



Tantre Farm CSA Newsletter **IMMUNE BOOSTER (Week 106) Share – April 23, 2022**

Hello Fellow Earthlings,

Welcome to the Immune Booster Week 106 Newsletter, and Happy Earth Day! Although we celebrate Mother Earth and her blessings with each of our weekly shares, this week in particular will reinforce why our local food mission is so important and highlight some of the many ways that each and every one of us can get involved and make changes in our lifestyle to help preserve our natural world. Earth Day is an annual event on April 22 that demonstrates support for environmental protection. First held on April 22, 1970, it now includes a wide range of events coordinated globally by EarthDay.org in more than 193 countries. The ways to pay it forward to this spectacular blue sphere are endless, with some extremely simple steps such as buying local, picking up litter on a walk, or just turning down your thermostat a bit. On the other end of the spectrum there are some incredibly mind-bending Mycelium remediation discoveries unfolding that could potentially fix some of the damage done to our atmosphere, water and land if we learn as a species to dial down our consumption. The globe with all its perils and extreme beauty offers an amazing time to be alive with the advancement of science. Being mindful of our natural environment and approaching it as constant students, we will discover endless trails of correlations and symbiosis. All we need to do is slow down, pay attention and be considerate of other forms of life on the planet we share. Participating in this share is a wonderful step in the right direction and will give back to the cycle of local food production that bypasses the industrial agricultural machine and significantly reduces the footprint of your food sources. With that said, I'll turn my hat around and roll up my sleeves... It's time to discover what Mother Earth has provided for us this week, with the local buzz from our neighborhood farms, local restaurants, bakers, glass straw makers and seed bank accumulators. Let's dig in!

Kicking up dust and knocking off the rust as we ramble on down the road, our first stop is to pick up some organic, hydroponically-grown **Lettuce** from [Sell Farms and Greenhouse](#). This earth-friendly green is grown in a state-of-the-art greenhouse that acts as a warm and cozy nursery for these tender leaves. Growing the lettuce hydroponically also reduces the consumption of thousands of gallons of water versus soil-grown lettuce. The lettuce plants are harvested from their watery 3-inch-deep basin and bagged Friday afternoon,

ready for your salad plate Saturday afternoon or maybe for your cookout in the 80 degree weather that's rolling in this weekend. Finally!!!

Picking up the pace and it's a bit of a race, we head on out to [Tantre Farm](#) to pick up another green - the almighty **Spinach**. This rich and buttery leafy green is grown in a series of three hoop houses that run from east to west, trapping heat and moisture. Irrigation systems slowly drip the spinach plants with water, another great way to conserve this precious resource. These conditions make for the best flavor and texture, and since this is spinach season, all the more reason to add this succulent green to that lettuce mix for a more complete salad. You'll be glad you did!

Time to get on the bus, Gus, and quit all the fuss, with some plentiful **Pea Shoots** from [Garden Works Organic Farm](#). These organic shoots are so good they'll knock off your boots. The pea shoots are soil grown in two-inch deep trays and go from seed to your salad in roughly three weeks, so again another crop that uses limited amounts of soil and water. They're great right out of the container as a snack, stacked on sandwiches and wraps or as a stand-alone salad if you want to eat like royalty.

My, my, my it's time to head to [Second Spring Farm](#) for some **Sweet Potatoes** to make a pie. These earth-friendly roots are certified organic which means no manmade chemicals were used to grow them from start to finish. Just good clean dirt, water, and sun to grow these plants that result in a beta-carotene rich root. So roast 'em up and toss them on that salad when cooled, try your steady hand at making them into a soup or get naughty and do the sweet potato pie with the marshmallow cream on top. Ahhh, that sounds terrible, ya right!

Next up from [Second Spring Farm](#), we roll right into some **Red and Gold Onions**. Again, organically grown in soil that's full of life, these bulbous bulbs are full of delight. So toss them on the grill whole at your cookout with their paper rind on and roast them gently away. Once they start to feel tender in the tongs pull them onto a plate, peel the outer layer off. Voila, you have an aromatic, roasted onion to go with whatever else you're cooking on the grill. Another way to consume them is to brine them in a simple sweet pickle. There are a million recipes online, so find one that makes your taste buds tickle and pickle them up to add to salads, sandwiches, burritos or tacos.

