



Tantre Farm CSA Newsletter IMMUNE BOOSTER Week 132 Share – October 22, 2022

Hello Fellow Locavores,

We hope you all had a wonderful week with the true fall weather of the upper Midwest. It's the changing of the guard here in Michigan, where the sun's energy is just too distant to the south now and the cold air masses from the north slowly creep in to take its place. The peak of fall is here, and the streets are filling up with leaves, the country lanes ablaze with color. It's a beautiful time of year to get out and about for scenic walks and drives, donuts and cider and campfires in the backyard. As we say goodbye to our summer crops and embrace the fall and winter veggies, we have a lot in store for you in this week's share. We fell into step with a somewhat Italian-themed box on the prepared food side of things and mixed in a vibrant combination of fresh produce to support your culinary inspiration and to complement the prepared foods with some do-it-yourself action. So get those cutting boards, pots, pans, knives, forks, and spoons ready, because we have a mighty delicious box of food coming home with you this Saturday morning.

And away we go.... Fall and spring are generally the best time to grow leafy greens due to the milder days and cool nights and this week we highlight that note with **Loose-Leaf Lettuce** from [Tantre Farm](#). This lettuce variety is designed to be clipped for successions of harvest and offers up to four or five varieties of lettuce ranging in color from maroon, purple, bi-color and several shades of green that each pack their own specific nutrient bundle. Instead of featuring a prepared salad this week, as we often do, we are throwing you in the mix right away for some DIY salad. Oh, and you're in luck because we made it super easy; All the remaining produce in this share will support a week's worth of diverse, healthy and delicious salads. Mamma Mia!

Next up, we get to the root of one of the most potent and healthful roots known to mankind with the mighty **Garlic Bulb** from [Tantre Farm](#). This allium packs a plethora of beneficial compounds and trace elements. It also fights off free radicals and sometimes your partner too with the pungent smell it happily leaves on your breath after consumption. So plan ahead and roast the cloves whole with the squash, carrots, potatoes and cauliflower to warm up the house a bit and load up on a wealth of in-season local goodness in one shot. Once these roasted veggies are cooled, they would be a great addition to some of

those lettuce greens for a more robust salad, maybe a little tahini sauce dressing on top. Oh ya!! Also, one last note about garlic here for those with green thumbs or the desire to experiment... Fall is the time to plant garlic and is best planted at the very end of October into the end of November. Plant by digging holes about 8 inches apart and 4 to 6 inches deep. Place one clove in each hole and cover with soil and some of those fall leaves. In the spring, the garlic will shoot up and you can harvest the flowering 'scape' sometime in June of next year, pulling the roots out a month or two later. It's an easy plant to grow and it's a two-for-one crop with the scape and the root.

Transitioning from Summer to Fall, we are elated to deliver to y'all a **Delicata Squash** from [Tantre Farm](#). This zeppelin-shaped, hearty, winter squash is packed with fiber, lutein, potassium and folate. There are many ways to cook this culinary delight, but a great start would be to cut it into cubes to expose its magnificent orange flesh, roast in the oven and baste with honey before serving. Alternatively, this squash serves well cut in half lengthwise, so you have a 'boat'. Remove the seeds and place face down in a shallow baking tray with a quarter inch of water and then roast for about an hour. While it's roasting away on a fine, fall day, whip up a jambalaya mix in a separate pan. When the squash is done cooking, pull it out of the oven and fill your 'boat' with the jambalaya mix and then toss it back in the oven for 10 to 15 minutes and serve. This recipe takes delicata to a whole new level and one you soon will not forget. Yummy.

Cruising right along we keep things going with crunchy, crisp **Carrots** from [Tantre Farm](#). This is our third and final crop succession of the season, with first dibs reserved especially for you fine folks! They are in peak form and full of sugar from the summer heat. Tasty and highly nutritious, carrots are a particularly good source of beta carotene, an antioxidant that your body converts to vitamin A. Additional health benefits include lowered cholesterol levels and improved eye health. So grate them up over your salads, roast them, make carrot cakes out of them or just simply slice and serve.

Poppin' up next, we have a proper **Potato Mix** from [Tantre Farm](#), because these spuds are looking good in the Tantre neighborhood. In your share, you will receive a mix of some of the following fresh-out-of-the-ground potatoes: Russets, Red Sangre, Purple Splash, Desiree, Carola, Blue or All Red varieties. All are unique in their own color and nutritional make up. These superfood spuds are a staple crop around the world, serving up over 300 million cubic tons of them annually to us humans. There are over 5,000 varieties of potatoes in circulation globally, so we have a long way to go in sampling each and every one... Lots to look forward to!

