



Tantre Farm CSA Newsletter IMMUNE BOOSTER Week 126 Share – September 10, 2022

Hello Fellow Locavores,

Welcome to the Immune Booster Week 126 Newsletter, and thank you for joining us on this week's local culinary adventure. As the summer winds down and the morning chill fills the air, we start the days at the farm harvesting with rubber boots and waterproof coveralls to keep the overnight dew from soaking us through. By the time we make our first few deliveries to the washing station and the packing barn, we begin to peel the layers off as the late summer sun warms and dries everything out. We tackle the next harvest runs in lighter gear and a brim hat for protection from the sun, rinsing and repeating the harvesting, washing and storing process. We break away from the fields at 12 noon and share a community meal with all of our farm hands. One farmer has prepared a meal for us all and the cooking duty rotates through the crew as the days of the week pass by. Lunch is a pleasant and delicious surprise each day, for almost everything served has been grown on the farm. It's a great time to share, listen and talk about the current season, what stages certain crops are in and what to expect as the season winds down. Heading back to the fields, we finish up the harvesting and fill the rest of the day weeding, cultivating and performing general husbandry of the crops. The beauty of it all is in the challenge of mastering all processes of growing, identifying the local flora and fauna, the labor, the weather and co-existing in a community of many different walks of life. This is what it takes to get the produce in every share, every week and keep the diversity coming. It's a labor of love for some and a candle burner at both ends sometimes for others. But in the end, it's the teamwork that makes the dream work, so full steam ahead we go, right into the offerings in this week's share. We have a spritely mix of in-season produce and some really colorful and always healthy, prepared foods that will definitely give your taste buds a real thrill. So let's get cracking and get this show on the road before the sun goes down!

First thing out of the [Tantre Farm](#) fields early in the morning, we have harvested a slightly peppery, leafy green that is called **Arugula**. This cancer-fighting green is packed with calcium that helps keep your bones strong. It also helps detoxify the body and speed up your metabolism amongst many other health benefits. Rinse it off and make a side salad to go with any of the prepared foods, wilt it into soups, throw it into stir fries, or add it to scrambled

eggs.

Keeping with the green theme, next up we have the mighty **Green Beans** from [Tantre Farm](#). Harvested just after the arugula in the mid-morning sun, these fine green beans pack a healthy dose of vitamin K as well as calcium and fiber. They can easily be steamed for full nutritional benefits or gently boiled in salt water, strained and then served as a side to any of the prepared foods in this week's share. So green bean up while the warm days are still here, for it won't be long until the autumn chill shuts them down until next year.

Just before we break away for lunch, we harvest another green treat - a clutch of **Green Zebra Tomatoes** from [Tantre Farm](#). These dark green and yellow striped slicer tomatoes tend to be more tart than regular tomatoes and are excellent sources of potassium which helps regulate fluid levels in our body. They are also packed with vitamin A and C which are powerful antioxidants that strengthen our immune system. So make yourself a BLT, a small bowl of salsa, slice them thin and put them on that arugula salad or cut them in half and roast them and serve them with the Tofu Pallao dish that is also in this week's share.

After lunch we head on out to the pepper patch with the full sun overhead to collect a batch of **Sweet Carmen Peppers** and **Bell Peppers** from [Tantre Farm](#). These peppers may be green, red or yellow and may even have two tones of color in each pepper that offer a variety of cancer fighting carotenoids. They are also rich in vitamin A, which assists in immune system function as well as eye health. So get these peppers on the grill and roast them up, stir fry them, make them into a chili or stuff them with your favorite mix and roast them in the oven for some serious boats of delight to add to the prepared foods for complete meals.

As the sun bends to the west overhead, we make our way over to the **Carrots** just north of the packing shed from [Tantre Farm](#). These carrots have been grown in successions for most of the outdoor growing season and are continuously being planted, cultivated and harvested, so that we always have them on hand. They are packed with beta carotene and offer a wealth of eye-focused nutrition. Roast them on the grill with the pepper, steam them with the green beans or gently boil them and serve with any of the prepared foods in this week's offerings.

Closing out the produce harvest in the midday sun, our last featured produce item in this week's share is an **Onion Mix** from [Tantre Farm](#). In your share, you could get any of the following onion varieties such as the flat cipollini onion, red globe, the elongated red Tropea onion or yellow globe onions. It's a mix and match lottery of diversity and that's what this is all about. Diversity. So roast these sulfur-laden, free-radical-fighting onions on the grill, slice them thin for that salad, mince them, chop them, caramelize them and add them to any savory dish of your culinary vision. They are versatile, easy to use and add a little zest that brings out the best in you.

