



Tantre Farm CSA Newsletter IMMUNE BOOSTER Week 137 Share – December 3, 2022

Buenos Tardes Locavores,

Welcome to the Immune Booster Week 137 Newsletter, where we will take a closer look at this week's Latin American Fusion curated menu. This week we head south to taste some of the fine cuisine of our neighbors beyond our borders where we will highlight some of their local savory staples from across this region. We also have an abundance of fresh produce to accompany these fine prepared foods for you to transform into a myriad of other sides or main dishes. Get ready to launch into a serious dose of fresh, tasty, healthy and always local food!

This week we get things popping with local Ypsi farmer, Dean Sell, from [Sell Farms and Greenhouses](#). We always welcome Dean to our Immune Booster project and are excited to feature two heads of his hydroponically grown **Lechuga** or **Lettuce**. The first head of lettuce is a Five Star head mix. Traditionally, Five Star lettuce is a clipping lettuce intended to be harvested by the leaf, not the head, for continual picking as you need it. Dean has gotten crafty and dropped 6 to 8 seeds in each starter plug so that when they grow out, they look just like a full head of lettuce but with 6 to 8 varieties of lettuce in one head. Very clever! The end result is an eye-popping colorful bouquet of lettuce. The second head of lettuce is also planted on a plug, but with only one seed that has grown into a full head of Red or Green Sweet Crisphead lettuce. Both plugs will offer a wide color range of various greens, vivid maroons and red colors that most definitely brighten your salad plate. Both varieties are packed with Vitamin K, which strengthens bones and Vitamin A, key to maintaining good eye health. So salad away on a late fall day, orale!

Keeping with the green theme, next up we head out to Dexter to visit farmer Lindsay from [Garden Fort](#). We are stoked to feature his amazing **Mezcla De Ensalada** or **Greens Mix**. In this fine and 'moreganic' greens mix, you will find a variety of good-for-you greens starting with mizuna, tatsoi and baby kale, harvested fresh off the soil-grown plants Friday morning and riding home with you the very next day. So line up those salad bowls because we are laying them greens down here this week. If this mix leaves you hankering for more, visit The Produce Station in Ann Arbor, Carosello Pasta in Dexter or Greener Pastures Market in South Lyon to find all of Garden Fort's fine offerings. Oh siiiii!

Rolling right along, we roll right into [Tantre Farm](#) - my home farm - to meet with the captain of this vessel, Richard Andres AKA "The GodFather of CSAs" where we will pick up a **Col Verde** or **Green Cabbage**. These robust and rather large green cabbages were kissed by the first frosts of the season to sweeten them up and then placed in the Tantre Farm cellar for this late fall occasion. These cabbages are great for making curtido, a Salvadoran cabbage stew, or a Col A La Mexicana dish. There are recipes galore on the internet, so pick one that appeals to you and try your hand at something new. Your taste buds will be glad you did. Sabrosa!

Packing a bit of crunch and a good dose of beta carotene for your lunch, next up we have **Zanahorias Naranjas** or **Orange Carrots** from [Tantre Farm](#). These late, fall carrots were pulled from the earth about 3 weeks ago and stored in our cellar for the long winter ahead. Storing them in just above freezing temps in the dark cellar keeps them crisp and fresh just for a share like this. Dip them in your favorite condiment, grate them over the top of the leafy green salads or pickle them up like the ones you get at Mexican restaurants. The choice is yours, and the choice is healthy so pile them on; your immune system will be glad you did. Buena para ti!

What's a Mexican/Latin themed share without **Cebolla Amarilla** or **Yellow Onions** from [Tantre Farm](#)? No Bueno! So rest assured we had to have this staple allium in this week's share, because it is a true staple in everyday cuisine from Mexico through Central and South America. These round globes are laden in sulfur compounds that help ward off free radicals known to cause cancer, especially in women. So men take note and women keep consuming, because these pungent tubers are packed with an immune boosting elixir of properties to keep our anatomy strong and healthy. Aplaudir de onions!

