



# Tantre Farm CSA Newsletter IMMUNE BOOSTER Week 140 Share – December 31, 2022

Hello Fellow Locavores,

Welcome to the Immune Booster Week 140 Newsletter – the last of 2022! We hope you all had a Happy Holiday month with many joy-filled days with friends, family, and loved ones. This week we are excited to offer a unique New Year's Charcuterie-themed share to help make your celebrations extra-special and in good taste. We figured your bellies are full of rich meals and heavy desserts, so a finger food charcuterie share fits the bill nicely for ringing in the new year. Charcuterie, for those of you who are not familiar, is the culinary art of prepared meats, cheeses, fruits and pickled foods. Tired of spending hours in the kitchen preparing fancy meals and dealing with all the clean-up? Not to worry. We made it easy for you this week with a fantastic ready-to-eat box of goodies that are perfect for your new year celebrations. Enjoy!

Upon opening your box, you will be greeted by a freshly packed colorful bouquet of hydroponically-grown **Lettuce** from [Sell Farms and Greenhouses](#). This trickster to the charcuterie share would be best used for making a side salad or alternatively use the larger leaves as a portal like a tortilla and fill it to the brim with some of the finger foods and other produce items featured in this share.

Next to the party are **Red Carrots** in place of the originally advertised purple carrots from [Tantre Farm](#). The switcheroo is because we felt like the red carrots are holding up better in the Tantre Farm cellar than the purple ones and as always, we strive to pack our shares with the best quality we can get. Rest assured, these red carrots are colorful, tasty and nutritious, and an obvious fit to a charcuterie share. Simply just slice them into thin rounds or sticks and place them nice and neat on your charcuterie board. Easy as!

Rolling right along while we get ready to sing our New Year's song, we roll into some **Yellow Onions** from [Tantre Farm](#). These golden globe beauties would be perfect for slicing and topping up that side salad, transforming them into a crispy blooming onion with your air fryer, or if time permits, thinly slicing and quick pickling them to add a little extra zing to your charcuterie board. Whichever you choose, you can't go wrong. Just be sure to buy some gum so that your midnight kiss isn't tainted!

As the clock counts down and the anticipation grows, next we have a **Butternut Squash** from [Tantre Farm](#). Again, another curveball to the charcuterie share but a good one nonetheless. My suggestion here is to cut this squash up into cubes and roast until crispy golden brown. Pluck them off the baking tray with toothpicks and add them – toothpick and all – to the charcuterie board. Next, whip up some miso butter (there's plenty of very easy recipes for this online) and serve in a small dish as a dip for your roasted squash bites. Mmmmmmmmm.... This will add a lot of yum and fun to your charcuterie set-up.

Remaining true to this week's charcuterie theme, the remainder of our produce items are fruit. Since we follow the seasons with our produce lineup, we move away from the traditional charcuterie grapes and instead lick our lips for one pound of **Frozen Blueberries** from [Joe's Blueberries](#). These height-of-summer, flash-frozen blueberries are little time capsules of sugary sweetness. Another healthy addition to the charcuterie board, simply open the bag and pour! Alternatively, you could bake some mini, one-bite blueberry muffins to add a little extra yum, but don't forget to save some for your breakfast rolled oats that are also featured in this week's share. See we like to make things easy for ya!

Next up, we have a combo of **Bosc and Packham Pears** from [Wasem Fruit Farm](#). These sweet and juicy pears were harvested late into fall and stored away at 33 degrees which locks them in a steady state of yum. To include these pears on your charcuterie display is quite easy. Just slice them into thin wedges or cubes and tell your party to keep their toothpicks from the squash to poke at some yum, while you continue on with the fun.

Rounding out the fresh produce this week, we have a duo of organic **Macoun and Gala Apples** from [Almar Orchards and Cidery](#). Like the pears, these apples were picked late into the fall this year and carefully stored to lock in their sweetness. Serve the same way as the pears above, and if you want to step it up a notch, stir up some warm caramel sauce for dipping. Now we are talking!

