



# **Tantre Farm CSA Newsletter IMMUNE BOOSTER Week 125 Share – September 3, 2022**

Hello Folks,

Welcome to the Immune Booster Week 125 Newsletter and as always thank you for signing up and turning out to support our local food systems. We have a wild mix of colorful produce lined up in this week's offering, as well as some multi-use dried goods in place of the usual prepared meals. Sometimes it's fun to switch things up! This week's Immune Booster share is more of a "DIY" menu, where you take the driver's seat as the head chef and mix and match all the fresh produce with the shelf stable dried goods.

The items offered this week can be used for meals from sun-up to sun-down beginning with eggs over easy, fried potatoes, pancakes with blueberries and maple syrup along with a slice of ham steak or fried tempeh. The breakfast of champions! For your mid-morning snack, grab the granola. How about ham or tempeh sandwiches for lunch with all the fixings and a robust potato salad to go with it? Finally for dinner, if you remembered to soak your navy beans in water first thing in the morning, you can now drain off the water and add new hot water to the softened beans and simmer them away for about an hour or so. In the meantime, while you wait for the beans to cook you can prep your corn on the cob, roast your poblano peppers, make a wilted salad out of your leeks and Swiss chard and cook up your ham steak or tempeh for a complete and healthy meal. Just one of many possible menus for the entire day from the items featured in this week's share. Several other great cooking ideas for this share box is to create a hearty soup out of all the savory produce, navy beans, ham or tempeh, make a masterpiece quiche or even try your hand at whipping up a thin crepe-style pancake that can be either savory or sweet with the share ingredients. The only limitation is you, so go on, test your skill and your taste buds and dive into this local bounty.

So now that you know everything that's in the share this week, I guess this is a 'Hi and Bye' newsletter, right? Not so fast! We have a lot of details to go over as far as where this food came from and who in our local community grew it and prepared it. So let's get cracking... and I don't just mean your eggs in a pan either, we got a lot of ground to cover, so up and at 'em we go with the call of the rooster in the misty, cool morning.

First out of the fog and away from the bog, we have **Swiss Chard** from [Tantre Farm](#). These colorful leaves and stems are both edible and pack a large dose of vitamin A, which plays a significant role in the maintenance of many of our organs including the kidneys, lungs and heart. The chard leaves can be consumed as fresh greens for crisp salads, or they can be cooked down with the leeks also provided in this share and served as a savory side dish. They also taste amazing wilted into your homemade navy beans. The stems are great for adding colorful fiber to soups, crockpot dishes, casseroles or stir-fries. So get your Swiss chard on and taste the local difference.

As the day begins to brighten and the wisps of gray begin to disappear just past the hill, I see **Sweet Corn** swaying in the morning breeze at [Tantre Farm](#). This sweet, yellow corn is full of natural sugars, water, fiber, minerals and carbohydrates. It's a perfect side dish for any of the savory culinary visions you create. It would also add a lot of flavor and color to a white bean chili with the poblano peppers that are also featured in this week's share. Add a little tempeh or ham steak to it and you're in the yum business, our kind of business.

Farmer Peter picked a peck of **Poblano Peppers** from [Tantre Farm](#) just for this very share. These shiny, forest green peppers are loaded with vitamin C and appear to be waxed or oily but that is just nature's gift they evolved into and a telltale sign that they are better served char-broiled or roasted. Poblano peppers can be served raw on salads, but better yet you must roast them to taste the real pleasure these peppers offer. When roasting them you want to somewhat blacken the skin and then immediately place them in a sealed container for 5 minutes. Placing them in the container will make it easier to peel the blackened skin away. Once skinned they can be added back to leafy green salads for a smoky, mildly spicy kick. Alternatively, the roasted peppers can be added to the cooked navy beans. If you really want to ramp things up, I suggest making chili rellenos out of them, chili Verde or even making a roasted poblano cream sauce to put on tacos, burritos or a breakfast hash. Dang.