Back by popular demand, we have a generous serving of organic **La Papas** or **Potato Mix** that includes Pink Desiree and Russet potatoes from [Tantre Farm](#). Potatoes are native to parts of Central and South America, but are now a staple superfood eaten worldwide. Both varieties are tuberous root vegetables, but they are only distantly related, differing in appearance and taste, and offering different nutrients. Both types of potatoes are rich in fiber, carbs, and vitamins B6 and C. This colorful potato mix is perfect for Mexican-style potato tacos! Either cube, season and fry your potatoes or boil, mash, season, and then fry. Toss the cooked potatoes in the tortillas and load them up with your favorite toppings, this will surely get things popping! Auge!

Rounding out the produce in this week's share, we come to our last fresh produce item with an organic **Mezcla de Manzana** or **Honeycrisp and Northern Spy Apples** from [Almar Orchards and Cider](#). These organic apples were grown by Jim Koan and his lively crew. Picked just before the first frosts of the season and stored promptly at a controlled 33 degrees Fahrenheit to hold their sweet sugars and solid textures throughout the winter. Almost frozen in time, but not quite. These apples would be perfect for making a tasty dessert such as apple empanadas or a dulce de leche apple bars. So enough said here, empanadas all day is where I'm heading with my apples from the share. Oh siiiii!

Next up, we offer you a staple food that is served with most meals throughout

the Central and South American region. Grown and harvested in Michigan by Sylvie and her family at [Ferris Organic Farm](#), we have their organic **Frijoles Pintos** or **Pinto Beans** featured in this share. These beans will need to soak for 6 to 8 hours or alternatively a quick boil and then set aside and leave covered for several hours to speed things up. Once you clear those hurdles, gently cook them on medium heat for about an hour and a half and serve as whole beans or mash them up into refried beans. Either way you choose, these highly nutritious beans will fit the bill. An excellent source of protein, fiber, vitamins and minerals, these beans will boost your digestive health, promote heart health and improve blood sugar regulation. Holy frijoles!

Need a local chip to scoop those pinto beans? Better yet, maybe prepare some nachos with **Chips De Tortilla** or **Tortilla Chips** from [Aunt Nee's](#). This family-run business is spearheaded by a very energetic and contagious personality, Carlos Parisi, who hustles chips and salsa every weekend throughout the year at Eastern Market as well as numerous retail and restaurant businesses throughout southeast Michigan. These fine tortilla chips are made in Detroit with two types of non-GMO Michigan-grown corn, purified water, oil, sea salt and lime. They are lightly salted and a perfect finger food for our Latin fiesta. Tengo hambre... Vamos a comer!

Needless to say, you can't have the fresh tortilla chips without the fresh salsa, so I had to make a little field trip to visit my man, Ray, over at [Dos Hermanos Market](#) in Ypsilanti. This unique Latin grocery store that sells amazing salsas, tacos and tamales amongst hundreds of other tasty items. After trying a little bit of everything, I settled on their **Pico De Gallo Salsa** as a perfect dance partner to the fresh tortilla chips. This simple-yet-delicious vegan and gluten-free salsa is composed of tomatoes, local white onions, cilantro, lime and salt. So get ready to dip those chips away to a brighter and tastier day and head on over to Dos Hermanos for round two or three or four. They have a wealth of hidden treasures in this family-run market just waiting for you to discover. Muchas manos hacen el trabajo ligero!

We can't have a Latin fusion share without tortillas, and this week we have a rare treat from our friend, Franciso who owns and operates [Ann Arbor Tortilla Factory](#) and their limited release of **Tortillas de Maiz** or **Corn Tortillas**. In your share, you will get an 18-pack of fresh-pressed limited edition corn tortillas that are vegan and gluten-free and simply composed of Michigan non-GMO corn, lime and water. What's the reason behind the limited release one might ask? Well, the tortillas are made fresh in-house every day, but the majority are then run down the processing line, sliced and then fried into their infamous and delicious tortilla chips. Most of the tortillas never make it straight into a bag and are not widely sold because the tortilla chips are in such high demand. Once I discovered this and tried some of the fresh tortillas, I had to ask Francisco if we could sneak out a fresh batch for the Immune Booster share and being the kind and thoughtful person he is, he was more than happy to hook us all up. So it's taco time and you will have all the necessary fillings in this week's share to stuff those taco shells with a lot of yum and a lot of fun. Delicioso!

