



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 104) Share – April 9, 2022

Hello Fellow Locavores,

Welcome to the Immune Booster Week 104 Newsletter, and we are so grateful you have decided to join us on our 'Tour of Italy' themed share. We have a splendid mix of in-season, local produce, fresh-baked bread and a tasty tour of prepared foods one might discover whilst traveling Europe's 'Boot' in this week's culinary adventure. We take pride in offering as much diversity as we can locally find in our menus that highlight the talents of the farms, bakers, restaurants and artisans we are so blessed with in our community. This share hits all the aforementioned craftsmen and women on a high note and covers all of their local trades. So let's take a peek and see what our local food scene can do when they roll up their sleeves and get down to business.

With the weary, dreary weather all over the place, how about we open up the share to some colorful, crisp and spritely, spring **Lettuce Mix** from [Sell Farms and Greenhouses](#). In your mix, you will get two heads of hydroponic, organic lettuce grown right down the road in Ypsilanti. What a concept! Pulled from its watery reservoir Friday afternoon and onto your plate by Saturday afternoon. Bling bling, time to do your salad thing!

Next up, we have a lean mean green that is oftentimes referred to as Popeye's favorite, a rich and buttery **Spinach** from [Tantre Farm](#). This hoop house tender green is a perfect dance partner for that lettuce mix for a more comprehensive salad. It is also unbelievably good wilted down with a splash of water. There are so many options - throw it on a sandwich or wrap, incorporate into a quiche or throw it into scrambled eggs for a heartier breakfast. You'll be glad you did.

Keeping with the green theme, next up we have dense, crisp and delicious, organic **Green Cabbage** from [Second Spring Farm](#). Loaded up with vitamin C, A and K this delicious brassica is bound for a killer coleslaw, stunning stir fry or a colorful cabbage soup. So get your creative juices flowing and turn out the chef in you with this green globe of delight.

One potato, two potatoes, hot boiled **Sweet Potatoes** from [Second Spring Farm](#)! Uhh, if I must, yes please! In your share you will get a healthy portion of

this beta carotene-rich, root vegetable. Just today on the farm, Adam, a senior farmer, peeled about 15 pounds of them, par-boiled in mild seasonings with green onions, drained most of the water off and added a generous dollop of peanut butter. Using a handheld immersion blender, he whipped up a thick, creamy and tasty soup. Super easy, super good. Better get that bread ready!

Heading to the 'D' then we might as well pick up some **Detroit Dark Red Beets** from [Second Spring Farm](#). Not sure what to do with the beets? They're organic, so don't panic! Great for roasting and seasoning, whether your choice is to emphasize the savory or sweet. On the savory side of the fence, simply seasoned and roasted in oil of your choosing on a baking tray with other dense roasting veggies for a roasted melody is a great start. Turning it up a bit you could roast them and then blend them with chickpeas, tahini, lemon juice and salt for a roasted beet hummus. On the sweet side of the fence, you can roast them, skin them, quarter them and try a sweet pickle recipe to brine them. These serve amazingly well on salads, in wraps and chicken salad sandwiches. Just a few tips to get into the rhythm of your beets!

Bringing a little zest to this Tour-of-Italy fest, we get things livened up a bit with ruby **Red Radishes** from [Goetz Greenhouse and Family Farm](#). Aah, another tough customer for some folks, but never fear this red root that kicks like a boot. A sweet pickle again does magic for this wiry root and once you have done so, adds a nice sweet touch or zest to any sandwich, wrap or salad plate. Wanna make a bolder move? Then head on over to your steamer pot and toss them in. Steam on high for 7-10 minutes; the longer, the softer they will become all the way through. Serve as a side with any other steamed veggies. You'll be more than likely pleasantly surprised by both texture and taste. Well, we hope so!

Bringing on the fungi and closing out the produce line up for this week's share, we boast a mighty **Mushroom Mix** from [Detroit Mushroom Company](#). In your mix this week, you could receive any combination of golden chestnut mushrooms, caramel-colored Pioppino mushrooms or oyster mushrooms that are white, yellow or blue. All varieties of mushrooms should be cooked well before serving, never consumed raw. These mushrooms are grown indoors in a controlled environment just north of Ann Arbor, picked Friday afternoon and in your possession Saturday morning for the freshest taste and most nutritionally packed, health benefits. Wash, slice and combine with the spinach for that healthy power-omelet you were planning for breakfast. Your immune system will thank you.

