



# Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 109) Share – May 14, 2022

Hello Fellow Locavores,

Welcome to the Week 109 Bavarian Share newsletter and thank you for signing up to support our local food mission. Most of the money trading hands here each week goes right back into small farms and business all the way up to big farms and big businesses, but they all share a common thread. They are all local businesses collaborating together all in one spot, which happens to be this week's Immune Booster CSA share. As we seek high and low and not so far and wide for more of our local talents, the share continues to evolve as we join hands with new and yet-to-be-discovered local businesses offering a wide range of produce and prepared foods. With the spectacular weather this week, we thought it would be a great idea to kick off the grilling season and offer a cookout Bavarian-themed share. This share has all your bases covered to turn out a really colorful and healthy cookout to get the season underway. There will be plenty to go around, so let's dive right in and see what is coming home with you this Saturday!

Breaking out the greens in this week's share we get things going with organic **Green Cabbage** from [Second Spring Farm](#). These super dense green balls of delight are a storage cabbage, so their leaflets grow incredibly dense and compact unlike summer cabbage where the leaves are spaced out and less compacted on one another. This cabbage would be great to sauté down with the **Bok Choi** that is also offered in this week's share from [Goetz Greenhouse and Family Farm](#). I would say start dicing up the green cabbage and throw it into a large skillet on medium to high heat with some oil. Then dice up the bok choi and toss it in with the cabbage. Get out a few of your Bratwurst or Tempeh Style Bacon Strips, slice them up and add them to the cabbage and bok choi. Finally, dice up your **Green Garlic** from [Tantre Farm](#) and add it to the mix. Cook it down for just a few more minutes and serve as a side salad to the rest of your BBQ meal, on top of your bratwurst if you choose to put it in a bun or on a tempeh bacon style strips Reuben sandwich. Sprinkle a little bit of The Brinery sauerkraut on any of these final dishes and you will most definitely be in the yum business. Alternatively, you could make a really delicious coleslaw out of these green cabbages and save the bok choi for a stir fry later in the week. Decisions, decisions.....

Moving right along as we hear the spring bird songs, next up for the grill we have a nice clutch of organic **Detroit Dark Red Beets** from [Second Spring Farm](#) and a fine **Potato Mix** from [Tantre Farm](#). Both of these veggies are great for grilling in tin foil and should have their skins on, so don't peel them. Since they take about 25 minutes to cook through, I usually place these roots on the grill first, while continually rotating them with tongs so they cook evenly. Once they feel soft in the tongs, pull them off the grill and plate them until cool enough to handle. Now that they are cooked, the beet skins should just peel away with ease. Quarter them up and mix with a homemade vinaigrette for an instant beet salad, or add them to a sweet pickle brine and place them in the fridge for an hour or two before serving as a delicious side. For the potatoes, pile on your favorite toppings for a loaded baked potato. Alternative to the grill, you could fry them up in the kitchen and make French fries, turn them into a creamy au gratin potato dish, or simply boil and season. They don't call the potato the universal staple food for nothing!

It's time to shoot for the stars and boost up your immune system with fresh clipped **Popcorn Shoots** from [White Lotus Farms](#). These lemon-colored shoots are striking and unusual as well as really good for you. They are packed with vitamin A, B, C and E which are all essential elements for our inner economy. Load these fine shoots up on a fresh greens salad, sprinkle them on your stir fry, add them to sandwiches, wraps, tacos or burritos. These shoots are versatile and hold no judgment on how they are consumed, but do eat them within the first few days of picking up your share for optimal freshness and nutrition. You will never look at popcorn the same again. Ha!

Bringing on the Bavarian bread this week, we present a two-pack of **Bavarian Pretzels** from [Raterman Bread](#). These dense and chewy, dark caramel-colored pretzels are composed simply of flour, water, salt, honey and coconut oil. Just before they enter the oven they are painted with honey and coconut oil and sprinkled with salt that embeds itself into the bread as it roasts away. A few minutes later the beautifully baked pretzel emerges and is bagged up just for you. So get your favorite condiments (like mustard or a warm cheese sauce) ready for your BBQ appetizer. Guaranteed if you're not around when they get served you may just miss out, so keep your eyes peeled.