Next up, we had a you pick 'em, where you had to make a tough decision on whether you wanted to fill your taco shells with a **Basil Turmeric Chicken** or **Tempeh and Veggie Mix** from [Ginger Deli](#). This is where the Latin fusion comes into play, because Ginger Deli is a Vietnamese restaurant! My brother

from another mother, head chef Te Phan of Ginger Deli and I sat down over a bowl of pho and sketched out some rough ideas that we thought would fit nice and snug into your tasty tacos. The Basil Turmeric Chicken is composed of Halal chicken thighs, fresh turmeric, yellow onion, garlic, fresh basil, fresh tarragon, sea salt, black pepper, chili powder, smoked paprika, sesame oil, olive oil and lime. The Tempeh and Veggie Mix is composed of The Brinery tempeh, fried tofu, rice noodle, sweet radish, leeks, honey, sea salt, tarragon, black pepper, fresh basil and lime. So whichever way you went with this taco filling adventure, rest assured both will bring great delight to those tiny taste buds in a big way. One last note here... If you have never been to Ginger Deli's restaurant in downtown Ann Arbor, it's well worth the visit. They serve up the best banh mi sandwiches in the area and all the sandwiches are made from scratch, from the bread to the pickled veggies, marinated meats to vegetarian toppings. They also serve up an excellent pho noodle soup and the spring rolls and shrimp wraps are also a really good grab-and-go option. So hit them up and tell the staff that you had their taco fillings in this week's share. They will be stoked to hear that! Vura Mieng!

Next up, we have a deep in-season main course from a great friend and chef, Aaron Ziola from [Juicy Kitchen](#). This week it was a no-brainer to feature their extremely tasty and rather naughty **Brown Butter Butternut and Cauliflower Enchiladas**. In your share, you will get two enchiladas that are composed of Tantre butternut squash, cauliflower, yellow onion, garlic, brown butter, coconut milk, flour tortillas, green chilis, house made guajillo sauce, manchego cheese and cheddar cheese. My suggestion would be to reheat them in the oven to crisp up the top and melt all the cheese, and then serve with any and all of the other food items in this share. These wholesome enchiladas will most definitely hit the spot and will most likely leave you hankering for more, so head on over to Juicy Kitchen for round two and grab a few extras out of their reach in cooler just inside the front door of the cafe. I was just there yesterday, and I loaded up on all sorts of yummy to-go items and grabbed a fresh baked scone and green tea to-go just for good measure. Pay them a visit and tell them you had their enchiladas in the share. They will appreciate that. Sobresaliente!

Closing out the share and this Latin fusion adventure, we end things on a fizzy note with a 2-pack of **Apple Tart Sparkling Tonics** from [Fruitbelt Tonics](#). These fine, Michigan-made drinks are composed of sparkling water, concentrate from Michigan heritage apples, true source honey, dandelion, chicory roots, heirloom apples, propolis, aronia berries, quassia, cherry bark, extracts of lime and caraway and malic acid. So go ahead and tilt one back to wash down all this local goodness and marvel at what our local food community can do when we all work together. If you're picking up from the Food Hub distribution site, we will have plenty more Fruitbelt drinks to take home and enjoy. Refrescante!!

So there you have it! Our 'Buen Provecho' food fiesta breakdown has come to an end. We hope you enjoy this Latin American fusion-themed CSA share with loved ones and that you feel inspired to challenge yourself with some of the suggested recipes and serving tips included in this newsletter. The culinary world is boundless, and we intend to take you on Immune Booster missions each week to seek out well-known and loved or yet-to-be-discovered prepared food gems, offer new recipe suggestions to encourage you outside

of your culinary comfort zone, and try your hand at some new dishes with the featured fresh produce. Moreover, the fine restaurants and food artisans featured in our weekly shares would be overjoyed to have you stop by to try their latest talented offerings. Sometimes it's fun to let the chefs do the work for you! Mis amigos, eat well, do well, be well and we look forward to seeing you this Saturday at the Washtenaw Food Hub and Agricole 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.

***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.

Don't forget to keep an eye out for our next email on Sunday, Dec. 4, regarding Tantre Farm's Immune Booster CSA Share, Week 137, for pick up on Dec. 10.

Toda Lo Mejor or 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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