



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 111) Share – May 28 2022

Hello Fellow Locavores,

This week, we have had absolutely beautiful weather for growing and harvesting food at Tantre Farm. The fields are awakening after this cold and mild spring as the sun continues to get closer to us as we tilt in towards it. The crops are most definitely reacting to this increase in sun energy, as is our mushroom forest. This week we handpicked roughly 120 quarts of yellow oyster mushrooms, hundreds of pounds of asparagus, lush leafy greens by the bushel and so much more. You will soon see a wide shift in the produce offerings from week to week with all sorts of new and exciting produce items coming into fruition. We take pride in diversification of crops and will be more than happy to add that diversity to our share as we enter into the summer in earnest. So buckle up moon boosters! We've got a lot to cover in this Italian-themed menu, so kick off your shoes and enjoy the cool fading spring breeze as we take a little ride together this week.

Starting with one of our favorite [Tantre Farm](#) leafy greens, we have our first of many successions of field grown, **Butterhead Bibb Lettuce** back in the mix! We have patiently waited for this tender leafy green for many moons now, and we are looking forward to featuring it in the Immune Booster share throughout the season with each succession. This fine salad green has a delicately sweet flavor and is loaded with minerals that are important to your diet. Butter leaf lettuce contains both copper and iron, which help your body producing red blood cells. It is also a rich source of vitamins A, C and K for strong eyes and bones, as well as manganese, folate, potassium and calcium. This is an all-round immune booster, so salad away on a late spring day to keep the doctor away!

One of my favorite crops this time of year is Tantre **Spinach**, because it's so rich and buttery, thanks to these prime weather conditions that encourage optimal growth and taste. This vitamin K-rich spinach would be best consumed in salad form, but could also be used in endless ways cooked or raw. Maybe a spinach dip to go with the Kalamata Sourdough Loaf that is also in this week's share is in my near future? Hint hint.

Need a little bling bling on top of that salad? Look no further than **Daikon**

Radish Microgreens from [Garden Works Organic Farm](#). These lean and ever so healthy microgreens are antioxidant rich. In fact, of all the microgreens on the market, Daikon Radish microgreens in particular have the highest levels of vitamin E, which is one of the body's primary antioxidants. Also packed with vitamin C and many other highly beneficial nutrients, these babies are sure to give your immune system a cracking boost. For full nutritional benefit, they are best consumed within the first three days after picking up your share and can be incorporated into or added as a garnish to any dish. Sprinkle them on some of your DIY salads or fresh homemade pasta dishes this week for an extra zip of flavor and nutrition.

Next up, we simply couldn't resist an alluring mint green orb of organic **Green Cabbage** from [Second Spring Farm](#). This is the last of Second Spring Farm's winter storage cabbage, and it's quite impressive how well it has been stored just for a share like this. I made some stir-fry out of one just last night and it was crisp, tasty and in peak form. This dense globe of green cabbage is loaded with vitamin B6 and folate which play key roles in your metabolism, as well as balancing your nervous system, so better coleslaw it up, stir fry it, grate it onto your fresh leafy green salads, make homemade sauerkraut, toss it into a soup or stew...ohh there's so much you can do! At the last minute our crew discovered that we had some beautiful bunches of Tantre **Bok Choy** ready for harvest, so that was tossed in your share as a bonus! You can do the same things with Bok Choy as you did with Cabbage. Enjoy!!

Scooting right along, we move on to **Detroit Dark Red Beets** from [Second Spring Farm](#). These dark red globes pack a mildly sweet flavor when roasted up. Alternatively, you can skip the roasting and simply grate them over the top of a DIY leafy green salad for a serious dose of folate and vitamin B9 which play a key role in helping our cells grow and function. Another of my favorite ways to prepare and consume beets is to pickle them using the following brief recipe: First, wash the beets and cut the stems and leaves off the tuber - DON'T cut the tap root or the liquid will run out of the beet while roasting them and you will lose all the good juice inside. Instead, wrap the tap root around the beet, then wrap in foil and bake at 350°F for about an hour. Cool to room temperature, unwrap the foil and the skin should peel away easily. Slice or cube the beets, stack neatly into a mason jar and pour a dissolved mixture of equal parts sugar, water and apple cider vinegar over the beets until they are fully covered. The beets will absorb the blended mixture within a day, and you will be pleased with the delicious outcome... Beet me up, Scotty!

Closing out the produce in this week's share, we go out with a bang, while we do our Tantre **Asparagus** thang! Asparagus is a perennial crop that generally produces from Mother's Day to Father's Day here in Michigan. It is a majestic month-of-May to mid-June crop and its growing behavior is absolutely amazing. The spears drastically emerge in the warmer days at a rate of up to 7 inches in one day under optimal growing conditions!! Asparagus is excellent for cleaning out the urinary tract and detoxifying the liver. It is rich in glutathione, a detoxifying compound that destroys carcinogens associated with bone, breast, lung and colon cancers. This superfood can be consumed raw, leaving a slight peppery taste in your mouth, or it can be steamed or steeped in water for a few minutes and served with any savory dishes. So make the most of this short-lived asparagus season, kick those carcinogens to the curb and give your taste buds a treat.

Breaking away from the produce wagon, we get the prepared foods underway with a fresh baked, **Kalamata Olive Sourdough Loaf** that is vegan from [Raterman Bread](#). This tasty bread is composed of local organic flour, water, salt, kalamata olives, lemon zest and herbs de Provence. This bread is chock-full of pre and probiotics. Baked into the late hours of Friday evening, bagged, and left at room temperature until you come and pick up your share Saturday morning, you are guaranteed a fresh, light and tasty loaf that will serve well with the following prepared foods. As a side note, Raterman Bread sets up a beautiful table display each and every Saturday in the downtown Ann Arbor Kerrytown Farmers Market.

