



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 120) Share – July 30, 2022

Hello Fellow Locavores,

Welcome to the Immune Booster Week 120 Newsletter and as always, thank you for joining us this week and signing up to this share of local goodness. As we reach the height of summer here in Michigan, the diversity of crops begins in earnest now. The consistent high heat and quenching rains are encouraging the crops to fill in nice and heavy. Over the next few weeks, we will begin to feature peppers, melons, corn, tomatoes and eggplant to name just a few of some popular veggies yet to come.

This past week, we have finally seen a good jump in the number of butterflies around the farm, including the mighty monarch. Alarmingly, this beautiful and iconic creature has just joined the endangered species list due to their population dwindling by more than 80 percent in the last 20 years. Climate change, severe weather events, pesticides and habitat loss have put this magnificent species in peril. The heart of this butterfly's range and the birthplace of most of the world's monarchs is right here in the midwestern Corn Belt. Due to the ubiquitous spraying of herbicides on industrial corn and soy fields, the monarch's sole host plant, milkweed, is disappearing. This means that we Michiganders have an urgent and important job to do. Whether you have a garden or not, now is the time to join forces to help grow milkweed and butterfly-loving flowers. Let's create healthy habitats and weigh stations that can support and sustain North America's most beloved butterfly. It will take a mighty effort for them to return in earnest, but we are already on the right track by supporting local farms - many of them are part of the Immune Booster family - where open fields with diversified crop rotations and wild flowers in abundance is the common goal, contrary to conventional farmed fields where a monocrop of one plant variety is the target. At Tantre, we are mindful of our biodiversity that implores polyculture practices and clever crop rotations, as well as letting parts of the farm re-wild themselves undisturbed sometimes for years at a time. All things that are important to not only the crops, but to all the other creatures that cohabitate the land we farm.

In other news, we are busy expanding the Honeybee U-Pick farm off Scio Church Road and Zeeb Road on the west side of Ann Arbor. We have been planting acres of asparagus, fruit and nut trees, blueberries and a billion more

strawberries that will almost double the size of the patch that we currently have in production. We also planted some flower rows to bring more color and life to the space. Unfortunately, the deer have found the sunflowers and literally chomped the tops off all of the plants. Such is life as a farmer. That's why we speculate to accumulate and plant extra in various places in case something like this happens.

Lastly, for the folks who pick up their share at the Washtenaw Food Hub, I am sure you have been inside the retail storefront to pick up extra goodies that complement your share. We appreciate your continued support and patience as the store continues to evolve with new items coming onto the shelves, refrigerators and freezers almost every week. Our aim is to offer mostly Michigan-grown food and seek out the best food purveyors to stock the store. As we continue to diversify and progress, we will soon be offering increased business hours, and open on more days during the week. Along with the storefront, we will begin to host agricultural lectures and public speakers who work in the local food scene. One exciting example is Mindo Chocolate, who are eager to teach a demo class on how to make chocolate from raw cacao beans. Sign me up for that one for sure! So now that I've brought you all up to speed in the Tantre Farm world, let's get back on track here and get this Immune Booster box breakdown rolling on down the track...

Getting things going in the local green scene this week, we have a peppery **Arugula** from [Tantre Farm](#). This leafy green is native to the Mediterranean region and serves best as a salad, topped on pizza or on sandwiches or wraps. It is loaded with cancer-fighting agents, a huge dose of calcium, potassium, folate and vitamin C. Arugula is also one of the harder leafy greens to find in the big box stores, unless it's part of a pre-washed leafy green mix. It is rather unfortunate that we usually cannot find simple and straight-up arugula. A recent study that I read stated that this leafy green is spectacularly good for our hearts as we age, and we should aim to consume it on the regular. So arugula up to a healthy heart and a healthier you.

