



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 116) Share – July 2, 2022

Hello Fellow Locavores,

Happy Friday!! Welcome to the Immune Booster Week 116 Newsletter. I hope you all had a great week and are managing to stay cool in the sweltering heat of Michigan's summer. As we approach the Independence Day holiday, what better time than now to get out on the water and take advantage of the beautiful lakes and metro parks right here in our own backyard. Whether it's a quick dip of the toes, a full-on swim, a kayak down the river or a lakeside family picnic, be sure to get out into nature and relax in this glorious weather.

Opening up your share this week, you will be greeted by a robust head of field grown **Lettuce** from [Tantre Farm](#). Infused with iron and vitamin K, this crisp and juicy lettuce is perfect for hydrating you in the summer heat and will add a perfectly fresh bite to any meal. Feature in salads, sandwiches, or wraps... and enjoy!

Unfortunately we had to do a quick switcheroo from our advertised Garlic Scapes, since our supply ran out faster than we expected. Coming on strong in taste and pro/prebiotic content though, we are excited to feature our first of the season **Fresh Garlic** from [Tantre Farm](#). This heart-healthy, immune-supportive, anti-inflammatory tuber is packed with cancer-fighting phytochemicals such as allicin and organosulfur compounds. In other words, it's really good for you and would be a great companion to roast up and toss on that salad or mince them up and toss them in the crockpot with your favorite protein. Garlic is versatile and should be consumed as often as you can tolerate. I love eating whole cloves that have been steamed with other veggies, so maybe give that a whirl. One last note about this garlic: It is what they call 'New Garlic' meaning it has not had ample time to dry out, harden off and cure. If you leave this garlic on the kitchen counter like most folks do, it might go moldy on you. My suggestion is that you peel all the paper off the cloves and store it in a container in the fridge to prevent this potential pitfall. The bonus of this preventative maintenance is that it's ready to go into your culinary visions whilst cutting down the prep time. Win-win!

Summer wouldn't be summer without fresh **Cucumbers** from [Tantre Farm](#). These crisp and crunchy, water-laden veggies are packed with disease-

preventing phytonutrients, as well as anti-inflammatory and anti-cancer properties. It has recently been discovered that the seeds are also a great source of minerals and calcium. Sounds like a win-win all around, so try a cool cucumber and tahini salad with a lemon twist, add them to a sandwich or wrap, soups or pasta dishes. The mighty cucumber can be consumed in a myriad of creative ways.

Bring on the **Broccoli!**... and that we shall, from [Tantre Farm](#). Broccoli originates from the mustard family and can be sourced way back in history to the Roman Empire. This veggie has a unique sulfur compound called sulforaphane which protects the body from diabetes, cancer, and osteoarthritis. It is also high in fiber, potassium, niacin, and a plethora of vitamins. Broccoli tastes good cooked or raw and is a seriously healthy, immune boosting vegetable so make sure you find a way to fall in love with it. A delicious broccoli casserole is a good start!

Trucking right along, we have a rarely seen bean that is the one, the only, the **Fava Bean** from [Tantre Farm](#). Rare because they almost never make it to markets or grocery stores unless they have been processed and pre-packed. These fava beans are fresh off the Tantre field plants and will be encapsulated in robust inedible pods. Best served steamed in the pod or parboiled out of the pod for about a minute in rolling boiling water, either way you will have a tasty end result. The beans will be bright green when cooked and will have a tender, buttery texture. You may want to take the papery skins off each bean before you consume them. They can be cracked open like edamame with a little salt sprinkled on them or alternatively tossed on Greek salads, into lentil soups or added to a hummus blend of your choosing. These beans are packed with protein and fiber, so boost your system and Fava away on a long summer day!

Closing out the fresh produce lineup this week, we have a healthy dose of fantastic fungi lined up for you with the powerful immune boosting **Lions Mane Mushrooms** from [Detroit Mushroom Company](#). These mushrooms are proven to protect against dementia, relieve symptoms of depression and anxiety, protect against developing ulcers in the digestive tract and reduce risk of heart disease, just to name a few of their powerful properties. These mushrooms should always be cooked before consumption and can easily be added in sliced, thin layers to your pizza, added to any savory stir fry, omelets or casseroles. So get your lion's mane on and feel the roar!

