



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 113) Share – June 11, 2022

Hello Folks,

Welcome to the Immune Booster Week 113 Newsletter and as always thank you for signing up for this local food share. With the mild weather as of late, it has been a beautiful time to work on Tantre Farm and watch our seedlings make their way from the fields to the packing shed to your Immune Booster share. We have witnessed mama turtles laying eggs in our asparagus field, baby week-old deer hiding in our mushroom forest and the return of the magnificent monarch butterflies this week. It's an amazing time of the year to watch the cycles of life evolve on the farm, and it's great to be outside and watch it in all its beauty, all firsthand. This week's share is a byproduct of all of this amazing ecology between humans, insects and plants, and we hope you enjoy this bounty as much as we did curating, harvesting, creating and collecting it! We have a lot of ground to cover, so we must make haste and get to the yummy details of what is coming home with you this Saturday morning...

To get the wheels rolling on down the road, first up we have a robust head of **Red Lettuce** from [Tantre Farm](#). This super hydrating red lettuce is composed 96% of water as well as a plethora of essential vitamins such as vitamins K and A to support a healthy immune system, and a good dose of manganese that improves bone health, reduces inflammation and fights disease. The red pigment in the plant's tissue is loaded with lycopene, anthocyanins and betacyanins, which all possess powerful antioxidants to keep that immune system running like a champ. So salad up, use the leaves for savory wraps or toss them on your homemade tacos.

Around the curve and past the bend, we come to **Red Russian Kale** from [Tantre Farm](#). This field-grown, leafy green is from the ubiquitous brassica family of plants and migrated from Siberia to North America in the late 1800's. It is a beautiful leafy green with its blue-green leaves and reddish-purple veins. An important green to incorporate into your diet, this kale is great at maintaining optimal eye health, heart health and many more health benefits. Consume raw in a salad mixed up with the red lettuce for a colorful leafy green base or cook into any savory dish. Alternatively, you can skip all the fuss and throw it into your smoothies, stem and all, for a jam-packed nutrition boost.

Over the hill and not so far away, we pull up for some **Green Kohlrabi** from [Tantre Farm](#) that is another member of the brassica family and was first described in writing in 1554. It took some time, but it was eventually grown on a field scale beginning in Ireland in 1734. Now it has circumnavigated the globe driven by its unique taste and rather interesting appearance, as well as its proven track record to reduce blood sugar and cholesterol levels. The robust bulb can be peeled and consumed raw or grated into salads. I personally like to peel the rind off, slice it into wedges and fry in olive oil. Serve with a Dijon mustard and you're in business!

It's time to shoot, scoot and boogie onto the next produce item with organic **Pea Shoots** from Garden Works Organic Farm. Grown right here in Ann Arbor just around the corner from the Washtenaw Food Hub, where many of you will pick up your share, these low fossil fuel mile shoots are freshly cut Friday morning and on your plate for lunch Saturday afternoon. Pea shoots are packed with cancer-fighting antioxidants and help curb the onset of diabetes, reduce inflammation and encourage weight loss with their low-calorie make-up. The pea shoots should be consumed in the first few days of receiving your share for optimal health benefits before they begin to respire. So toss them on the lettuce and kale salad for an extra health kick or add them to your wraps, pasta dishes and sandwiches.

Making the rounds around town as we do, our next stop is at [Country Valley Farm](#) to meet up with farmer Adam to collect some organic **Green Chives with Blossoms**. These tender, slender and dainty greens are part of the allium family and will have a garlicky flavor. They are particularly high in sulfur which has been proven to deter cancerous cells in our body's from forming. They are also loaded with vitamin K which prevents osteoporosis, and choline and folate that help improve memory. The best way to incorporate chives into your food is to simply wash them and clip them with scissors over a savory dish as a super healthy garnish. The pretty pinkish-purple flowers are also edible and are a colorful and protein-rich addition to any stir fry. Better yet place the cut flowers into a clear glass container and add vinegar and some of your other favorite herbs and oils to make a pretty pink vinaigrette salad dressing. Lastly, chive blossom butter along with the minced greens adds a savory note to the Rustic Italian loaf of bread that's in this week's offering. So many ideas!!

Closing out the produce items on a sweet note, we have fresh **Strawberries** picked by my own hands especially for this week's Immune Booster share. These strawberries were grown at Tantre Farm's [Honeybee 'You Pick' Farm](#) located on the corner of Scio Church and Zeeb Road on the west side of Ann Arbor. The strawberry patch is open to any and all beginning this weekend. With up to a dozen different varieties of heirloom, ever-bearing and June-bearing plants all full of strawberries that are ripe for the picking, I suggest you load up the family and head on over to Honeybee between 8 AM and 7 PM starting tomorrow to enjoy what nature has to offer and take advantage of these sweet and sugary heart healthy delights. Open 7 days a week for the next several weeks until the strawberries run out! You will most definitely be glad you did!

Looping down to the south side of town, we pick up our first prepared food item - a **Rustic Italian Loaf** from [Zingerman's Bakehouse](#). This soft and chewy bread is simply composed of organic wheat flour, water, sea salt and yeast.

Cooked late into the day on Friday; then cooled and bagged up and delivered fresh for Saturday distribution. A delicious loaf that pairs well with any and all of the offerings in this week's share. So get that DIY salad drummed up and your ready-made soup warmed up and you're in business. The Yum business!