Closing out the fresh produce in this week's share, we stick to our roots with organically-grown, **Detroit Dark Red Beets** from [Second Spring Farm](#). There's no beet'n around the bush with these magical roots for they are flush with essential vitamins and minerals. Beets are great roasted in tin foil on the grill or in the oven. Some folks like them savory and roasted on a baking sheet with other veggies; some folks like to sweet pickle them. My target this week is to make a chutney out of the beets and onions that can be used as a spread on crackers, savory sandwiches or as a condiment to dip your favorite savory finger food snacks.

Popping up next in the share, we have a family-friendly treat with a pint of organic, 100% Michigan-grown **Yellow Popping Corn** from [Ferris Organic Farm](#). There's nothing like making homemade popcorn and adding your own little touch of flavor to it. My daughters like it buttered, my wife likes it with butter

and honey, and I like it with a dash of butter and some pepper spices like cayenne, black pepper and paprika. For perfectly popped corn, first heat 3 tablespoons of oil and 3 popcorn kernels over medium heat in a covered pan. When these test kernels burst, remove the pan from heat and add 1/3 cup of popcorn. Cover the pan and wait for 30 seconds before returning it to the heat. When the kernels start to pop, shake the pan (with lid slightly ajar) until popping slows to 1 to 2 seconds between pops. Add your preferred flavors and serve! This process will ensure your popcorn kernels pop simultaneously and avoid the stovetop pitfalls of batches of burnt and unpopped kernels. Get creative with this fun treat, kick up your feet and watch a good movie. Now we are talking!

Turning our hat back around, rolling down our sleeves and getting washed up nice and clean, we head back into town to round up the prepared foods for this week's share. First stop is [Zingerman's Bakehouse](#) for a **Pumpnickel Loaf**. Composed of organic wheat flour, water, rye, rye chops, caramel color, sea salt, yeast and caraway seeds, this tasty, rich loaf is actually one of my favorite breads from the Bakehouse. Geared more towards the savory end of the spectrum, it makes fine sandwiches, avocado toast with a fried egg on top or simply toasted and lightly lathered in your favorite savory spread. So get pumped for your pumpnickel! It's wholesome, it's fresh, it's local and it's good for you.

Moving on to a fresh and juicy salad, we present a **Spring Pear Salad** from [Juicy Kitchen](#). This unique and rather tasty salad is composed of an organic spring mix, Bartlett pear, blue cheese, dried Michigan cherries, toasted pecans and house made dark balsamic vinaigrette. I sampled this salad earlier this week, and then sampled it a few more times, and then I just asked for a bowl of it. So there you have it! Tried and true, savory and sweet, with a finely balanced vinaigrette, this sure-fire winner can easily be secured for round two with a little trip over to Juicy Kitchen. They have a beautiful selection of salads like this one on their to-go rack just inside the front door of the cafe. Convenient grab-and-go action for those on the run. For those with a little more time on your hands, I would suggest perusing the menu to discover many delicious gems!

Next, a delicious dance partner for a slice of bread or three, we have a quart of **Vietnamese Vegetable Soup** from [Ginger Deli](#). This colorful soup is layered with flavor and composed of ginger, daikon radish, carrots, leeks, king mushrooms, chayote, Tantre Farm spinach, Second Spring Farm shallots, sea salt, rock sugar, toasted Vietnamese cinnamon, coriander seed, black cardamom, star anise and clove. Quite the lineup of healthy ingredients went into this soup that was made right here at the Food Hub where most of you will pick up your share. If you have never visited Ginger Deli's downtown spot for a banh mi sandwich or a bowl of pho or their fresh spring rolls, then you are really missing out! Go visit and tell them that Ryan from the Immune Booster sent you.

