinary salad mix, sandwiches, wraps, tacos, and more. Last but not least, they should be consumed within the first few days upon receiving your share for optimal nutrition.

Back with a bang and doing their fine spinach thing, we have a hearty bag of **Spinach** from [Garden Fort](#). This buttery spinach is a perfect dance partner for the salad greens mix, as well as many other delicious ways to consume this fine green. My two daughters absolutely love it wilted on the stove top with a splash of water and a pinch of salt, which means that I will most likely not get any! But, lucky for you, you'll have plenty to enjoy either fresh or cooked.

Wrapping up the leafy greens in this week's share we have a hefty bag of **Baby Red Russian Kale** from [Goetz Family Farm and Greenhouse](#). This beautiful kale is tender and sweet and can be consumed raw in the mega salad mentioned above or cooked down into anything savory such as pastas, soups and stir-fries to name a few. So kale it up like you just don't care. It's good for you!

Switching gears away from the leafy greens, we shift into a chef's best friend with organic **Shallots** from [Second Spring Farm](#). This allium offers an amazingly sweet, but still savory tingle on the tongue when gently sautéed into a caramelized pile of delight with a little butter and salt. Added as a topping like this to any dish is a sure-fire winner for your dinner. They can also be consumed raw just as you would use a regular onion, or even sweet pickled for an extra sweet and tangy kick. So get your allium on, because they're really good for your heart.

My my, how the fresh veggies flew by for this week's share, but not without mentioning the organic **Sweet Potatoes** from [Second Spring Farm](#) for your DIY sweet potato pie. We have set you up with a generous portion of these roots to knock off your boots when roasted all crisp and right for your afternoon salad delight. Or maybe that sweet potato pie with the marshmallows melted on top is beckoning? I bet you can guess where I'm heading....

Leaving the fresh produce behind, we move on to a dried organic legume in the form of **Red Lentils** from [Ferris Organic Farm](#). These vivid, burnt orange-red legumes are rich in fiber, folate and potassium and are relatively easy to cook within half an hour, no problem. There are a zillion recipes out there, so throw a dart at one and see what magical dish awaits you. This past week I have been experimenting with these tasty lentils and I discovered that gently boiling them, whilst adding other finely diced up veggies and meat from start to finish garners an amazing end result. Once the lentils and water are on the heat and seasoned, start with the hardest, most dense veggies first and walk it back to the most tender. For example, I started with carrots and potatoes, then shallots and garlic, then baby kale and spinach. In a separate pan I sautéed mini sausage balls (alternatives could be tempeh or tofu) along with some more shallots that browned up nicely and added them to the lentil stew after I removed it from the heat. Stir it all together and voila! A simple meal that is super tasty and nutritious, and very flexible with whatever you want to throw into it.

Time to set sail as we move into the Mediterranean-themed prepared foods in this week's share. Let's get things cracking with fresh baked **Pita Bread** from Boulangerie Shorook Bakery. This 10-pack of pitas is composed of enriched flour, water, sugar, yeast and salt and is best served warmed up and filled up with any of the prepared foods or fresh produce in this share. Well, we made that pretty easy for you! So wrap up a bunch of lunch, shawarma style, and taste the 'local' difference. You'll be glad you did.

Who needs a fine spread for the pita bread? We all do, so without further ado, I present to you **Baba Ghanouge** that is vegan and gluten-free from [Humus Falafil](#). This creamy wonder of delight is composed of roasted eggplant, tahini (ground sesame seeds), lemon juice, garlic and salt. It can be used as a spread or as a dip for any savory produce. So spread some of this baba ghanouge on

the pita and load it up with all your favorite fixings from this share for a one stop shop meal.

Next up, we get things shaking with a **Halloumi Shakshuka** from [Juicy Kitchen](#) that is vegetarian and gluten-free. This unique and interesting dish originates from the Middle East and into North Africa and is composed of roasted bell peppers, tomatoes, onions, garlic, spices, grilled halloumi cheese, parsley and basil. Heat this dish up in the oven for 15 to 20 minutes. I would suggest trying the traditional way of serving this dish by cracking an egg or two sunny side up on top of the dish before placing it in the oven. If not, it tastes great either way. The choice is yours and this dish is delish!

Waiting for us at the next port, we have a fantastic and zesty **Legume Salad** from [Exotic Bakery](#). This in-season salad is savory, super flavorful and composed of black-eyed peas, lemon, salt, olive oils, canola oil, tomatoes, onions, parsley and garlic. Perfect for adding to the pita along with some of the other veggies provided in the share or just consumed out of the container. It's a win-win for sure and if it leaves you wanting more, head on over to Exotic Bakery, where you will find everything on the menu is made in-house and fresh every day. As a side note, their hand-made, chocolate truffles are ah-mazing!!

All this traveling is thirsty work... Need a little drink to wash all these tasty prepared foods down? Look no further than **Eye of the Worlds Kombucha Spritz** from [Unity Vibration](#). This tasty brew is composed of Lebanese rosewater, dried Persian lime, organic cardamom, organic fair-trade kombucha culture and colloidal zinc. The R&D behind the scenes of this drink became from a deep think tank at Unity Vibrations and the final tasty product is low in sugar, made with organic roots, herbs, colloidal minerals and energized structured water. If you happen to pick up in Ann Arbor at the Food Hub and want a few more to add to your share, you're in luck! We will be selling them in the retail store, so come on in and get a few more for the rest of your crew.

Closing out the share on a sweet note as we like to do each week, we have a two-piece combo of **Baklava** from [Pita Pita Mediterranean Grill](#), a welcomed newcomer to our Immune Booster family. These crisp, crumbly, sweet and savory delights are composed of butter, pistachio nuts, wheat flour, water, corn starch, canola oil, salt and sugar. Perfect for closing out a Mediterranean feast and so well made that will leave you wanting more, that's for sure. The good news is Pita Pita is just east of Ann Arbor in Ypsilanti on Washtenaw Avenue and is a gem of a spot. I have enjoyed almost everything on the menu here and highly recommend you pay them a visit!

As another week slips on by and we watch the sun fade in the burnt orange sky, we say goodbye to our Mediterranean Immune Booster share. We are grateful you sailed away on this local culinary adventure, and we look forward to seeing you all this Saturday at both pick up locations. With much gratitude and love, we hope you enjoy this local food share and seek out some of the fine farms and prepared food vendors we have highlighted this week on your own adventures for round two (or three). We thank you for supporting LOCAL!

**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 20, regarding Tantre Farm's Immune Booster CSA Share, Week 102, for pick up on March 26, 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](mailto:immuneboosterbytantre@gmail.com).*

## **Tantre Farm**

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