Before the day ends, it's time to clock off the farm and transition into the prepared foods as we get things going with a fresh-baked **Sourdough Batard Loaf** from [Zingerman's Bakehouse](#). This naturally leavened bread is composed of Michigan-grown, organic, wheat flour, sea salt, and a sourdough starter. This

bread takes a minimum of 18 hours to ferment, as it rises and gets ready to bake. Once baked it is cooled, bagged and brought to the Immune Booster hand out where we hand it over to you several hours later. Fresh and tasty, just how we like it!

As the sun fades away to the west and the sky begins to turn shades of orange and pink, we once again rotate back to the green theme. But this time, we have a hyper-local salad from the very talented [Roaming Goat](#) staff who have composed a bountiful **Grazing Greens Salad** that is vegan and gluten-free, but does contain nuts. This salad is composed of Garden Fort mixed leafy greens, sweet peppers, green beans, grilled assorted beets, carrot rosette, nasturtium and comes with a peanut parsley dressing in a separate container. It is a very seasonal salad that represents a collaboration of Tantre Farm produce items as well as Garden Fort's leafy greens and the Roaming Goat Head Chef Brittany Autumn's vision to make it all come together. A super collaboration of local folks doing amazing local food things together. So go on out to Roaming Goat in Grass Lake, Michigan, and check out all the other in-season and delicious items this café has to offer.

Bringing on the first of two savory dishes, we present a **Tofu Pallao Dish** from [Earthen Jar](#). This colorful and bold-tasting Indian dish is composed of rice, tofu, peas, carrots, corn, tomato, onion, canola oil, salt, turmeric and mixed Indian spices. This dish would be well served with a do-it-yourself salad from the produce in this week's share, as well as some steamed carrots and green beans for an ultra-healthy meal. If this rice dish leaves you hankering for more you can visit Earthen Jar's downtown Ann Arbor location for a takeaway or pick up meals to go from Arbor Farms Market on the west side of Ann Arbor. So go have a peek and see what other tasty dishes Earthen Jar has to offer.

Our next savory dish is a **Green Thai Curry** with tofu and mixed vegetables from [Basil Babe](#). This lovely traditional Thai dish is composed of coconut milk, Thai green curry paste, fried tofu, peas, eggplant, zucchini, peppers and basil. It packs a little zest of heat and is best served with plain rice of your choosing. Add a salad and some roasted peppers with steamed carrots and green beans and you're in the yum business. For round two, head on over to one of the many Basil Babe pop-ups around town, such as Homes Campus Brewery and York in Ann Arbor, or try Siam Square in Ann Arbor - a restaurant that is owned and operated by Basil Babe's mom. The restaurant and the pop-ups offer a wide variety of traditional Thai food, and I have enjoyed everything this fine mother and daughter duo create. Their food is really good!

Closing out the share on a sweet note, as the sky fades to black and the day's work almost ends, we pack in a delicious and well-deserved **Blueberry Bun** from [Yoon's Bakery](#). This fluffy and soft bread is composed of wheat, sugar, salt, butter and milk. Once baked, the bread is injected with a sweet blueberry jam and cream cheese mixture. The result is mouthwatering! My guess is that you will want round two, so take a little ride on over to the north-east corner of Ann Arbor and see what else this unique bakery has to offer. Every time I pay a visit, new items have been added to their repertoire and the menu just keeps getting more and more creative. My favorite items there are the Choco Choco Hand Bun and the Hotdog Pizza Flatbread. Just a little insider tip, so pay them a visit and tell them that Ryan from the Immune Booster sent you.

With the stars shining bright in the clear sky of night, we have completed our Immune Booster journey this week. From the fields of plenty, to the bakery, the salad maker, an Indian dish, a Thai dish and a Korean sweet treat. Inclusive diversity is the theme of these shares each week and our intention is to represent any and all of the local talented food purveyors that believe in the local and seasonal food mission. It's a vested interest that benefits us all, while we do right by our planet by eating close to home, reducing fossil fuel food miles and food packaging waste. Together we can all make a difference, and one that leaves us healthier and our planet a little cleaner. So cheers to you and yours for signing up to this week's share and cheers to your health and happiness as you share this local food with family, friends and loved ones. We look forward to seeing you this Saturday morning 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, Sept. 11, regarding Tantre Farm's Immune Booster CSA Share, Week 127, for pick up on September 17, 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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