



## Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 110) Share – May 21, 2022

Hello Michiganders, transients, transplants and all in between,

Thank you for signing up to the Immune Booster share and joining us for this week's local line up of fresh, in-season produce and seasonal, prepared food dishes. As we stroll through the rapidly changing spring season and the growth of the first outdoor crops in earnest, we have followed suit with this share and have partnered up with some of the area's finest produce growers, bakers, and prepared food makers; all of whom are in rhythm with the current season. With this week's offerings there are plenty of do-it-yourself ideas to mix and match with the prepared foods to make complete meals that are wholesome and delicious. So let's dive into this beautiful box of plenty and see what is coming home with you this Saturday morning...

First to board this Immune Boosting mission is a splendid **Greens Mix** from [Garden Fort Farm](#) that is a delightful combination of mizuna, Tokyo bekana, and baby spinach. Garden Fort Farm specializes in leafy greens in general and offers several different mixes. We chose this mix, because it has a perfect blended melody of light and tasty greens to make any at-home chef proud. So serve it up as a salad, toss it into wraps, sandwiches or burritos. It's sure to please in the warm, spring breeze, and if it leaves you hankering for more, The Produce Station grocer in Ann Arbor sells all of Garden Works fine greens every day of the week.

Next up on this moon boost mission, we have plenty of pleasant **Pea Shoots** from [Garden Works Organic Farm](#) that are crisp and delightful. Packed with a hint of sugar, these semi sweet, pea baby plants are loaded with nutrition to keep your immune system primed and in good condition. So toss them on a salad, sprinkle them on an omelet, add them to wraps, or just eat them out of the container as a hand to mouth snack like you would with carrots or cucumbers. Boom! You're in the pea shoot for the stars business.

Spinning out into outer space, next up we have robust, field-grown **Spinach** from [Tantre Farm](#). This spinach is in peak form and looks and tastes sooo good at this time of year just before it gets too hot. I've been eating spinach salads daily for the past few weeks, and it just never gets old with these crisp and buttery leaves of joy. Don't want the spinach salad? No problem, because it is

great wilted down with a little water in a small pan, added to scrambled eggs, tossed into pasta dishes or casseroles. So get your spinach on and make Popeye proud.

Rolling right along on this immune booster ride, we land at some round and robust, **Yellow Onions** from [Second Spring Farm](#). These rollicking radical onions are full of zest and packed with pungent sulfur to keep the free radicals away from attacking your immune system. These pure globes of delight can be grilled, steamed, diced and served raw, added to any savory dish or salad or even sweet pickled as a tasty side or a zesty crunch on your sandwich. With so many ways to consume this invaluable root, the choice is endless, and the best part is that they are packed with nutrients and antioxidants that are excellent for your heart, digestive system and general health!

Nothing says spring like **Asparagus** from [Tantre Farm](#), sobering them on to the immune booster mission! Asparagus is loaded with nutritional benefits such as fiber, folate and an array of vitamins that help fight off cancer and free radicals. It is also packed with antioxidants and has been proven to contain brain boosting properties. The best thing is it's really delicious on top of being nutritious! So grill it up on the BBQ, steam it in the steamer, add it to a stir fry or fried rice – either way it will taste, ohhhh so nice! Asparagus usually grows from around Mother's Day to Father's Day, so it's always a short season and all the more reason to enjoy this succulent plant, while it is fresh out of the nearby fields.

Closing out the produce in this week's share, we end things with a healthy serving of field-grown **French Breakfast Radishes** from [Tantre Farm](#). These oblong-shaped, semi reddish, pink-topped radishes with white undersides are packed with powerful antioxidants and minerals like calcium and potassium. They're really good for you and can be somewhat versatile in your culinary vision. If you don't like radishes, my suggestion is to grate them and then add them to a sweet pickle brine and serve them on a sandwich or wrap. Alternatively, to complement the mild flavor, steam the radishes until they feel tender when grabbing them with tongs and serve them with a little butter and salt. Steaming them gives them the texture of a roasted potato and takes any pungency out of them. Lastly, they are great thinly sliced and sautéed and served with any savory breakfast, lunch or dinner as a side. So radish up buttercup!

Kicking off the prepared foods for this week's share, we get things going with a savory, nutty **Seeded Sourdough Detroit Street Loaf** from [Zingerman's Bakehouse](#). This naturally leavened, round, sourdough bread is composed of organic wheat flour, water and sea salt, garnished with sesame seeds, poppy seeds and fennel seeds for a savory finish. Perfect for the spring season soup dipping, making paninis, grilled cheeses, or simply toasted and lathered with your favorite spread. If this fine loaf leaves you hungry for more, head on over to Zingerman's Bakehouse, and check out their wide selection of sweet treats, breads, pastries and prepared foods. They have a lot of enticing things that I'm sure you'll be more than happy to take home with you.