Next up in our lineup of prepared foods, we have a **Bavarian Potato Salad** that is vegetarian and gluten-free from [Juicy Kitchen](#). This hearty and healthy potato salad is composed of red skin potatoes, bell peppers, red onion, celery, green onion, fresh dill, extra virgin olive oil, red wine vinegar, Dijon mustard, mayonnaise, soybean oil, egg, distilled vinegar, salt, sugar, lemon juice concentrate, salt and pepper. I had great pleasure in sampling this dish last week on one of my regular visits to Juicy Kitchen and thought it would make a perfect addition to the Bavarian share. Enjoy!

Next up, we welcome a new face to the Immune Booster family with the debut of [Pierogi Queen](#) and their infamous pierogies. This week we are featuring a 12-pack of **The Spin Me Right Pierogis** that are vegetarian and ohhh so tasty. These handmade pierogies are composed of fresh cut potatoes, flour, sour cream, mozzarella cheese, milk, salt, potato starch, artichokes, cream cheese, egg, fresh spring spinach, garlic, parmesan cheese, garlic powder, black pepper and sea salt. One by one, these handmade pierogies fill up tray after tray, and up to four thousand a day are made in their retail shop daily inside Gratiot

Central Market in Detroit. Pierogi Queen has deep Polish roots and they make upwards of 20 different styles of pierogies depending on the season and what produce is available. I'm sure you will be looking for round two and they can be found at numerous retail outlets around Ann Arbor, and as well out in Chelsea at Agricole. The packages come with easy-to-follow cooking instructions and would serve great with that cooked up cabbage, bok choy, green garlic, and brat or tempeh bacon stir fry mix discussed above for a complete meal. Boom! You are in the pierogi know how just like that.

Next up, we had a YOU pick 'em where we offered you one of the following... One pack of **Tempeh Bacon Style Strips** that are vegan and gluten-free from [The Brinery](#) or one pack of **Bratwurst** from [Washtenaw Meats](#) that are composed of 100% local pasture-raised Michigan Pork from [N Kids Farm](#) and [Needle-Lane Farms](#) just outside of Ann Arbor. So whether you chose plant-based protein or mammal-based protein you're in luck. Both products can be grilled, cooked in a skillet, or mixed and matched with all sorts of breakfast, lunch, and dinner dishes of your very own culinary wishes. If these two products leave you hankering for more, there are numerous retail outlets around town that offer both of these fine local products, so go on, get out there and support the local food scene.

What would a Bavarian share be without sauerkraut? Not Bavarian! So without further ado, we proudly present to you **Fair N By Sauerkraut** that is vegan and gluten-free from [The Brinery](#). This zesty, crunchy kraut has a crisp clean zip when it hits the lips and is rather refreshing served on the brats or the bacon-style strips. So don't be shy and give it a try. Sprinkle it on fresh, leafy, green salads, serve it with rice dishes or stir fries. You'll be glad you did!

Need a little drink to wet your whistle? Have no fear, we have a two-pack of **Sparkling Tonics** from [Fruitbelt Tonics](#). In this lottery of sparkling fruit tonics, you may receive a Sparkling Apple Tart Tonic, a Sparkling Elderberry Tonic or a Sparkling Cherry Tonic. Rest assured, all three drink options are filled with pure Michigan-grown produce and canned on the westside of the state. It's a great time of the year to have a cookout and pour yourself a mocktail or a cocktail or just sip it right out of the can while you operate the grill. Cheers to you and yours!

So another week of the Immune Booster CSA Share has come to pass and with it came a whole bunch of local food from local folks who like to cook, grow and eat healthy, nutritious food just like you. Together we share this local food mission, and by buying this share, you have put more financial revenue back into these local food systems. The future of local food is what this share is all about. Engaging in seasonal consumption, supporting farmers who manage the land that enhances diversity and generating avenues for their produce to make it into local restaurants, CSA's and farmers markets is all a great start. Thanks for voting with your hard-earned dollars for local food and supporting all of the vendors in this share. We are in this together and the summer season of crops is just about to begin, so we have much to look forward to as the current system lurches forward into an abyss of diversity. Buckle up, we still have lots to do! Thanks again for joining us this week and we look forward to seeing you at this Saturday's pick up.

**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, May 15, regarding Tantre Farm's Immune Booster CSA Share, Week 110, for pick up on May 21, 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](mailto:immuneboosterbytantre@gmail.com).*

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