



Tantre Farm CSA Newsletter IMMUNE BOOSTER Week 135 Share – November 12, 2022

<https://mindochocolate.com/pag...>Hello all,

Welcome to the Immune Booster Week 135 Newsletter that will take you on a journey to break down the contents of this week's 'International' share. Thank you for joining us on this local food mission as we highlight the international diversity of the wonderful local food vendors that we are so blessed to have on our doorsteps. This week's menu pays tribute to several of the foreign influences that contribute colorful and healthy cuisine to our local food scene. This global palette is brought to you using the freshest and healthiest ingredients sourced within a 40-mile radius of our pickup locations. As always, we advocate eating locally and with the seasons for a healthier you, a healthier community and local economy, and a healthier planet. We have some real treats lined up with the prepared foods and a stellar lineup of produce for some DIY action, that combined will make well-balanced and wholesome meals to see you through the week. So let's set sail around this blue planet and see what we shall find in this international box of plenty that is coming home with you this week...

What's that I spy with my iridescent blue eye? Something spicy, something green, something purple and in between... a wonderful **Spicy Greens Salad Mix** from [Tantre Farm](#). This mighty mix is composed of assorted colorful mustards, arugula and mizuna greens for a bitter bite that is sure to delight whether cooked down in a stir fry or consumed as a crisp salad. These greens pack a wide range of B vitamins, like B1 for thiamine, B3 for niacin and B6 for pyridoxine, which are all crucial to a healthy and properly functioning immune system. So spice it up and make a side salad with these fine greens to mix and match with the prepared foods that are coming up for a more complete meal.

Riding the waves of this magic sea of field greens, next up we have a cannon ball-sized **Green Cabbage** from [Tantre Farm](#). These green orbs pack a mighty punch of cannon fodder with a solid dose of vitamins C and K that help improve digestion, lower your blood pressure and bad cholesterol, whilst keeping the common cold at bay. So get your wok out, because it's time to stir fry this baby up with the fresh harvested veggies that feature in this share. My suggestion is to serve up this stir-fried melody with any of the prepared foods for a more complete meal. You'll be glad you did!

Across the horizon, as the darkening sky descends, a final shimmer of color flashes with a **Rainbow Mix of Daikon Radishes** from [Tantre Farm](#). In your share this week, you will get a smattering of pastel purple, highlighter red and iridescent white daikon radishes. These radical radishes not only pack a colorful punch, but they also contain polyphenol antioxidants such as ferulic acid and quercetin which both act as an anti-inflammatory, anti-cancer and a wealth of immune-boosting properties. So get your daikon on and sweet pickle them up for a colorful salad topper, sauté them in the stir fry, bake them on a baking tray with the butternut squash or steam them and add a dash of olive oil and salt before serving. This last method dulls down the acidity and bitter bite and is my favorite way to consume these nutritious roots.

As the wind howls and the ship rides high and then low through the peaks and troughs of the sea, what's that over yonder that I see? **Nutri-Red Carrots** from [Tantre Farm](#)! These striking red carrots are rich in the antioxidant lycopene, the same antioxidant found in red tomatoes, and are best consumed cooked. The color of these carrots will intensify when steamed or stir fried, and the lycopene becomes more accessible to the body once they are cooked. So stir fry them away to a brighter day, roast them with the butternut squash on a tray or add them to the daikon radish sweet pickle mix for some extra nutritional kicks.

Bound by sea and beckoning for land, next up we have something that is most definitely not bland with a **Butternut Squash** from [Tantre Farm](#). These dense and pale tan rinds hide a dark burnt-orange flesh that is packed with beta carotene and vitamin C to keep the scurvy at bay. My suggestion here is that the first mate cut them in half, roast them in the oven at 400 for an hour, scoop the tender and sweet orange flesh out and add it to a pan with the split red lentils that are also included in this share to create a delicious butternut lentil soup that is sure to please in the galley-way breeze. Add some of the red carrots and broccoli, and you're in for a nutritional and seasonal delight for the weary crew on this dark, windy night.

Rounding the bay and bound for land, what's that I see on the coastal headland? **Broccoli** from [Goetz Greenhouse and Family Farm](#). This cool weather crop is in its element with the milder days and fading energy of the sun. Broccoli boasts a wealth of nutrition for this globe-trotting mission and packs a solid dose of vitamin C and K, packs a punch of iron and potassium and has a solid dose of protein to boot! So stir fry this cruciferous vegetable up, steam it, make it into a broccoli casserole or batter and fry it 'Tempura' style along with the carrots, radishes, and butternut squash for a real treat.

Disembarking on the banks of the Euphrates River we are pleased to find **Dried Split Red Lentils** from [Ferris Organic Farm](#). Evidence has shown that the domestication of lentils in this part of the world dates back as far as 8000 B.C., spreading to Greece by 6000 B.C. and then over to Michigan, where they have been growing for the past 150 years. These legumes have circumnavigated the world and for good reason. They are nutritious and delicious and super easy to include in your culinary adventures. From red lentil and vegetable soups to Indian red lentil dal or masoor dishes to red lentil curries. These in-season and nutrient dense lentils can be made into the perfect savory, comfort food for the bitter cold days ahead to warm your core and boost your immune system.

