



Tantre Farm CSA Newsletter IMMUNE BOOSTER Week 134 Share – November 5, 2022

Hello Folks,

Welcome to the Week 134 brunch-themed Immune Booster share. We appreciate you signing up this week! It is hard to believe that it's the first week of November and we are *still* receiving this gift of pleasantly warm weather. The extension of the season is keeping our field leafy greens nice and thriving while it lasts. Hopefully you all got out and about, soaked in the sun and basked in the breeze, explored the waning fall colors, took a kayak down the river, visited a lake shore or just strolled through some of the many parks we have here in southeast Michigan. In recognition of this active lifestyle, this week's share is designed to be breakfast, lunch or brunch depending on if you are an early riser or the one that sleeps in a bit longer. Zzzzzzz! So let's head out on the Immune Booster mission and explore the fantastic local spread you will be taking home this Saturday...

Opening up your share this week, you will be greeted by a fresh, clean and crisp, **Asian Salad Mix** from [Seeley Farm](#). This colorful melody of leafy greens such as salanova butter lettuce, Tokyo bekana, mizuna, tatsoi and assorted other colorful mustard greens are hoop house grown and hand clipped, gently washed and packed up just for this very share. Seeley Farm has a deep history of growing and marketing leafy greens in local farmers markets all the way up to Whole Foods as well as collaborating with other local CSA programs just like this one. Seeley Farm is owned and operated by a husband-and-wife duo that grows a variety of seasonal crops as well as cut flowers during the growing season. They run a popular roadside farm stand out on Warren Road beginning in early spring and closing for the season about right now. In addition to vegetables and flowers, the stand often offers seasonal starter annual and perennial plants, herbs, occasional mushrooms, and fresh leafy greens in the reach-in coolers. So swing by there sometime and enjoy the beautiful drive to this farm for some extra goods.

Next to the Asian salad mix, you will find a lovely **Lettuce Mix** from [Tantre Farm](#). This lettuce mix is field-grown and is also a clipped leafy green of up to five or six different varieties of lettuce ranging from pale pinks, deep purple and various shades of green. Each lettuce variety is packed with calcium and vitamin K as well as its own unique health benefits. So salad away on these

milder, late fall days and enjoy the diversity of color, taste and nutrient content.

Crisp, **Orange Carrots** from [Tantre Farm](#) are at their peak, and you will find a healthy bunch of them tucked away towards the bottom of the share this week. These field-grown carrots thrive in the cool, late fall conditions and tend to become sweeter as gentle frosts have set in on them already. So try your hand at roasting them with a sweet honey glaze, bake some carrot cake muffins, grate them over the top of your leafy greens for a more comprehensive salad, or just chomp them like a bunny.

Time to bring on the alliums with some **Red and Yellow Onions** from [Tantre Farm](#). These onions were planted in early spring of this year out in the Tantre fields and then harvested about 6 weeks ago. These are a storage onion for us at the farm and they have been curing up in a sheltered barn so that they last longer into the season as winter rolls towards us. These onions pack a wealth of antioxidants and are perfect for a tasty onion soup, roasting whole on the grill, making homemade onion rings or simply thin sliced and added to your salads for an extra little zest.

One potato, two potato, three potato, four knocking on your door with a **Potato Mix** from [Tantre Farm](#) that you cannot ignore. In your share you will receive a generous mix of deeply blue Blackberry Potatoes and beautiful Red Sangre Potatoes. At Tantre Farm we have grown these potatoes in successions so we can offer them in the shares pretty consistently fresh out of the ground. As the outdoor season comes to a close, we will pull the remaining potatoes out of the field, store them dirty and wash them up as we release them into shares just like this. Potatoes have been stored for centuries in underground cellars and we enjoy seeing pallet boxes full to the brim entering the cellar as the season winds down. A perfect ingredient to this brunch-themed share, my hunch is that a colorful hash brown mix may be on the horizon. Alternatively, try crispy diced and sautéed potatoes or scalloped potatoes. A baked potato for lunch, or mash or homemade potato chips perhaps?? The choices are endless and all delicious!

