



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 102) Share – March 26, 2022

Hello Fellow Locavores,

Welcome to the Immune Booster Week 102 Newsletter that accompanies your share. Thank you for joining us on this weekly, local food mission where we will highlight the fresh produce and tasty prepared foods coming home with you in this week's Immune Booster box. Spring is in the air and the outdoor growing season is now on our doorstep! We are lucky enough to share with you the added benefit of growing in hoop houses and greenhouses where we can start plants earlier, a few months before spring begins in earnest. The canvas structure that is supported by aluminum frames over the earth offers an incubation tunnel of protection from the harsh elements of late winter and early spring by trapping in moisture and heat. All things that young plants desire. The end result produces tender leafy greens that I find are oftentimes much richer and denser than field grown greens because they are nurtured in a constant, stable environment. Less wind, consistent trapped heat, no predators and no direct sunlight alters the way these plants grow that benefit the lovely texture and taste of the produce quite a bit. So with that little anecdote, let's take a ride around town and lasso up some of the finest food Ann Arbor and the surrounding area has to offer.

Lapping up the sun earlier this week in a state-of-the-art greenhouse, we get things cracking with crisp, organic, hydroponically-grown **Lettuce** from [Sell Farms and Greenhouses](#). This lettuce is grown in a canvas greenhouse about 50 yards long and 15 yards wide in shallow trays that contain water and organic nutrients that are flushed over the roots of these fine greens every hour on the hour. If not for the greenhouse covering, none of this lettuce would be available to us because the outside temps and light here in Michigan are not right for this leafy green just yet. As our technology and food growing techniques advance in the future, we will continue to see innovative and creative ways to grow food in the off season.

Keeping with the leafy green theme, next up we have primo **Spinach** from [Tantre Farm](#). This succulent and buttery leafy green is always the most flavorful, in my opinion, when grown in a hoop house or greenhouse, and once you taste it you will see why. It has a deep rich flavor and tender texture that is perfect for salads, wraps, burritos or simmered down and wilted. These fine

greens were harvested from a succession of three hoop houses that are all positioned in a straight line for easier maintenance on our end when plumbing drip hoses to water the plants. These three hoop houses are currently at capacity, and we are sitting on well over five hundred pounds of harvestable spinach that will continue to produce and be harvested until the plants bolt, flower, and finally turn over into the soil to become green manure for the crops that will rotate in behind them.

Next up, we have organic, soil-grown **Pea Shoots** from [Garden Works Organic Farm](#). These fine shoots are grown right around the corner from the Food Hub, where many of you will pick up your share on Saturday morning. Garden Works also uses a hoop house set up where the floors are covered in black weed cloth barrier fabric to trap in more heat. More heat means the shoots grow faster, and since all farms are production farms, this is a clever concept to encourage growth and production. These fine shoots can be consumed in a myriad of ways from salad toppings to right out of the container and into your mouth. The latter is both of my daughters' favorite ways to consume them.

Moving on to a novel offering that has a short window of harvest, we have **Kale Rapini** from [Goetz Family Farm and Greenhouses](#). This Kale Rapini is at the onset of the end of its life, because it is beginning to "bolt" or rather produce a long stem of flowers, cast seeds and perish as a by-product of the earth tilting back towards the sun. Also adding to its rapid metamorphosis from a leafy green to a flowering plant is the fact that these hoop houses at Goetz Family Farm and Greenhouses also have their floors covered in black weed cloth barrier fabric and the benefit of sharing natural heat with several other hoop houses that share a mass of interconnected heat. More heat in multiple hoop houses equals more consistent higher temps along with sunlight, and this is how we get to kale rapini. The kale rapini is primarily a cooking green of leaves, stems and flower buds, and serves well in a stir fry. The flower buds are packed with protein, the stems with fiber, and the leaves with iron and folate for a comprehensive mix of beneficial nutrients. So enjoy this rare crop because it only has a short two or three week window. If this leaves you wanting more, it will be available at the Kerrytown Farmers Market this Saturday at the Goetz Farm stall in the marketplace.

Turning the page from the tender hoop house greens to the robust storage greens from last fall, we forge ahead to a hearty, organic **Green Cabbage** from [Second Spring Farm](#). These dense globes of nutritious delight are perfect for that stir fry, coleslaw, or even homemade sauerkraut. Cabbage delivers fiber, and excellent doses of Vitamin C and K that strengthen the immune system. Its high amino acid content also helps ease inflammation and soreness of the muscles. So many reasons to incorporate this wonderful vegetable into your diet.

Next up onto the stir fry chopping board, we have organic **Orange Carrots** from [Second Spring Farm](#) that pack a sweet and satisfying crunch. Slice them into sticks or rounds, toss them into the wok with the rest of the produce of your choosing, and away you go to stir fry heaven! If not the stir fry, then simply slice and dip them into your favorite condiment for a perfect healthy hand snack on the go.

Closing out the produce for this week's share, we have another and quite

possibly the last round of **Jonagold Apples** from [Kapnick Orchards](#), until the next apple harvest in late summer. These large apples are ideal for cooking, but can be consumed via hand-to-mouth action as well. Dipped in a peanut butter and honey spread takes them up another notch and is a great way to share with loved ones. So apple up buttercup!