As we begin our journey into the prepared foods for our tour around the 'Boot', we get things kicking with a freshly baked, **Rustic Italian Bread** from [Zingerman's Bakehouse](#). This fine loaf of bread is composed of organic wheat flour, water, sea salt and yeast. The simplicity makes it all the more delicious and thoroughly versatile. Great for making toasted sandwiches, grilled cheese or simply devoured while using it to wipe the rest of your plate clean!

Introducing a Mediterranean dance partner for that fresh baked bread, we welcome a 15th Century, Italian, savory classic that is **Bruschetta** from [Juicy Kitchen](#). This dish is vegetarian and gluten-free, composed of sun-dried tomatoes, kalamata olives, feta cheese, fresh basil, extra virgin olive oil, salt and pepper. Bruschetta can be used for topping your toasted bread as an appetizer

or take it a step further and incorporate it into a main dish by spreading it over chicken or protein of your choice and roasting it in the oven. There are many recipes online, so choose the one that speaks to you and get ready for a real treat.

Further along the coast now, we dig into one of our main courses, with a one hundred percent all handmade from scratch **Gnocchi with Lamb Ragù** from [Silvio's Trattoria e Pizzeria](#). This knockout dish is composed of Tantre farm potatoes, flour, egg, lamb, tomatoes, fresh herbs, garlic, onion and olive oil. Silvio, the head chef and owner of Silvio's, runs deep with traditional Italian cuisine and makes food the way his past generations did. I'm sure his hands were tired after forming every single piece and I'm sure you will taste the love it took to make them, il meglio!

Passing around the heel of the 'Boot', it's time to scoot and boogie to the next item in this share of plenty with a hefty bag of **Spinach Fettuccine Pasta** from [Al Dente Pasta Company](#), based out of Whitmore Lake, Michigan. This pasta is simply composed of durum wheat semolina, eggs and spinach. It's great for making into hot or cold pasta dishes and with minimal boiling times so it makes a super quick, easy and healthy meal. Al Dente has many diverse and colorful pasta options to choose from, as well as plant-based pastas for our vegan crowd. I suggest you seek them out and see what else they do.

To end our prepared foods this week, we offer the perfect sauce to complement your pasta. Presenting a super tasty **Ragù Bianco Pasta Sauce** from [Dave Makes Pasta](#). This slow cooked, finely tuned white pasta sauce contains pork, beef, mortadella, prosciutto, onion, celery, carrot, garlic, white wine, chicken stock and olive oil. If you have never tried Dave Makes Pasta, he offers pasta kits with freshly made batch pasta and a wide variety of pasta sauces available for purchase via his Instagram page. Everything I have tasted on Dave's menu has been beautifully executed and top notch. The pasta and sauces are made by Dave at Bellflower Restaurant in Ypsilanti - yet another local amazing talent in our community. Local foodies dine at the restaurant and pick up their Dave Makes Pasta kits to go when they leave. They are in the know! Both businesses really do offer an amazing selection of dishes. Check it out!!

Parched from this 'Boot' Mission and stuffed from all this Italian grub now, I bet you're looking for a refreshing drink? Well, we've got that covered for ya too with a two-pack lottery of any combination of the following [Fruitbelt Sparkling Tonics](#), all vegetarian and gluten-free. In your share you will get either Apple Tart, Elderberry or Cherry flavored drinks. All three drink types are all composed of pure Michigan grown produce and Michigan spring water. So have a little fizz all up in your bizz and serve it up in a cocktail or mocktail. Cheers!

Closing out the share this week and just before we return home from the 'Boot', we offer a **Lemongrass Hand Pump Soap** from [Tiani Body Care](#). This well-thought-out, plant-based soap is composed of purified water, organic coconut oil, organic sunflower oil, organic cold pressed canola oil, cold pressed camelina, aspen bark extract, lemongrass essential oil, peppermint essential oil and vitamin E. As you can see, you will get a mini, aromatherapy session in each and every time you wash your hands plus a good dose of skin care. Sounds like a win-win to me! Tiani Body Care has recently opened a retail store out in

downtown Dexter, so if you want to try other scents or skincare essentials, you know where to go.

So there you have it – from Michigan to the ‘Boot’ and back with a bounty of food coming your way. We hope you relish this ‘Tour of Italy’ share and enjoyed journeying with me through the breakdown of what our local talents have all put together for us this week. We are so fortunate to reside among such talented local food proprietors, and we are always grateful for their continued collaboration on this local food mission. So for now, we will ride off into the sunset, and we look forward to seeing you all Saturday morning at both hand out locations.

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](https://www.instagram.com/immuneboosterbytantrefarm) or [@tantrefarm](https://www.instagram.com/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, April 10, regarding Tantre Farm’s Immune Booster CSA Share, Week 105, for pick up on April 16, 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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