Around the bend and down the way, as we begin to see the height of the day, we have lavish **Leeks** from [Tantre Farm](#). This mammoth of the allium family is loaded up with antioxidants that help fight off free-radical cells and flush our livers of toxins. They also are super tasty when used to make a quiche and that you should do! Get those eggs whipped up nice with the already roasted poblano peppers. In a separate pan, gently cook the washed and thinly sliced leeks in olive oil or butter and then add some of the ham or tempeh. Here at the crossroads, you can just make an omelet, or you could make a crust and pour the mix of raw eggs and roasted veggies together and you're on your way to quiche heaven. Serve either dish up with a fresh greens salad or some fried spuds - and high five your buds - because lunch is over, and it's back to work!

Plugging away as we do, next up we have just the superfood for you in the form of a **Potato Mix** from [Tantre Farm](#). In your mix, you may get yellow Carola potatoes, blue potatoes, or red Sangre potatoes. These are what we call 'New' potatoes because they just got resurrected from the earth and have not been stored. These potatoes will be dense and full of moisture as well as all the essential vitamins, nutrients, trace elements and proteins our body desires. So whip them up into a colorful potato salad, make them into a hash or hash browns, fry them and serve them with the savory beans or BBQ them as a side for another dish.

Closing out the produce in this week's share, we have a real treat with **Frozen Blueberries** from [Joe's Blues](#) from the sunset side of the state. These berries were hand-picked just about a month ago and flash frozen on the same day, locking in all their powerful antioxidants. They would serve best with the DIY pancake action and their heart-friendly nutrients make up and natural sweet sugary taste is the perfect way to bring in the new day. They would also be great in smoothies, oatmeal or simply consumed as a hand-to-mouth late afternoon snack.

Beans, beans, the magical fruit! The more you eat, the more you toot! The more you toot, the better you feel, so let's eat beans for every meal! Well maybe not all that, but it was fun to type anyway!! In this week's share, we have a hearty pint of fiber-laden and protein-packed, pearl white **Navy Beans** from [Ferris Organic Farm](#). These Michigan-grown beans were harvested about 35 minutes north of Jackson on a farm that has been actively producing legumes and oats for over 150 years. It's pretty clear they're doing something right, and these beans are a true representation of what their high-quality product looks like. To use these beans, first rinse them, then soak them in cold water for at least 6 to 8 hours. When completely soaked, follow one of the many navy bean soup recipes online for a hearty and tasty soup using the savory produce in this week's share. There are a million ways to make a soup or chili out of these beans, so choose a recipe to your taste and don't forget to add the ham steak or tempeh to the beans for that extra heartiness.

Next up, a fun and playful bread to add to this yummy share with an eye-pleasing, mouth-watering braided **Challah Loaf** from [Zingerman's Bakehouse](#). This splendid bread is composed of organic Michigan wheat flour, yeast, water, egg yolk, honey, corn oil and sea salt, and it's perfect for any occasion, breakfast, lunch or dinner. The beauty of this bread is that it can be picked apart almost as individual rolls intertwined with old-world rustic appeal. So make a tempeh or ham sandwich slider, make mini rounds of French toast or just lather it in some butter and serve it with the mean beans you whipped up. You'll be glad you did!

Once again, we are back on the road to pick up some **Pasture-Raised Ham Steaks** from [Bastian Farms](#) and [Needle Lane Farm](#) just outside of Ann Arbor and **Original Tempeh** that is vegan and gluten-free from [The Brinery](#). The ham steaks are derived from field-raised hogs that had plenty of space to roam and root. The Original Tempeh is made right here in Ann Arbor at the Washtenaw Food Hub and is composed of organic soybeans, live active cultures and citric acid. Whichever protein you signed up for, rest assured it is a local product carefully nurtured by a local business. Both proteins are sufficient for sandwiches and soups, breakfast, lunch or dinner, so get your protein on with the local goods. If you're interested in purchasing "meat bundles", where you can buy a mix and match of different animal proteins, [Washtenaw Meats](#) will be operating two handouts every month at the Washtenaw Food Hub. Join their email broadcast list to see what they have to offer. As for The Brinery tempeh products and fermented goods, the retail store at the Washtenaw Food Hub offers the complete collection. Come check it out!