Pulling away from the savory produce, we pivot next to organic **Golden Delicious and Gala Apples** from [Almar Orchards and Cider](#). These dainty apples pack a sugary punch and are downright delicious and nutritious no matter which way you consume them. Crisp and sweet, bushels of apples are a true symbol that autumn is here in earnest, and we just can't get enough. By volume, Americans eat more apples than any other fruit. If you've ever wondered why apples float, it's because they're 25 percent air. The common fall party game of bobbing for apples actually started as a Celtic tradition to determine one's potential future mate. Apples ripen up to 10 times faster on your countertop than in your fridge so keep this in mind when deciding how best to consume yours. Enjoy them raw, cooked or dehydrated. I'm thinking pies, tarts, apple butter or just cooking them down with a little cinnamon and sugar into a tangy apple sauce and serving them hot over vanilla ice cream. Yum!

Our final produce item this week is a one-pound bag of flash **Frozen Blueberries** from [Joe's Blueberries](#). What does flash mean? Well, when the berries are freshly picked, they are gently washed and then flash frozen within a few minutes which locks all their summer sun-ripened sugars deep inside each

blue globe so that when you defrost and consume them months later, they still have that sweet sugar with a nice dose of tartness to them. These blueberries are the perfect dance partner to add to the rolled organic oats coming up. Or consume them as hand snacks, add to your leafy greens for a fruity twist, or bake into blueberry muffins. So blueberry up with these antioxidant-laden berries and boost that immune system good and proper.

Moving right along on our brunch-themed share, we roll into organic, **Rolled Oats** from [Ferris Organic Farms](#). These superior oats are grown just about an hour north of Jackson on a multi-generational farm that has been in operation for over 150 years. This can only mean one thing – Ferris Organic Farms knows what they are doing! They grow a wide range of certified organic crops such as buckwheat, rolled oats, millet, alfalfa, sunflower seeds, popcorn, peas, lentils and beans, to name a few. All the crops are grown and processed on their property and then bagged up and stored in a temperature-controlled room just for a share like this. These oats have been grown in an ecologically friendly manner and processed with care to keep their nutrition fully intact. So go on and get a bowl of fresh, creamy oatmeal going with some of the blueberries and raw honey, make oatmeal cookies with candied apples, toss them uncooked or cooked into smoothies, make brown butter oatmeal muffins or a blueberry-banana coffee cake to really get this brunch show underway.

Speaking of honey, next up we have a one-pound glass jar of **Raw Wildflower Honey** from [Hives on the Hill Apiary](#). to complement the oats and blueberries. This honey was harvested, processed and bottled at the height of this year's summer. The bees that made this honey pollinated many types of local flowers and made 2 million flower visits to fill up your one-pound jar. That's over 55,000 miles of flying back and forth to bring that honey! Honey is used widely across the culinary world in boundless ways as a natural sweetener. It is also used as an anti-inflammatory, antioxidant, and antibacterial agent. Honey is commonly used orally to treat coughs and topically to treat burns and promote wound healing. For this share, simply drizzle over a hot bowl of oatmeal and blueberries for a banging breakfast. This trio of awesomeness is sure to please and with the plentiful portions in this share, you'll have plenty of chances to relish in the merriment they shall bring you.

Turning the page and welcoming another new vendor to the Immune Booster CSA family, we now turn our attention to [Two Tracks Acres](#). Stephanie and Taik's farm is based out of Grass Lake, Michigan. This certified organic farm prides itself in seasonal vegetables, some fruit and cut flowers and BAGELS!! This week we highlight their beautiful bagel-making skills with one **Plain Bagel** and one **Blueberry Bagel** that are both vegan and made from scratch. The plain bagel is composed of bread flour, sugar, yeast and salt. The blueberry bagel is composed of bread flour, sugar, yeast, salt, dried blueberries and frozen blueberries. These rustic and hearty bagels are made for the yummy cream cheese that is coming up next. The real deal local breakfast treat!

