



Tantre Farm CSA Newsletter IMMUNE BOOSTER Week 127 Share – September 17, 2022

Hello Fellow Locavores,

Welcome to the Immune Booster Week 127 Newsletter and as always thank you for supporting this unparalleled community supported share and for joining us on this week's hyper-local food journey. With the first official day of Fall just around the corner, we can see and feel the sun's intensity fading as we tilt away from our life-sustaining star. The cool evenings and heavy morning dew are already setting the stage for what is to come. Some of the trees are undeniably changing hues and the black walnut trees are already raining down yellow leaves in the light breeze. We see Sumac trees starting to develop their unmistakably vibrant red leaves and Canadian geese flying in from the northern latitudes as the cold has started to grip our northern neighbors. We have thankfully seen hundreds of Monarch butterflies flying west and south every day for the past two weeks despite their endangerment. These friends have a long journey ahead and it is satisfying to see them using our fields as weigh stations to fill up on nectar for their arduous adventure south to Mexico for the winter. As the summer dissipates in earnest, so do the heat-loving crops such as tomatoes, peppers, eggplants, corn and basil. In their place, we will begin growing a bounty of leafy greens, carrots, beans, beets and other root vegetables. On goes the cycle, affording us the diversity to mix up the fresh produce in every share, and to eat seasonally with what is currently in the fields. This week, we have a lovely Italian-themed share and we have aligned the fresh produce to complement the prepared foods on your tour of Italy. So buckle up and get ready to Immune Boost. We have a lot to cover and discover in this share of plenty!

Opening up your share this week, you will be greeted by **Head Lettuce** from [Tantre Farm](#). This tender leafy green went from seed to in your share box in about 40 days and is great for making a crisp salad to pair up with any of the prepared foods in this week's offerings. Lettuce is full of calcium and is about 95 percent water so it's a great hydrator for these remaining hot days forecasted this weekend and into early next week. Mix and match all the other fresh produce items on the menu to make a light and healthy salad that is sure to boost that immune system of yours.

Continuing on with the greens, we have a **Spicy Mix of Microgreens** from

Mycoblossom, a new vendor to the Immune Booster share. Mycoblossom is an upstart indoor cultivator based out of Livonia, Michigan, and grows a variety of microgreen mixes as well as fresh cut mushrooms. Their goods can be found in Agricole Farm Stop out in Chelsea, and via this Immune Booster CSA Share on occasion. This mix of microgreens contain broccoli, kale, kohlrabi, arugula, red cabbage and mustard and is packed with an elixir of powerful plant antioxidants that are extremely good for you. Sprinkle on top of salads, pasta dishes, tacos or wraps or consumed right out of the container as a hand-to-mouth snack like my daughters do. Please consume within the first 5 days of receiving your share for optimal health benefits and freshness.

Keeping with the green theme, we keep the hits coming with **Green Beans** from [Tantre Farm](#). These fiber and folate-rich beans are in their prime growing environment now with the milder days and the gentle sun. They would serve well gently steamed alongside the lasagna that is coming up later in this share breakdown. Enjoy these green beans while you can - the cooler weather will soon put them to bed for the season until next year.

Our final green especially for this week's Italian dream share is **Genovese Basil** from [Tantre Farm](#). Hmmm, what dish would basil be good for you might ask? How about a DIY Caprese salad? Um, yes please! So this week we loaded you up with a nice clutch of field-fresh clipped basil that is great at aiding digestion, detoxifying your liver and is a natural anti-inflammatory. Give the highly scented leaves a gentle rinse, slice up the tomatoes featured in the share and cut some thin Mozzarella slices to layer up your Caprese salad. A splash of olive oil and dash of pepper and you're in the yum business.

These **Red Slicer Tomatoes** from [Tantre Farm](#) are super juicy and perfect for your Caprese salad. What a way to celebrate our very last flush of these delicious red orbs! Grown in the Tantre Farm hoop houses, these tomatoes are bursting with vitamin A, calcium and water, with vital trace elements to boot. So salad up with the sweet red tomatoes and enjoy the last of summer's offerings before they also fade away until next year.

Next up, we have a little curveball thrown into the mix with a **Jester Winter Squash** in place of the formerly advertised acorn squash from [Tantre Farm](#). Upon assessing the fields, the acorn squash appeared to be under ripe and smaller than we had predicted, so we did a little switcheroo to guarantee you a pleasurable sweet and nutty squash. Jester squash is packed with vitamin A and C and has a massive dose of potassium and beta carotene. It has a thin skin and is best served when cut in half, seasoned, stuffed and roasted on a baking tray. You can also serve the tender roasted flesh as a side dish or pureed into a soup. My newfound way is to cut the cooked and cooled flesh into chunks and combine it with pre-cooked couscous, tahini sauce, tomatoes and herbs for a really tasty and healthy cold salad. Sprinkle a little basil on top and ba-boom! Delicious!