Rolling right along, we roll right into **One Dozen Local Eggs** from either [Webbed Foot Pines](#) or Old Brick Farm, cluck cluck, bok bok. These hyper-local free-range

eggs have a high content of protein content and omega-3s. They are also a great source of choline, an essential nutrient that supports cell growth and metabolism. Sunday morning never looked so good with all these fresh ingredients to whip up a beautiful, cooked breakfast – lean and mean omelets, scrambled eggs, hard boiled eggs, or get naughty and do some deviled eggs for brunch, ohhh yaaaa.

Bring on the pancakes!! Your wish is our command, with a **Standard Pancake Mix** from [Westwind Mill](#). This pancake mix is composed of three simple ingredients – unbleached flour, baking powder and sea salt. The unbleached pastry flour is milled just west of Flint on a two-hundred-year-old old mill at Westwind Mills. They use a certified organic, soft white wheat grown by DKB Farms in Columbiaville, MI, just over an hour north of Ann Arbor. The aluminum-free, baking powder and sea salt is sourced from Frontier Co-op. Together, the ingredients are combined to create a basic, yet clean and pure pancake mix that supports sustainable and fair-trade practices. So get your hot cakes on and infuse them with the blueberries and a heavy pour of the organic maple syrup that is coming in hot next.

We can't enjoy the pancakes without the maple syrup, right? We are elated to feature a fourth-generation **Organic Maple Syrup** from [Maple Dale Farm](#) in Atlanta, MI this week. A perfect fit to our Immune Booster project, Maple Dale Farm values good stewardship of the land and best practices to produce their top-quality organic syrup. So pour this amber delight across those hot cakes happy in the knowledge that you supported an eco-friendly, local operation.

Closing out the share, we have a super healthy **Berry Jax Granola** that is vegetarian and gluten-free, but does contain nuts. This heart healthy granola is composed of organic rolled oats, sunflower seeds, organic cashews, organic sesame seeds, ginger, Lesser Farms honey, canola oil, salt, nutmeg, lemon, cinnamon, dried blueberries and dried cranberries. Perfect for a hand snack on a late summer hike or added to your favorite cereal or oatmeal. This granola sure doesn't disappoint and again we sell several varieties of granola from Harvest Kitchen at the Food Hub each and every Saturday. [Harvest Kitchen](#) is also at the Kerrytown Farmers Market every Saturday so stop on by and tell Chef Keith that Ryan from the Immune Booster sent you.

As this local food mission labor of love comes to a halt for this week, the longer vision of this project gathers momentum, like a snowball rolling on down the hill getting bigger and bigger. Collecting up new innovative farmers and local food artisans as well as working with the tried-and-true tenured folk. Together we are developing a community of patrons and food purveyors who share the same vision; a more sustainable, in-season and local sourcing food reservoir. Reducing fossil fuel miles, reducing one-time-use packaging and consuming real, healthful, fresh and seasonal produce. It's a beautiful vision and I am forever grateful to represent all of our local talents each week as the humble curator and voice to the Immune Booster mission. As we ride off into the sunset, the mild telltale signs of the impending fall are beginning to appear in the slightly changing color already taking place in the trees. As the cooler nights set in, it's a beautiful time of the year where the sun feels gentler, and the plants are lush and easy to care for. We have lots to look forward to yet as the growing season continues on for another few months before the frost bites them all. So hang on, the Immune Booster is in a state of constant evolution

just like we all are, striving to achieve and do our best one step at a time. We hope you enjoy this share with friends, family and loved ones, and we look forward to seeing you all this week 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. 4, regarding Tantre Farm's Immune Booster CSA Share, Week 126, for pick up on September 10, 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](mailto:immuneboosterbytantre@gmail.com).*

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