Can't be fussed with making your own salad to pair up with your pizza? Then look no further than this amazingly beautiful **Firecracker Salad** that is vegan and gluten-free from [White Lotus Farms](#). This rainbow-of-color salad is composed of all locally grown produce from White Lotus Farms and includes lettuce, snap peas, pea shoots, mokum carrot, radish, amaranth, bee balm, calendula, borage, raspberry, zinnia and hollyhock flowers. It comes with a house-made balsamic vinaigrette and has a chevre and feta cheese mix in a separate container to sprinkle on your salad if you so wish. When sampling this salad, I was blown away at all the colors and diversity of this locally grown delight. If this salad finds you wanting another taste, head on out to White Lotus Farms every Wednesday and Saturday for another round or visit them in the Kerrytown Farmers Market every Saturday throughout the summer.

Gather round with loved ones because the DIY fun is about to begin with a **16-**

inch Pizza Kit from [Silvio's Trattoria e Pizzeria](#). These 3-piece pizza kits were made entirely from scratch and include a fresh pre-cooked pizza dough crust that is composed of organic flour, water, yeast, salt, olive oil and sunflower oil. Next, a generous portion of house made pizza sauce that is composed of organic Roma tomatoes, onion, garlic, rosemary, oregano, parsley, olive oil, sunflower oil, salt, pepper and red pepper flakes. Lastly, a local mozzarella cheese and Ernst Farm Ham, Tantre Farm Snap Peas and Fava Beans fill in for the toppings. If you are craving seriously authentic Italian food, made the traditional way with love and passion, then Silvio's is your type of place. Mamma Mia!

Closing out the prepared foods for this week's share, we have a beautiful in-season sweet treat lined up for you all this week in the form of a two-pack of **Strawberry Cupcakes** that are vegan and gluten-free from [Juicy Kitchen](#). These colorful, light and airy cupcakes are composed of Tantre Farm strawberries, avocado oil, potato starch, cane sugar, cornstarch and vanilla. They also come with a light frosting that is composed of Tantre Farm strawberries, vegan butter and powdered sugar. A sweet treat for the ages and a number one seller over at Juicy Kitchen during this current strawberry season, but they won't last forever. My guess is that there is about one more week of strawberry picking before they are just a trickle, so if these sweet little cupcakes leave you hankering for more, just head on over to Juicy Kitchen before they are gone for the season.

Parched from this Immune Booster mission and stuffed from all this Italian style grub, I bet you're looking for a refreshing drink? Well, we've got that covered for ya too with a two-pack lottery of any combination of the following [Fruitbelt Sparkling Tonics](#), all vegetarian and gluten-free. In your share you will get either **Apple Tart, Elderberry or Cherry** flavored drinks. All three drink types are all composed of pure Michigan grown produce and Michigan spring water. So have a little fizz all up in your bizz and serve it up in a cocktail or mocktail for your fourth of July celebrations. Cheers!

Pivoting away from the food and drink this week we have a three-pack of Tithonia plants for the gardener in you! [Sell Farms and Greenhouses](#) offers an unusual starter plant that could be a once in a lifetime feature in our share - the **Mexican Sunflower (Tithonia)**. Why did we choose this plant? The monarchs that are currently migrating north towards Michigan will be more than elated to see it growing in your garden because they absolutely love this plant's nectar. Tithonia, when grown in appropriate space, can grow up to a height of four to six feet tall and two to three feet wide. If grown in a large pot, it still can yield quite the canopy if watered frequently. The retina-burning red of the flower petals complimented by the golden center presents a beautiful flower that is most adorned by the elegant and mighty monarch. Monarchs are in decline due to lack of habitat and wild spaces, so supplying this plant's nectar and visual beauty is a good way to encourage them to return year after year, and a way for you to see them up close and personal. So get your camera ready because if this plant flowers, you're pretty much guaranteed wondrous visits from these beautiful butterflies.

To put the sparkle on top of this fantastic Independence Day share, we have a 5-pack of **Sparklers** to bring out the kid in you on the 4th of July. Deb said NO to ending the share with a BANG! so bottle rockets or anything that flies and

explodes are out of the question. I'll leave it to the kid in you to dig out your secret stash or sneak off to the firework stand for those this time around. Ha!

As this moon booster ride comes to an end on this 4th of July holiday weekend, we would like to thank you for joining us on this culinary adventure, and more importantly for supporting the local businesses, farms and artisans that afford this share to come to fruition each week. On the coattails of all these vendors and my home farm Tantre, we have all labored this passion of the local food movement and shed sweat, stress and sometimes tears to get it on your plate. We are grateful that you are encouraging our mission by buying this share, and we look forward to providing many more as this summer season of plenty rolls out across our fields. We look forward to seeing you this Saturday at the pick-up location of your choosing.

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 26, regarding Tantre Farm's Immune Booster CSA Share, Week 116, for pick up on July 9, 2022.

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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