We can't have a rustic and hearty loaf of bread without the soup, so we thought we would raise the bar and offer the most in-season soup we could find... Introducing **Dandelion Bean Soup** from [Silvio's Trattoria e Pizzeria](#). Say

what?? Dandelion? As in the weed that people spend hours trying to eradicate from their yards? Yep, this is the very same plant, and yes, it is edible and good for your health with potent antioxidants that fight inflammation, promote liver health and reduce bad cholesterol. Not to mention, it also lowers your blood pressure, now that you know it's edible and can co-exist in your yard. So no Round-Up here, just a really unique and wholesome soup to get your inner economy in sync to a healthier, happier you. With Silvio's help, you'll never look at dandelions the same way and maybe you'll even be tempted to sneak out into the garden when no one is looking, and pick a few dandelion leaves for your own homemade dandelion soup. Hey, they're free and abundant, so why not!

So now we have the bread and the soup, the next thing we need is a salad, a **Kohlrabi Papaya Salad** from [Ginger Deli](#) to be exact. This colorful and creative salad is vegan and gluten-free, but does contain nuts that are served in a separate container. This coleslaw-style salad sings of spring with its crisp, sweet crunch, unique taste, and healthy composition. This fine salad takes a good amount of work to create from scratch and pull all of the ingredients together. It is composed of a julienned melody of fresh peeled kohlrabi, green papaya, bean sprouts, carrot, mint, mango, beets, and shallots. The salad comes with a sweet and tangy dressing that is served in a separate container and is composed of water, apple cider vinegar, lime, garlic, red pepper flakes and maple syrup. As you can see, head chef Te Phan had a long and thoughtful vision to create this delightful salad, so if you just can't get enough, head on down to Ginger Deli's restaurant on Liberty Street in downtown Ann Arbor and grab another kohlrabi papaya salad, along with a bowl of tasty pho, spring rolls or egg rolls, and a completely home-baked and handmade banh mi sandwich. I was just there today, and I loaded up with a nice little set of goodies to feed the family for dinner. It was dynamite!

Moving right along into the final prepared food offered in this week's share, we have a **Shahi Korma Sabzi** that is vegetarian and gluten-free from [Earthen Jar](#). This unique and interesting dish is composed of broccoli, mushrooms, cream, milk, salt, turmeric and mixed Indian spices and would serve best with some DIY rice and a salad created from some of the fresh produce in the share to make a delicious complete meal. This savory dish is sure to please, and you can find round two at Arbor Farms Market in Ann Arbor, which sells the most comprehensive mix of Earthen Jar take away meals in town. So pop on over to the market and try some of their other fine offerings. You'll be glad you did!

Closing out the share on a sweet note, we are elated to serve you up a tasty beverage to wash it all down. So without further ado, we present to you a delectable **Mango Lassi** from [Tiffin Tonight](#). This fine beverage was made Friday afternoon from mango pulp, local yogurt, milk, and sugar. All blended up into a smooth and rich sweet texture. Mango Lassis are one of my favorite drinks when visiting any Indian restaurant, and this one is particularly tasty indeed. You can find these drinks at Argus in Ann Arbor and at Agricole in Chelsea. I presume you'll most definitely want round two, or more to share with the family, so head on over to these two outlets I've mentioned above, and tell them that Ryan from the Immune Booster sent you.

As the Immune Booster comes to a halt and the ride is over, we would like to

thank you once again for joining us this week and taking this culinary adventure with us from our local field to your table. As always, a lot of effort and care went into creating this collective share and your hard-earned money has trickled into every vendor's pocket who either grew or prepared this food this week and they are all local. Our aim is to build upon local food security systems, reduce the fossil fuel miles on all of our food and packaging, and focus on seasonal produce and prepared foods all year round, all the while strengthening our community. This share stimulates our own local food economy and helps local businesses grow and re-invest their hard-earned dollars into expanding their companies or farms, hiring more people, collaborating with other food businesses in our area and work towards a more sustainable food system that is healthy for you and our planet through diversity and gentle farming practices. So kudos to you and yours - we certainly appreciate your support!

**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 22, regarding Tantre Farm's Immune Booster CSA Share, Week 111, for pick up on May 28, 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).*

## Tantre Farm

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