



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 121) Share – August 6, 2022

Hello Fellow Locavores,

Welcome to the Immune Booster Week 121 Newsletter and as always, thank you for joining us for this local share of plenty. This week there is no rhythm to the rhyme with a themed share, just a good old fashioned, peak of the summer produce spread, and some in-season, prepared foods that are light and nutritious as well as delicious. So let's take a little ride around town and see what we have collected up for this very share, shall we? There are lots to look forward, to so let's make haste!

Opening up the share this week you will be greeted by a hearty and hefty **Green Curly Kale** bunch from [Tantre Farm](#). This frilly green kale is packed with vitamins A, C and E, selenium, and beta-carotene to name just a few of its potent health benefits. This cruciferous vegetable is versatile and can be consumed in smoothies, cooked down into soups, stews or stir fries or chopped finely for a fresh green salad. A good tip to share for the chopped salad is to squeeze some fresh lemon over the chopped kale leaves, then drizzle with olive oil, herbs and a sprinkle of salt. Massage the mixture gently with your hands, cover and place in the fridge for 20 minutes. Why massage with lemon and olive oil? The end result is a softer salad that is much more palatable and easier to chew. So while the salad is in the fridge marinating, fry up some of the potatoes that are in this week's share and rinse some arugula and cherry tomatoes ready to add to the salad. Pull the marinated kale out of the fridge and add the somewhat cooled down potatoes, arugula and tomatoes to the bowl, along with some of the sunflower shoots that are also in the share. A quick stir and then serve. Boom! Super salad for a super summer day.

Keeping with the green theme, next up we have **Sunflower Shoots** from [Garden Works Organic Farm](#). These soil-grown shoots are grown in Ann Arbor just around the corner from the Food Hub where many of you will pick up your share, clipped and packaged Friday morning and ready to go home with you Saturday morning. These baby plants pack a powerhouse of nutrition and are classified as a super food based on the wealth of health they have to offer, with a wide spread of essential vitamins, folate, iron and protein. They also contain healthy fats such as omega-3s and omega-6s for essential brain health. So it's wise to include these rich and nutty-flavored plant shoots in your

daily routine, whether that be straight out of the container as a hand to mouth snack or loaded up on salads, wraps, sandwiches or pasta dishes of your culinary wishes. One thing for certain is that they are really good for you, and they taste great, so what's not to love about these fine greens??

Our final green in this week's share is **Arugula** from [Tantre Farm](#). This somewhat spicy, peppery, and nutty-tasting, fine green is referenced as far back as the Old Testament and there is a reason why. Its nutritional makeup is chock full of powerful antioxidants that can protect or reverse damage to your cells. It improves heart function as we age, helps with digestion, and lowers blood pressure to name a few. It also delivers a mighty dose of vitamin K for healthy bones and skin. So wash and toss this fine green and mix it into the kale salad above, wilt it into scrambled eggs or add it to your favorite casseroles. Whichever way you choose you just can't lose with this dainty green that packs a serious punch.

Time to get this Immune Booster party popping with some sugary globes of delight - introducing a rainbow mix of colorful **Cherry Tomatoes** from [Tantre Farm](#). In your share, you could get a wide range of colorful spheres from purple to red to orange to yellow and even the super sweet sungreen cherry tomato. Don't be fooled by this last green-colored variety as it is as sweet and juicy as they get. These calcium-rich tomatoes are grown in hoop houses, which are mostly aluminum-framed structures with a somewhat clear, slightly milky plastic that covers the frame just like a camping tent but obviously much larger. The nine hoop houses at Tantre Farm are high production and are designed to trap the summer heat and keep the gusty winds and rain at bay. This not only helps to accelerate the growth and production of the plants, but also brings out the best flavor and texture in the tomatoes. Once you pop, you just can't stop, so snack away to a new summer day and don't get caught frolicking in the hay! Now now...

We are very proud of our produce here at [Tantre Farm](#), and we thought we would offer you a little **Potato Mix** this week to honor what our local food systems can provide, so you may receive any combination of red, gold, or blue potatoes. Diversity! That's the name of our game and our aim is to fill up these shares with as many colorful and diverse produce items as we can. These super spuds are all unique in their own nutritional make-up, specifically the skins of the potatoes. All the colors pack their own little immune boosting characteristics that will broaden your nutritional intake. So whip up a rainbow potato salad for the backyard cook out, or make some colorful hash browns for breakfast. Boil them, bake them, mash them or BBQ them. The world is your oyster with this hearty and satisfying delight!

Rolling right along, while we sing our Immune Booster song, next up we have some alliums in the form of a **Red and Yellow Onion Mix** from [Tantre Farm](#). Once again we mix and match the same produce item to add the color as well as different taste and texture to your palettes. Not only that, but they also pack the real deal in immune boosting antioxidants, and a strong dose of anti-inflammatory and antibacterial properties. These onions are versatile and can be consumed in a myriad of different ways. For the non-onion lovers, maybe try thinly slicing them, sauté them in olive oil and caramelize them down with a little salt until they are soft and brown. Once cooked to your desired texture the onions will now be sweet and tender and can be then added to soups, stews,

salads, tacos, fried potatoes or any other savory dish. I love onions, but my wife, not so much, so I have cleverly found ways to hide them in the dishes I make onions pretty much almost every day. If she's ever suspicious and questions me, I just tell her it must be such and such veggie, obviously stating the veggies she likes and down the hatch they go! Hooray!