Closing out the produce in this week's share, we have organic **Honeycrisp Apples** from [Almar Orchards and Cider](#). This is the first batch of organic apples from Almar Orchards this year, and we are elated to bring them back into the fold with a steady supply of delicious apples into the foreseeable future. Almar Orchards is a third-generation farm and one of the largest organic apple farms east of the Colorado Rockies. The orchard grows 27

different varieties of apples and Honeycrisp is always one of the early season varieties that starts the fall season. Almar Orchards is located just west of Flint and offers all the usual cider mill offerings with tractor rides, apple picking, fresh-pressed cider and a variety of fresh fried-up donuts. They also have a beautiful retail farm stand and cider bar with up to 20 different apple drinks on tap. Pay them a visit along your fall outings and tell them that Ryan from the Immune Booster sent you.

Breaking away from the produce, we get the prepared foods rocking and rolling with a **Sesame Sourdough Loaf** from [Raterman Bread](#). This bread is composed of wild collect yeast, local organic flour, water, salt and sesame seeds. Freshly baked into the late hours of Friday afternoon to ensure ultimate freshness when you pick it up the following morning. This bread is also packed with naturally occurring pre and probiotics with absolutely no fillers, so it's a clean bread that actually nourishes the body and pairs up well with the rest of the prepared foods in this share. We always sell a variety of Raterman's bread every Saturday at the Food Hub Market. Alternatively, head on over to the Saturday Kerrytown Farmers Market to pay Nick and his staff a visit and grab a few loaves for the road.

Fancy a slice of cheese for that bread to maybe toast in the oven? Um, yes please! Well, you're in luck, because we have a half pound **Mozzarella Cheese Ball** lined up for you from [Zingerman's Creamery](#). This fresh mozzarella cheese is crafted from a cow's milk curd and then hand-stretched into balls. Perfect for that DIY Caprese salad and great on sandwiches, pizza and manicotti. So cheese it up with a big grin on your face because that's just what this cheese will make you do. Yes, it's that good, Mama Mia!

Moving on and cooling things down a bit, we have a cold-served **Tuscan Salad** that is vegetarian and gluten-free from [Juicy Kitchen](#). This colorful and healthy salad is composed of white beans, cherry tomatoes, red onion, feta cheese, capers, cucumber, parsley, basil, corn and bell peppers. It is all mixed together in a garlic, lemon, honey, extra virgin olive oil, salt and pepper dressing for that final touch of goodness and ready to be served right out of the container. With its in-season produce line-up, this salad is sure to please in the cool late-summer breeze and if it leaves you hankering for more, then head on over to Juicy Kitchen for round two. Their grab-and-go self-serve cooler just inside the front door makes getting clean, healthy, local food as simple as it gets. You'll be glad you did!

Warming things up a bit more, we have a heart-healthy **Red Lentil Soup** that is vegan and gluten-free from [Humus Falafil](#). This hearty Fall-inspired soup is composed of red masoor lentils, carrots, celery, onion, olive oil, nutmeg, salt and water. Simply warm it up on the stove top or microwave, whip up a quick salad and cut a few slices of that fresh sesame seeded sourdough loaf and you're in the comfort food business... Our kind of business! And if this dish leaves you curious to see what other fine dishes Humus Falafil has to offer, they are another dedicated vendor in the Kerrytown Farmers Market, so pay them a visit and pick up a hot spinach and feta cheese pie when you do. Just a little insider tip.

Nothing says yum like hot lasagna out of the oven and our last featured savory dish in this week's share happens to be a hearty slice of **Lasagna** from [Silvio's](#)

[Trattoria e Pizzeria](#). Composed of organic semolina, organic white flour, eggs, mozzarella, Ernst Farm beef, Calder Dairy eggs, organic marinara sauce, Romano cheese and assorted herbs. Layered up deliciousness that is sure to please those taste buds of yours, directly from an authentic Italian chef. At Silvio's everything is always made from scratch and is served with real tradition and pride. They are now located on the west side of Canton just a short 15-minute drive east away from Ann Arbor and are most definitely worth a visit to treat yourself to some real Italian cuisine. I have had many dishes here at Silvio's and they never disappoint in taste, quality and quantity and the best part is they source most of their ingredients from many of our local farms here in southeast Michigan. So pay Silvio and visit and be treated like one of the family. Tell him you had his lasagna in the Immune Booster Share - he will be touched to hear it.

Parched from this Immune Booster mission and stuffed from all this Italian-style grub, I bet you're thirsting 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 of your choosing. Cheers!

So there you have it! The Immune Booster CSA Week 127 menu has been dissected and noted for some DIY salads and some mixing-and-matching of produce and prepared foods. A merry melody of seasonal and colorful food that covers all spectrums of the rainbow, and with it a spectrum of nutritional health benefits. We appreciate you signing up to the share this week and for supporting Tantre Farm and the Immune Booster collective of local food purveyors. We believe in the same local food mission that pushes for a better future based on sustainability and very simply, a better plate of food. Together we are stronger, and as this project grows, we will continue to diversify the share and highlight the in-season, local narrative where anything is possible. We are blessed with a wealth of local talent on the farms of southeast Michigan, and in the restaurants that support the locally-grown food scene. The share is limitless and there are still many more talents to be discovered. So come along with us for the ride - the sky's the limit and we intend to take you there and beyond. We hope you enjoy this share, and we look forward to seeing all of your smiley 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, Sept. 18,

regarding Tantre Farm's Immune Booster CSA Share, Week 128, for pick up on September 24, 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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