Next up, we head down tuber lane with a **New Potato Mix** from [Tantre Farm](#) that combines yellow Carola potatoes and red Sangre potatoes. Both varieties have recently been pulled from the earth, so they are fully loaded with water and nutrients. They will also be rather firm and crisp and great for boiling, mashing, frying or baking into any dish of your choosing. Potatoes are a worldwide staple food crop and here in America we all eat on average over 120 pounds of them per year. This week, we will contribute to that number by giving you three to four pounds of them to work your magic on. Super spuds that sure aren't duds coming right on up!

Who's ready for some **Purple Green Beans** from [Tantre Farm](#)? Count me in please! These lean, mean purple beans become green once they get steamed! These natural tricksters are purple off the plant and served raw but as if by magic, turn green as they are cooked. Packed with a good dose of vitamins, folic acid and fiber, these beans are perfect for that green bean casserole that grandma used to make to take to a Great Lake, so go ahead and get one ready to bake. Yummy!

Rolling right along, we roll into some **Yellow Sweet Summer Onions** from [Tantre Farm](#). We are currently harvesting roughly 12 varieties of onions out of

the ground each day so we kinda threw a dart at it and decided we should just work with the yellow sweet summer onions this week and then continue to feature the remaining 11 varieties as the weeks roll out ahead. All varieties of onions are loaded with antioxidants that fight inflammation, decrease triglycerides and reduce cholesterol levels. So nothing to cry over here, just some pungent fresh picked onions for your sandwiches, wraps, soups, salads or any other dish you choose to add them to.

Moving on down the line, we have **Orange Carrots** from [Tantre Farm](#). Once you crunch you can't stop the munch! These carrots are sweet and crisp from the summer sun and packed with beta carotene that makes me feel so healthy and lean. These carrots are fresh out of the ground Friday and in your share box on the way with you Saturday. Delicious raw or cooked, you can slice and dip into your favorite condiments, or steam with a touch of butter and a drop of honey - you can't go wrong.

Rotating away from the fresh produce, next up we have dried **French Lentils** from [Ferris Organic Farm](#). These somewhat spicy dark green and black spotted lentils are prized by chefs for their intense, nutty flavor and hearty texture. They are packed with fiber and protein and there is no need to pre-soak them as they can be easily cooked and drained to add to salads or mixed into a pilaf dish. I played around with some of these fine lentils this week in the kitchen and cooked them in a slow cooker to get that perfect consistency of a soft - but not mushy - texture. I put one cup of rinsed lentils into the slow cooker, added 2 cups of warm water, half a teaspoon of salt, a bay leaf, fresh thyme and some diced up carrots and cooked them on low for three hours. Then, I added pre-cooked bacon that I diced up to the lentils just before serving. I was most definitely eating good in my neighborhood with this simple, yet tasty dish. So give them a whirl with some of the produce provided in this share and see what kind of magic you can make out of these fine cuisine lentils.

Time to break some bread... Shall we? How about some **8 Grain 3 Seed Loaf** from [Zingerman's Bakehouse](#)? Um, yes please!! This naturally leavened hearty bread is composed of whole grains, seeds and a touch of honey. It's great for any occasion and pairs well with a full-flavored cheese. This loaf is composed of organic wheat flour, organic malted barley, cracked wheat, cracked rye, barley, cracked corn, millet, steel cut oats, flax seeds, sunflower seeds, poppy seeds, buckwheat and sea salt. It's packed full of life nourishing nutrition and is a perfect companion to the DIY lentil soup and all the other prepared food dishes to follow.

As we dive into the prepared foods this week, we start with **Silvio's Chopped Salad** from [Silvio's Trattoria e Pizzeria](#). This simple yet delicious in-season salad is composed of Tantre Farm kale, carrots, beets and garlic. It also comes with a container of roasted walnuts and an orange and ginger house-made dressing. Perfect for cooling off the summer heat, this salad is crisp and crunchy, and it gets you off the hook for making your own salad. If this salad finds you hankering for more then head on over to Silvio's in Canton for another round and have a full-on meal at the restaurant. It's definitely worth the trip for pizza, pasta, salads and seafood dishes of your culinary wishes.