Bring on the cheese please... as in the first-place winner at the American Cheese Society awards **Cream Cheese** from [Zingerman's Creamery](#). This hand-ladled cream cheese is delicately composed of Michigan pasteurized cow's milk, cream, cultures, animal rennet and sea salt. It has no added preservatives, artificial additives or sweeteners and the staff prides itself in making this cream cheese the old-fashioned way. All by hand with just a few

simple ingredients. So spread it thick or thin across that toasted bagel, use it in pasta tomato sauces or even pair it with smoked lake salmon or trout if you so fancy.

Next up we had a you-pick 'em, where you had the option of **Pork Chorizo Sausage** from [Vestergaard Farms](#) or **Chorizo Crumbles Tempeh** from [The Brinery](#). The pork chorizo sausage is featured by another new vendor to the Immune Booster share. Vestergaard Farms pasture raises natural meats on their 112-acre farm in Ann Arbor, and offer hand-raised, free-range, grass-fed, chemical-free beef, pork and chicken. Their pork chorizo sausage contains pork, water, chili pepper, salt and spices. The chorizo crumbles tempeh is composed of tempeh, tamari, sunflower oil, onion, apple cider vinegar, sriracha, natural smoke flavor, sea salt, onion powder, black pepper, garlic powder, shiitake mushroom powder and tarragon. This ancient ferment is full of flavor and easy to apply to your culinary visions all the while consuming a plant-based diet. My suggestion for both varieties of chorizo is to incorporate it into a breakfast dish with the eggs, potatoes, onions, leafy greens and bagels for a full-on breakfast/brunch that will either gas you up for some outdoor adventures or send you deep into a food coma for a movie day on the couch. We will have extra pork chorizo sausage and chorizo crumbles tempeh for purchase at the Washtenaw Food Hub if you need to stock up.

Time for a **Dozen Local Eggs** from the chickens at [Old Brick Farm](#) out in Chelsea, just down the road from Tantre Farm. Larry Doll is the owner and operator of this chicken and duck egg producing farm and he has dedicated hoop houses for his birds. The hoop houses allow for natural light, doors that open to the fresh air and allow the chickens to wander through the clover paddocks to scratch the earth, eat up the greens and peck for insects. All these variables produce quality eggs that are fresh off the roosting nests from birds that are happy. I've been to this farm many times and year-round the birds are out in the fields more than the hoop houses, which is a good thing because they are getting exercise and foraging. So here's to clean, sustainable and animal friendly chicken eggs. The way it's supposed to be!

Closing out the share this week, we have a stellar **Texas Chili** from [Ginger Deli](#). This layered Texas-style chili is composed of charcoal-smoked ground chicken, kidney beans, olive oil, green peppers, onion, garlic, special Texas chili powder, paprika, thyme, cumin, crushed tomatoes, tomato puree, sriracha, sea salt and beef broth. The art of this chili is the slow cook on a low temp, melding the flavors together for a hearty, body-warming chili. This chili would be a perfect dance partner for a do-it-yourself side salad and a bagel for a complete, quick and healthy meal, maybe for lunch on Saturday after you pick up your share.

As this week's menu breakdown comes to a close once again, we would like to thank you for your continuous support of this all-inclusive and unique CSA share. We hope you enjoy this week's Immune Booster offerings with friends, family and loved ones, and we would love to hear some feedback from you about your share if you have the time to send us a little note via email or Instagram. We would also like to hear your recommendations of other local farms, restaurants, bakers or artisanal makers that you love, and we would be happy to look into possibly featuring them in a not-so-distant share. We are all ears, so type away if you have the time to do so. But for now, we hope you enjoyed this share breakdown, and we look forward to seeing you at both of our

pickup locations this Saturday!

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, November 6, regarding Tantre Farm's Immune Booster CSA Share, Week 135, for pick up on Nov. 12.

ONE FINAL NOTE: This will be the first week for the seasonal switch in Chelsea to our Fall/Winter Location at Agricole Farm Stop pick-up location, since the Chelsea Farmers Market is closed for the season.

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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