Hmmm... What would go really well with the fine, fresh-baked bread above? Bring on the cheese please! **Pimento Cheese Spread** that is. This pimento cheese is vegetarian and gluten-free from [Zingerman's Creamery](#) and is composed of cheddar, roasted red pepper, Tellicherry black pepper, mayonnaise and cayenne pepper. It's absolutely tasty and will most definitely leave you wanting more. So spread it on the bread and taste the local difference with this duo of awesomeness. A great addition to any charcuterie board, this cheese will pair well with pretty much anything - savory or even sweet. Bon Appetit!

Looking for another interesting salad to add to your cookbook? Look no further than this week's Tantre **Spinach Salad** from [Harvest Kitchen](#) that is vegetarian and gluten-free. This in-season layered salad features fresh, hand-picked, field spinach from Tantre Farm, Michigan dried cherries, pickled radish, pumpkin seeds, smoked tofu and comes with a vinaigrette dressing made from Dijon mustard, agave syrup, apple cider vinegar, olive oil, salt and pepper. Slice of bread, dollop of pimento cheese spread across it, splash the salad with the vinaigrette and you're in the yum business. Like many of our vendors this week, Harvest Kitchen sets up a tidy and full display of their to-go meals, pastries and granola every week at the Ann Arbor Kerrytown Farmers Market. So pay Keith a visit and tell him Ryan from the Immune Booster sent you.

Want to pad out this salad and bread combo and bring a few more dishes into orbit? Sure, why not! Go big or go home right? Next up, it's time to get a pan of boiling water for some **Basil Fettuccine Pasta** from [Al Dente Pasta Company](#). This pasta is composed of durum wheat semolina, eggs and freshly picked basil that is immediately dried and then blended into the pasta mix before running it through the press. Super clean, super healthy and quick to prepare, I often find these bags of Al Dente pasta to be hefty enough to make two separate meals. My suggestion is to use the Vodka Pasta Sauce coming up next in one meal, and for all you pesto lovers out there, you could make your own pesto and double up on the basil for the second meal. Alternatively, you could grate, thinly slice, or dice up all of the produce in this week's share and add it to the cooked and then cooled noodles along with a sesame salad dressing and serve chilled. Dang. So many options, making me hungry!

Keeping things easy, let's take a closer look at the prepared pasta sauce. This boss of a sauce happens to be a **Vodka Pasta Sauce** from [Dave Makes Pasta](#). Vegetarian and gluten-free, this fine sauce will not get you sauced because the vodka has been cooked down along with primo San Marzano tomatoes, onion, garlic, cream, red pepper flake, olive oil, salt and vodka. The marriage of

acids from the vodka and San Marzano tomatoes in a slow simmered reduction stimulates and draws out the flavors from all of the ingredients. Dave Makes Pasta makes it easy for all of us. Simply heat it up in the microwave for a minute or two or add the sauce directly into the pan of drained noodles. Pasta and sauce in less than 5 minutes... And don't forget to steam your asparagus to serve as a side! If this pasta leaves you hankering for more, Dave sends out a rotating, oftentimes seasonal menu each and every week with pasta and sauce kits for pre-order and pick-up at Bellflower Restaurant in Ypsilanti. While you're there, my suggestion is to dine at Bellflower for some seriously delicious food, and take your Dave Makes Pasta home for some seriously delicious food the next day. And since you're right there, you might as well walk around the corner and visit Go! Ice Cream for dessert. Treat yourself and take another one to go. As you can see, I am a trained professional on this route! Ha!

Closing out the share on a really sweet note, we are going out with a bang of mouth-watering **Blueberry Lemon Curd Ice Cream** from [Go! Ice Cream](#). This ice cream is... ridiculously good. It's a sure-fire winner after your Italian dinner, and it is composed of everything naughty with a lot of nice. The ingredients are local cream and milk, sugar, Michigan blueberries, tapioca starch, corn syrup, milk powder, eggs, lemons, butter, vanilla beans and sea salt. With my family of four this ice cream will barely make it through the door! I'd better grab some extras just to make sure I get some. Outside of the retail space in Ypsilanti, you can join Go! Ice Cream's 'Pint Club' for new and wild flavors that would be delivered to you every third Thursday of the month. Go! Ice Cream also sells their fine ice creams and sorbets at various local retailers, from Argus Farm Stop to White Lotus Farms to Agricole in Chelsea, as well as many more local establishments. So seek them out, you will be glad you did!

As we ride off into the sunset and enjoy this bounty of local food, we would like to thank you all for your continued support and for signing up for these weekly CSA shares. Voting with your dollars for local food keeps all the farms and other local food businesses going, and allows us to invest in growing more food, expanding small start-up businesses and sustaining some of the bigger pillars of businesses here in southeast Michigan. We seek high and low for talented folks, who love what they grow and what they cook, because you can see the quality in their end product. The majority of everything in these shares, from top to bottom, are sourced from local businesses, whether you're the produce farmer or the baker, restaurant or artisanal maker. I am grateful to work with all of these talents and bring them together into one space that complements each other. In addition to the final product of this CSA share, the Immune Booster project creates friendships, collaborations, and opportunities. It boosts the local economy and reduces carbon food mile emissions. All things that are good for you, for our community and for the planet. It's a mindful process and the future of food. So with that, we hope you enjoy this share with your loved ones and we wish you a meaningful Memorial weekend, as we remember and honor the sacrifices made by so many to provide freedom for all.

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 29, regarding Tantre Farm's Immune Booster CSA Share, Week 112, for pick up on June 4, 2022, when we will have the Summer CSA members joining our pick up location as well.

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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