Making our way south through the desert to Israel on a camel train, next up we have a six-pack of fresh **Challah Rolls** from [Zingerman's Bakehouse](#). These flirty and fluffy rolls are composed of organic wheat flour, water, egg yolk, honey, corn oil, sea salt and yeast. In Israel, they are generally consumed on ceremonial occasions, yet they are a great addition to any meal with a little soft, a little sweet and a whole lot of deliciousness. These rolls are perfect for amazing homemade sliders, hot sandwiches or even a classic peanut butter and jelly sandwich for the kids or the kid in you. They also would pair up well with any of the other prepared foods in this week's share, so enjoy them while they last. I'm betting mine will be gone within the hour after they show up in my kitchen on Saturday afternoon.

Back aboard our Immune Booster vessel, we set sail for Korea in search of the best **Mushroom Japchae Noodle Salad with Julienned Vegetables** from [Miss Kim](#). This colorful and highly tasty dish is composed of potato noodles, mushrooms, carrots, bell peppers, ginger, scallions, rice vinegar, canola oil, tamari soy sauce, plum syrup, black pepper, sesame oil and sesame seeds. Ji Hye Kim, the award-winning head chef and owner of Miss Kim, was named as one of Food & Wine's best chefs of 2021 as well as a semifinalist for the James Beard Award. These are some serious accolades, and you will understand why as you experience her creative dish this week. Ji Hye aims to broaden the understanding of Korean cuisine through her cooking and offers one-day classes to learn how to make some of her signature dishes. I am sure you will want to pay a visit to the Miss Kim restaurant after trying this dish and if you do, tell the staff that Ryan from the Immune Booster sent you. They will be touched!

Setting sail once again, this time we head to Thailand for an exotic **Thai Yellow Curry with Tofu** from [Basil Babe](#). Basil Babe is a mother-daughter duo from Thailand, and they pride themselves on traditional Thai dishes, dumplings and crab rangoons to highlight a few of their most popular items. This week's yellow curry dish is cooked the traditional way with a long slow simmer, and is composed of coconut milk, yellow Thai curry, fried tofu, onions, bell peppers, zucchini and pineapple. Basil Babe participates in all sorts of pop-ups around town at places like York, Homes Brewery, and most recently at Blank Slate. If you plan on attending a pop-up, get there early and order right away. They have a large following and huge turn outs for their food, and you will see why once you have tasted this authentic curry dish.

With a full belly we board the Immune Booster ship and once again set sail to India in search of a **Biryani Rice** from [Earthen Jar](#). This layered rice dish is composed of basmati rice, soy protein, peas, carrots, lima beans, onions, canola oil, salt, pepper and mixed Indian spices that would pair well with the curry above, or the Japchae dish or even the DIY stir fry. Earthen Jar is a family-run restaurant and prides itself in slow, layered up cooking the traditional Indian way. I find their dishes to be dense and packed full of flavor every time we work together, and they cook a wide range of delicious vegan and gluten-free dishes. Serving a tasty plant-based diet is their forte and if this dish leaves you curious for more, you can visit their restaurant or go to Arbor Farms Market in Ann Arbor for a to-go meal. Don't miss the boat here!

We are in the home stretch now, and one last stop before we head back to the

mitten... Closing out the menu for this week's share, we end on a sweet note as we sail from India to South America for a quick stop in Mindo, Ecuador to pick up a fair-trade, organic **Mindo El Quetzal Brownie** from [Mindo Chocolate Makers](#). This gorgeous sweet treat is composed of organic cane sugar, organic cocoa beans, Calder Dairy butter, organic eggs, organic gluten-free oat flour, organic gluten-free rice flour and sea salt. If this brownie leaves you hankering for more then just head on down to their Ann Arbor retail store location and pick up another round of sweet treats. You deserve it!

Setting off on our final sail, we head back home to Michigan to complete our round-the-world trip. Full circle, back to Ann Arbor to pick up our last featured item of the share with a 5-pack of **April Queen Daffodil Bulbs** from [Old House Gardens](#). This white and yellow variety will be some of the first flowers to liven up your garden early next spring, offering refuge and sustenance to all those thirsty insects when they emerge from hibernation. My suggestion is that you plant the bulbs Saturday afternoon before the deep frost rolls in on Sunday night. If you are looking for additional bulbs this late in the season, Old House Garden is offering up to 50 percent off on a wide range of spring bulbs, so head on over to their website oldhousegardens.com and see what they have on offer. Orders are easy to place online and are available to conveniently pick up from the Food Hub where many of you already pick up your shares.

As the Immune Booster vessel pulls into port and we drop anchor from this global food mission, we thank you for sailing with us this week on this international share. What an amazing group of individuals from all over the planet we are blessed to have in our local food community, and it just goes to show you what can happen when we all work together, grow together and share cuisine from around the world all in one box. We hope you enjoy this share with loved ones, and we look forward to seeing you at both pick-up locations Saturday morning. Eat well, do well, be well!

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 13, regarding Tantre Farm's Immune Booster CSA Share, Week 136, for pick up on Nov. 19.

ONE FINAL REMINDER: The Fall/Winter pick up location for Chelsea is at Agricole Farm Stop, since the Chelsea Farmers Market is closed for the season. Please make sure to double check your pick up location on your dashboard, because the order of pick up locations changes during registration with this transition from summer to fall/winter locations, and members may unintentionally choose the wrong location.

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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