Moving away from the savory and on to the sweet, we have a mighty tasty two-pack of soft and chewy **Chene Ferry Chocolate Cherry Cookies** from [Avalon International Breads](#). These cookies are one of my favorite sweet treats featured in the shares, because they are just so darn delicious... and I don't even have a sweet tooth! Created from brown sugar, unsalted butter, chocolate chunks, organic unbleached white flour, sugar, organic rolled oats, dried Michigan cherries, egg, cocoa powder, vanilla, sea salt and baking powder,

these cookies are the real deal, McNeal, and guess what? They are for sale every day at Avalon's downtown location in Ann Arbor so if you have a craving for more, they're just down the road. See we like to make things easy and if you do go there, walk across the street and up one block and get yourself some Ginger Deli. It's called a two-for-one stop-shop deal. Woot Woot!

Time to wash this feast all down your neck with a vibrant **Down to Earth Kombucha** that is from [Unity Vibration Kombucha](#). This super-healthy drink does wonders for your inner economy and gut biome, and tastes delightful indeed. It is composed of organic mint, organic lavender, organic blackberry juice, functional mushroom concentrate, organic licorice root, organic fair-trade kombucha culture and colloidal platinum. I was intrigued by the mushroom concentrate ingredient in the drink. Mushroom consumption is on the rise, and there are so many types to consume. Mushrooms are forecast to be the next agricultural boom because of their beneficial health impacts, so get ready for many more forms of mushrooms finding their way into your food and drinks. This kombucha is brewed and canned right here in Ypsilanti, and Unity Vibration has a tap room that is open to the public. They are also hosting live bands from time to time, so pop on in and check out this hipster spot. It's well worth a visit!

Perfect to suck down the kombucha, and a fitting treat for our Earth Day celebration, we are excited to feature an **Earth Day Glass Straw** made from 100% Pyrex glass by [Strawesome](#), just east of Whitmore Lake. Each straw was made by hand, cut to length and then assembled with a blue and green mini marble to represent the earth. So what's the significance of this glass straw? Well, quite a lot, to be frank. It is estimated that in the U.S. alone we use up to 500 million plastic straws a day. That's over 180 billion per year! Some reports say from the age of 5 to 65 years of age the average American will use up to 38,000 plastic one-time use straws. Alarming data considering almost none of these are being recycled, and they can never fully biodegrade. This glass straw is a symbolic commitment to reduce plastic waste, in honor of Earth Day. Re-use the glass straw every day and get into the habit of treating every day as if it's Earth Day. If you would like a matching set, or a whole collection of glass straws varying from simple to exotic, then check out Strawesome's website that is simple to navigate and easy to find the perfect straws for your family. They also offer cleaning kits and travel cases, so using an environmentally thoughtful straw has never been easier.

Closing out the share on a sweet note as we do, this week the sweet treat is for our local pollinators, and we are setting you up with one packet of **Spring Pollinator Plant Seeds** from [Ann Arbor Seed Company](#). The lottery of seed packets consists of either Coreopsis, Bachelor's Button or Cosmos to plant in your own garden, share with friends and neighbors, donate to a community garden or a local school. The more they are shared, the more 'weigh stations' of fresh nectar will exist around the city, so our local pollinators will not have long commutes from patch to patch. Hey, now there's a concept! So get out, enjoy the perfect spring weather and plant a few flowers to do your part in helping the local diversity of pollinators stay in business. The good ecology business! If you're looking for more local seeds, [Green Things Farm Collective](#) has all their locally grown and harvested seeds right here on the north side of Ann Arbor inside their self-serve market farm stop. So pop in and see what else this local farm has to offer, from fresh greens to locally raised meat.

So there we have it! A share full of our Earth's bounty. The diversity of all things that Mother Earth provides are immense, but the challenges to restore balance and harmony with nature are also immense and must be tackled collectively as one human race. Earth Day is only one of 365 days out of the year, where droves of people across the world get together to nurture mother earth the way she nurtures us every day. Let's make Earth Day our daily benchmark of how we should treat our planet. It's a daily effort to align with earth-friendly methods at all levels of our lifestyles to reduce our footprint and allow Mother Nature to work her magic. As always, we thank you for signing up to this week's share and we look forward to seeing your smiling faces this Saturday morning at the pickup.

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, April 24, regarding Tantre Farm's Immune Booster CSA Share, Week 107, for pick up on April 30, 2022.

Eat well, be well, do well,

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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