Here we are, on the doorstep of our final produce item in this week's share and we are going out with a bang with **Watermelon** from [Tantre Farm!](#) In your share, you may get a red or yellow-fleshed watermelon. It's a bit of a lottery but rest assured, these melons are plump and juicy and full of hydrating sugary sweet juice for these blistering hot summer days. They pack plenty of electrolytes, agents that reduce oxidative stress, improve your heart health and produce a huge smile on your face when you take a nice crisp bite. What's not to love about a watermelon on a hot summer day? No brainer here.

Kicking off the prepared foods this week, we will most definitely make you holla with a fresh baked 6-pack of **Challah Rolls** from [Zingerman's Bakehouse](#). These Jewish egg breads are rich with flavor and perfect dance partners for any of the prepared foods or do-it-yourself meals this weekend and into the next week. They are composed of organic wheat flour, water, egg yolk, honey, corn oil, sea salt and yeast. Baked fresh Friday afternoon, cooled, bagged and delivered awaiting your arrival the following morning. So gently heat them or even toast them, put a little spread on them, either sweet or savory, and you're in the yum business. Our favorite kind of business.

Time to bring on the salad, with a **Lemon Herb Salad** that is vegetarian and gluten-free from [EAT](#). This in-season and tasty salad is composed of mixed greens, fresh herbs, cherry tomatoes and cucumbers. It also comes with a house-made, lemon herb vinaigrette that is composed of grape seed oil, olive oil, lemon juice, rice vinegar, Dijon mustard, honey, scallion, garlic, herbs, salt and pepper. A beautiful melody of a salad and a fine dressing to boot. If this salad leaves your taste buds curious to try more of EAT's dishes, pay them a visit to one of their two locations in downtown Ann Arbor and check out their often-rotating menu of seasonal cuisine. They most definitely won't disappoint!

Bringing some spice and a bit of everything nice, we slide into a fresh **Tomato Curry Soup** that is vegan and gluten-free from [Juicy Kitchen](#). With our "in-season is all the reason" narrative, what gives when it comes to what's here in the fields in the beginning of August? The beloved freshly picked-off-the-plant tomato, of course. So why not celebrate it with this tomato curry soup that is composed of none other than tomatoes at its base, a splash of organic coconut milk, shallots, garlic, extra virgin olive oil, curry spices, crushed red peppers, lemon juice, salt and pepper. Gently whipped, tested for taste and texture and packaged up just for this very share. I found this soup to be balanced in flavor, a smooth texture and comforting whether served hot or even at room temperature. Along with the EAT salad and a Challah Roll to swipe the bowl clean, I'd say we have reached Utopia, well maybe not that far... still a lot of food to cover yet!

Next up, we had a 'You Pick Em' choice where you had the option of either a **Curried Chicken Salad Wrap** from [Harvest Kitchen](#) or a packet of **Original Tempeh** from [The Brinery](#). Whatever option you chose to fit your dietary

nutrition for your food mission will produce the best dish for your culinary vision. The curry wrap is best simply heated in the oven or microwave and served with the salad above or the DIY salad as described. The original tempeh can be cooked at medium-high heat in an oil you like best, sprinkled with herbs, salt and somewhat blackened to a crispy delight and served over the tomato curry soup, made into tacos, or sprinkled across the kale salad above amongst many other options. The Curried Chicken Salad Wrap is great for dipping into the tomato curry soup or served with a salad. Versatile is the theme of these menus with the focus on yum, so we hope you enjoy the 'You pick'em' in this week's offering.

Turning up the sweet in this week's offerings, we have a beautiful local **Raspberry Jam** from [Miss Kim's Jams](#). This deep-in-the-current raspberry season, hand-churned jam is composed simply of Michigan raspberries, sugar and pectin. Perfect for the Challah Rolls as a spread or for any P.B. & J's or for a simple toast spread in the morning. This jam is clean, local, and packed with all sorts of antioxidants, omega-3 fatty acids and manganese to keep your immune system running like a champ. Miss Kim's Jams is a regular at the Kerrytown Market in Ann Arbor on Wednesday's and Saturday's and she stocks a wide variety of seasonal jams as well as pickled goods on her tables at the market each week. So pay her a visit and tell her you purchased an Immune Booster with her jam in it.

Our last featured item in this week's share to wash all this healthy and beautiful food down is one can of either **Strawberry Kombucha** or a **Apple-Lemon-Ginger Kombucha** from [Urbanrest Brewing Company](#). Both varieties of kombucha are vegan and gluten-free and delightfully refreshing on these hot summer days. The strawberry kombucha is composed of fair trade organic black tea from Arbor Teas, filtered water, organic Michigan beet sugar and refermented organic strawberries. The apple-lemon-ginger kombucha is composed of fair trade organic black tea from Arbor Teas, filtered water, organic beet sugar, scoby culture, organic cold-pressed apples, lemons and ginger. So slurp them on down while you enjoy the rest of the fruits of labor from this Immune Booster share. Maybe next time you're down in the 'D', stop by Urbanrest Brewing Company for a mocktail, cocktail, beer or kombucha. Throughout the summer months they host a really solid line up of food trucks almost daily at the brewery and the hospitality and space in both locations is top notch. So hit them up!

So with that another Immune Booster CSA share rolls to a stop in the dead of the summer heat. Fulfilled with local in-season nutrition, diversity, collectiveness, as well as mindfulness, this share is a platform of what our local community can do when we all work together. As the season rolls along and the fruits from the fields fill these shares, combined with the creative IQ of the chefs that work alongside us, we intend to deliver the local food to the locals as it should be at a fair-trade price to the environment, the patrons and the farmers. Symbiosis is the ultimate goal in any ecosystem and for that benchmark we are constantly chasing. It's a long, twisty, windy, journey, but we are forever grateful that you have joined us on this local food mission.

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, August 7, regarding Tantre Farm's Immune Booster CSA Share, Week 122, for pick up on August 13, 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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