Bringing on the bread this week, we are super stoked to feature an **Onion Rye Loaf** from [Zingerman's Bakehouse](#). This bread was specially selected to complement your stir fry and salads, as well as the prepared foods featured in this share. This savory Jewish rye bread is composed of caramelized onions, organic wheat flour, water, rye, sea salt, yeast, caraway seeds and poppy seeds. Slice away until your heart's content and enjoy this hearty loaf with any and all of the food in this week's offerings.

I know we got a little heavy-handed with the fresh leafy greens in this week's share, but we simply could not resist this beautiful **American Canary Salad** from [White Lotus Farms](#). All the greens and flowers of this aesthetically exquisite composition of a salad were grown on the farm at White Lotus and are composed of pea shoots, sunflower shoots, amaranth, popcorn microgreens, lettuce, borage flowers, calendula, blueberries, sunflower seeds and chevre cheese that will be in a separate container. The salad also comes with Haks all-organic dressing that is composed of water, rice vinegar, sugar, sunflower oil, soy sauce, sesame oil, black sesame seed, ground ginger, guar gum, cornstarch and garlic. As you can see it's quite the exotic mix of house grown ingredients that make up this spritely and nutritious salad. If you just can't get enough, I would suggest that you head on over to the Kerrytown Farmers Market this Saturday for round two or visit White Lotus Farm to get yourself set up with another one. As a side note, White Lotus serves up a killer cranberry and walnut loaf of bread that is out of this world, so maybe grab one of them while you're at it.

Need something to warm your core on these chilly, early, spring days? Then look no further than this fabulous, in-season dish called **Spinach Jook Porridge** that is vegan and a gluten-free delight from [Miss Kim](#). This soul warming porridge is composed of rice, salt, sesame oil, sesame seeds, tahini, garlic, onion, spinach, soy sauce, black pepper and miso, which is composed of soybeans and salt. This is a pleasing and comforting savory dish that shines with Miss Kim's magic touch. A visit to Miss Kim could very well be on your horizon after trying this tasty porridge, so pay them a visit and tell them Ryan from the Immune Booster sent you.

Moving right along, we come to a fantastic 10-pack of **Tofu and Red Curry Frozen Dumplings** from [Basil Babe](#). The dumpling fillings are composed of firm tofu, red curry paste, bell pepper, lime leaf, salt and sugar. The dumpling wrapper is composed of wheat, water, salt and cornstarch. Together you have a bundle of pure and tasty joy in each bite. So here's a quick rundown on how to cook these dumplings that makes them ohhh so naughty. Pour a thin layer of neutral oil into a skillet on medium-high heat and add the dumplings when hot. Wait until the bottom of the dumplings are slightly golden and then add water to cover the dumplings halfway, (optional but highly recommended by Basil Babe: mix in a heaping tsp of cornstarch for that extra CRUNCH!). Cover the pan with the lid and let the water mostly dissolve or evaporate. Lift the lid and continue to cook until the dumpling wrapper is golden and crispy. Serve

immediately with your favorite soy sauce or other complementary condiments. Boom! Now you're in the dumpling business. Lastly, if you're on any social media platforms keep your eyes peeled for Basil Babe and her pop ups all over town each week and turn out and show her some love. You will be glad you did!

Closing out the share this week, we end things on a sweet note as we traditionally do, with a **Hazelnut Cream Bread** from [Yoon's Bakery](#). This light and airy fresh baked bread is stuffed with a creamy mix of nutty sweetness that you won't soon forget. Composed of wheat, sugar, salt, egg, butter, yeast, water, milk, corn syrup, condensed milk and hazelnuts. Sadly, there will only be one of these in your share, but the good news is you can drive on over and get a few more rounds from Yoon's Bakery every day of the week except Monday. I have tried every item that this hidden gem of a bakery has to offer, and I think each one is top notch. I am a sucker for their savory pizza pastry, so maybe try one of those while you're there too!

So there you have it. Another week flown by and another collaborative effort from our local food community coming together to make a bountiful Immune Booster share. We are grateful to all our local farmers who contributed to the share this week, as well as for all the bakers and prepared food makers. Without them and you fine folks signing up for the share, none of this would be possible. It's been a fantastic ride that continues to gather momentum, building and securing our local food systems here in southeast Michigan. I am forever grateful to everyone involved in this project, and I love everything this project represents. As our political and environmental climate changes, much uncertainty looms, but one thing for certain is that plant-based, local food is on the rise, and the awareness of sourcing local food, while reducing our carbon food footprint, is gaining momentum. Being one of many ambassadors for this movement gives me great pleasure. I truly believe it is the future of sustainable food, and we are all pioneers circulating our money into a circular food economy. Together we are stronger, and we vote with our local food dollars for bigger picture changes in accessing wholesome and healthy food. We look forward to seeing you this Saturday at your pickup location. Eat well, be well, do well!

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 27, regarding Tantre Farm's Immune Booster CSA Share, Week 103, for pick up on April 2, 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.*

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