On our way into downtown Ann Arbor, we make a most worthy pit stop to collect some **Spinach Cheese Pie** from [Humus Falafil](#). This flakey, savory, rich spinach cheese pie is composed of spinach, eggs, onions, garlic, corn oil, cinnamon, nutmeg, black pepper, red cayenne pepper, butter, ricotta cheese, feta cheese and pecorino Romano cheese. The pie crust is composed of wheat flour, water, corn starch, canola oil, salt and dextrose. This pie is best heated up in the microwave or better yet in the oven for a flakier crust. If this pie leaves you hankering for more, Humus Falafil can be found in the Kerrytown Farmers Market every Saturday serving up all sorts of tasty savory dishes like hummus, baba ganoush, garlic sauce, tzatziki sauce or stuffed grape leaves to name of few. So pay them a visit and tell them that Ryan from the Immune Booster sent you.

Since we have had some surprisingly chilly evenings so close to the start of summer, we figured we would slip in a seasonal soup to keep you warm with **Cream of Asparagus Soup** from [Silvio's Trattoria e Pizzeria](#). This well-balanced and flavorful soup is vegetarian and gluten-free, and is composed of Tantre Farm asparagus, Tantre Farm Yukon gold potatoes, house-made vegetable stock, Calder Dairy cream, salt and pepper. So get that bread and salad or spinach pie ready for a killer combo and taste the in-season narrative with this fine soup. Silvio's Trattoria e Pizzeria is as authentic as it gets for real Italian food and is located on the west side of Canton. It is well worth the drive to visit this very welcoming restaurant, and Silvio, the owner and head chef, who takes pride in serving up unique and seasonal food year around as his menu rotates via the crop seasons. So pay him a visit for a little treat to yourself. You will be surprised at the diversity of their menu.

Wrapping up the savory prepared food in this week's share, we have a colorful **Ricotta Ravioli with Beet Gastrique** from [Harvest Kitchen](#). This showcased dish is composed of flour, eggs, ricotta cheese, chickpeas, curry powder, garlic, olive oil, salt, beets, balsamic vinegar, sugar, pepper and a dash of assorted herbs. Serve up with a slice of bread and a do-it-yourself salad and you are most definitely in the comfort food business. Healthy, hearty and wholesome this dish is sure to please. If you find that this pasta leaves your taste buds wanting more then check out Harvest Kitchen's website to peruse their menu for on-line weekly pick up or delivery subscriptions. Alternatively, you can just visit the Kerrytown Farmers Market and Keith, a lead chef for Harvest Kitchen will be glad to walk you through their offerings.

Closing out the share this week, we wrap things up with a nice and healthy sweet treat in the form of **Chia Pudding with Granola** from [Roaming Goat](#) that is vegetarian and gluten-free, but does contain nuts. This fine dessert or breakfast-on-the-go is composed of chia seeds, oat milk, Arbor Teas matcha, Britt's Family Farm maple syrup and strawberries. It also comes with a granola topping that is composed of Ferris Organic Farm rolled oats, pumpkin seeds, almonds, walnuts, coconut flakes, dried fruit, seed butter, salt and cinnamon. Holy moly! Definitely a lot of yum in this one and sure to be a crowd pleaser. Roaming Goat is based out of Grass Lake, Michigan and a bit of a drive, but well

worth it if you take the scenic country lanes to get there. Britt the owner, operator and curator of all the cafe's dishes, is a certified forager, has been a yoga diet instructor and finds beauty in all things food. Dedicated to meaningful healthy food and created with love and care that is represented in every bite, be sure to pay Roaming Goat a visit to see what other tasty dishes they offer.

As the engine winds down and the Immune Booster closes up shop for the week, we would like to once again sing our appreciation for your continued support of this local share. Many hands came together to make this delicious menu possible, and we are grateful for all the collaborations between vendors to complete the package. In this time of plenty and with the warmer weather ahead, we have many new and exciting produce items coming to fruition in the Tantre fields and we will continue to support other local farms along the way. Each week, I seek and discover new prepared food vendors and connect with them to see what they are all about. Soon many more of our local talented food vendors will be making an appearance in the share to further diversify our offerings. We hope you enjoy this week's bounty, and we look forward to seeing you all at the handout this Saturday morning.

One last side note - I watched a documentary this week that really drives home why local food missions such as this are essential to our collective survival and preservation of our planet. I recommend you check out "Eating Our Way to Extinction". The facts and footage grounded me with a gut punch and drove home the urgency with which we must change our current consumption mindset and agricultural methods. Coincidentally, I just finished reading "Entangled Life" by Merlin Sheldrake. Well worth a read, and very mindful about the changes our planet is currently enduring. The consensus is that we must re-evaluate, recalibrate and understand that it will take each and every one of us on a global scale to adjust our ways of life for any chance to slow down and reverse the inevitable effects of the current industrial agricultural machine. As workers of this amazing land, we are grateful for this beautiful planet we all call home and that is what this share is all about - mindfulness, collaboration and community. Eat well, be well, and do well my friends.

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, June 12, regarding Tantre Farm's Immune Booster CSA Share, Week 114, for pick up on June 18, 2022.

All the best,

***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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