Closing out our savory produce this week, we have a unique flower that is **Cauliflower** from [Goetz Greenhouse and Family Farm](#). This primo in-season cauliflower is a great low-carb alternative to grains and legumes and is still high in fiber, antioxidants, loaded with vitamin C as well as other beneficial trace elements. Consume it raw or cook depending on your mood or meal prep demands. I like to steam it and smother it in cheese sauce. Hey, sometimes it's good to be bad! Lastly, cauliflower also works great as a thickening ingredient in soups or stews. Don't be afraid to use the bulky stems and heart of the flower.

The final produce offering this week is a juicy combo of **Spartlett and Bosc Pears** from [Wasem Fruit Farm](#). The Spartlett pear is identical in color to a

Bartlett but is physically larger and still packs the same sweetness, texture and taste of a Bartlett pear. It is most commonly consumed raw and it can also be canned for a rewarding deep winter pantry surprise. The Bosc pear will have a brownish green skin and feel dense and compact to the touch. It can be consumed raw as well but some folks prefer it cooked. Baked, broiled or poached, these pears serve really well in baked goods with cinnamon and nutmeg flavors at the base of the ingredients. So some for that hand to mouth action and some for the star baker in you to warm up the house with those sweet fall baking smells. Yum!

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 yellow and black sesame seeds. It had a day and a half to rise up before being baked into the late hours of Friday afternoon to ensure ultimate freshness when you pick it up the following morning along with your share. This bread is also packed with naturally occurring pre and probiotics and 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.

Shifting gears to [Zingerman's Creamery](#), we have one of their fan favorites - **Pimento Cheese**. A play on traditional Southern cheese spread, this cheese contains a fusion of cheddar, roasted red pepper, Tellicherry, black pepper, mayonnaise, and cayenne pepper. Delicious on crackers and celery sticks, it can be used to liven up burgers, sandwiches, or even macaroni and cheese.

Speaking of soup, we have a beautiful **Italian Wedding Soup** from [Ginger Deli](#) that is in-season and full of flavor as well as nourishment. It is composed of house-made chicken broth that includes onions, carrots, celery, ginger, bay leaves, coriander seeds, cinnamon, black cardamom, sea salt, chicken breast, orzo pasta, Swiss chard, Tantre Farm kale, collard greens and escarole. The Meatballs in the soup are composed of organic chicken thighs, onion, garlic, thyme, sea salt, black pepper, breadcrumbs, egg, parmesan cheese and Tantre Farm flat leaf parsley. As you can see here it has a little bit of everything in this fine soup that came together over several stages. From the steeped broth to the hand chopped and prepared meatballs. This soup has a layered depth of flavors, texture and taste that is delicious.

Now we crescendo to a **Lasagna Verde** from [El Harissa](#). This super-packed vegetable lasagna has a little bit of everything mixed into it to give it a cake-like structure and a nutrient dense portion of food. It is stuffed with carrots, broccoli, kale, brussels sprouts, peppers, zucchini, tomato, garlic and onion to name a few of the produce items contained in this cube of goodness. Topped with three cheeses and garnished with a light sprinkle of fresh and dried herbs, this is a fine centerpiece to this Italian-themed box.

Closing out this week's share, we feature a **Strawberry Kombucha** from [Urbanrest Brewing Company](#). This fine kombucha is composed of fair trade organic black tea from Arbor Teas, organic Michigan beet sugar, filtered water and scoby culture, all re-fermented with Michigan-grown, organic strawberries. This strawberry-infused beverage has been a popular hit on our market table at the Immune Booster pick-up for many weeks, and although strawberry season is just behind us, let's celebrate it one last time! This is a healthy elixir of

pre and probiotics and a tasty thirst-quencher, so drink up and give yourself a nice dose of immune-boosting properties to boot.

As the Immune Booster share comes to a close for this week, we would like to thank each and every one of you who signed up for this share, as well as our prepared food partners and local farmers. Many hands came together to make this amazing box of food. With this share, your hard-earned dollars voted for local, in-season produce and prepared foods, and eliminated thousands of fossil fuel miles. By no means is this share carbon neutral, but it is a great first step in supporting local food systems, reducing our carbon footprint and food packaging waste. As we develop these shares each week, we think of Mother Earth and the ways we can promote a healthier environment and a healthier you. It is important to create a brighter and more sustainable future for us and our generations to come. We leave you with much gratitude and look forward to seeing you at the Immune Booster pick-up this Saturday morning.

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, October 23, regarding Tantre Farm's Immune Booster CSA Share, Week 133, for pick up on October 29.

Hope you enjoy the delights and flavors of these fall-inspired foods!

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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