Moving on, we get into a hefty **Mediterranean Falafel Bowl** that is vegan and gluten-free from [Roaming Goat](#). This mega bowl of pure delight is composed in

layers of Saffron rice that has been cooked in a vegetable stock, fresh cooked black beans, a house-made hummus (on the side in a little cup) and a rainbow of colorful produce all from Tantre farm that includes beets, carrots, turnips and pickled onions. The final touch is a house-made falafel on top that is composed of chickpeas, green onion, garlic, mint, parsley, cumin, cardamom and white pepper. It's quite an array of fresh and seasonal produce, beautifully layered into a dish that is well thought out and super tasty. If you're headed out to the Michigan International Speedway for the double header Nascar event on August 6 and 7, then why not stop by Roaming Goat just around the corner in Grass Lake and get a nice, healthy, locally-sourced meal in to keep your energy up. You'll be glad you did and tell them that Ryan from the Immune Booster sent you.

Our final prepared food dish comes from 2022 James Beard Award semifinalist Ji Hye Kim, who is the head chef and owner of Miss Kim. This week [Miss Kim](#) has kindly offered up a very colorful and healthy vegan noodle dish called **Bibim Guksoo**. This unique and interesting dish contains noodles that are composed of wheat flour, buckwheat flour, salt and water, and a gochujang chili paste that is composed of soy sauce, sesame seeds, sesame oil, garlic, scallions, vinegar, plums and sugar. Various veggies top the dish, such as cucumbers, radishes, chives, bean sprouts, carrots and perilla. The dish will come with instructions on how to cook the noodles, mix in the sauce, and add the produce. Chef Ji Hye Kim suggests serving with a fried egg on top. The sample I had of this dish was delightful with a little hint of spice and everything nice in it. I will definitely make a trip back over to Miss Kim's and sit down with my family for another round of this dish, along with a bibimbob and a few other irresistible menu items.

Closing out the share this week, we go out with a bang with a super delectable sweet treat from a newcomer to the Immune Booster family. We welcome [Kitchen Little](#), based out of Chelsea, Michigan. Their number one bestseller happens to be a vegan and gluten-free **Salted Chocolate Ganache Ho No!** This fine pastry is composed of sweet white rice flour, whole grain brown rice flour, potato starch, whole grain sorghum flour, tapioca flour, almond milk, cane sugar, sea salt, vanilla extract, apple cider vinegar, cocoa, baking powder, baking soda, canola oil, apple sauce, coconut milk, xanthan gum and guar gum. Kitchen Little produces a wide variety of savory and sweet pastries and sells their goods at Agricole Farm Stop and The Roaming Goat. They also do special orders for catering as well. So check them out and support this budding business as it grows.

As the Immune Booster share breakdown comes to a close, we thank you once again for turning out and supporting us and all the other talented vendors who contributed to this week's menu. It takes a huge, collaborative effort to pull these shares off each week, and I am grateful and honored to network and connect with the local farmers and artisans to keep the lineups coming each and every week. It's a fulfilling labor of love that involves seasonal eating, diverse prepared foods and a reduction of fossil fuel food miles as well as supporting our local economy. All things to be mindful of and ways to help our trying planet and the broken food systems. Local food is becoming the new norm across the globe due to inflation, collapsing markets, broken links in the transport systems, wars, droughts, climate change and so forth. Here with the Immune Booster, we are investing your hard earned dollars into the local food

purveyors in the state of Michigan with a hyper sense of getting the food as close to the Ann Arbor area as possible. The hunt for new farms and businesses never ends and our intention is to showcase the best of the best the area has to offer. We are getting there now after 120 weeks, but there are still so many talented farms and prepared food businesses yet to be discovered and that's the beauty of it all. We will find them and together we will share their beauty whether it be a prepared food, local bar of soap, new innovative farm or whatever walk their talents lend them, they will always have a spot to get into the Immune Booster share. We hope you enjoy this week's bounty with loved ones, friends and family alike, and we look forward to seeing your smiling faces this Saturday at both pick up locations.

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, July 31, regarding Tantre Farm's Immune Booster CSA Share, Week 121, for pick up on August 6, 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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