In the interlude between the fresh produce and the prepared foods, we have yet another curveball with a pint of organic **Rolled Oats** from [Ferris Organic Farm](#). A bowl of warm oats is the best way to start the day (or the New Year!) with wholesome nutrition, energy that lasts and comforting heat to warm your core. These oats could be your very first meal of 2023 or if you want to feature them in your charcuterie spread, why not try mini oatmeal cookies with blueberries in them, or apples or even the pears? Knowing me, I'll probably try all three just to add a little extra wow factor. Go big or go home, right?!

Moving on to our prepared food menu, we start with a mighty fine **Rustic Italian City Baguette** from [Zingerman's Bakehouse](#). Perfect for this week's theme, this baguette will serve as the hand-to-mouth vessel for the other prepared foods coming up. Composed of organic wheat flour, water, sea salt and yeast, simplicity and freshness are the key here and as usual, Zingerman's Bakehouse nails it! So slice it thin to win and get ready to load up each little round with wonderful combinations of texture and flavor of the fine prepared foods in this share. You will have plenty of options and here they come. Open wide!

What's a charcuterie share without cheese? Not a charcuterie! So this week we picked a spreadable **Liptauer Cheese** from [Zingerman's Creamery](#). This rich and creamy cheese is composed of pasteurized cow's milk, cultures, rennet, sea salt, capers, garlic, anchovy paste (anchovies, salt, olive oil and clove), paprika, Tellicherry peppercorns and caraway seeds. So lather up a thin round of that baguette with some of this fine cheese and top it with some of the sausage or tofu for a sandwich style bite you soon won't forget.

Next up, let's try a deliciously creative **Mint Chutney** from [Earthen Jar](#). This baguette-friendly spread or dip is composed of mint, lemon, green chilies, salt, sugar and mixed spices. This chutney was conjured by Sim, the head chef and owner of Earthen jar, who is from the Indian subcontinent which happens to be the birthplace of chutneys. So after an initial inquiry with Sim about the possibility of creating a chutney specifically for this share, he jumped at the opportunity to show us his skills. Thanks Sim!

Onward we go as the hour is getting late and the ball is getting set to drop. Introducing a new friend to the share this week, we are excited to welcome [Gleehead Baking Company](#) with their **Blueberry Almond Chai Crackers and Ginger Pecan Thinscottis**. These large crackers are jam-packed with all sorts of healthy herbs, spices, nuts and fruits. Not only are they healthy, but they are also aesthetically appealing on your charcuterie board AND super tasty! The blueberry almond chai cracker is composed of almonds, wheat flour, egg whites, sugar, dried blueberries, salt, cinnamon, cardamom, ginger, allspice, nutmeg, cloves and black pepper. The ginger pecan thinscottie is composed of pecans, wheat flour, egg whites, sugar, crystallized ginger, salt and ground pepper. Thanks to Rob Hess, owner of Go! Ice Cream for the introduction to Gleehead Baking Company, also based out of Ypsilanti, MI. Bill and Jessica are a married baking team specializing in bread, cinnamon rolls, scones, cookies and gourmet crackers. I have sampled their goods and have been blown away by the amazing flavors they create, and you'll soon understand why when you're munching down these delicious and nutritious crackers!

This week, you had the choice of protein - either **Thuringer Smoked Sausage** from [Ferry Farms](#) or **Extra Firm Tofu** from [Rosewood](#). The smoked sausage is composed of Michigan-grown pork, salt, spices, dextrose, lactic acid starter culture, sodium and nitrites. The tofu is composed of filtered water, stone ground, whole organic Michigan soybeans and nigari which is a mixture of sea minerals. Both of these vendors are also new friends to the Immune Booster share this week and both offer an amazing line of products that we will eventually find homes for in upcoming shares. If the sausage was your pick it's a pretty straight forward method of use here. Just simply open the package and cut rounds of the fully cured and cooked sausage as thick or thin as you like and add to the charcuterie board. With the tofu it will be fresh and need to be cooked or at least heated up to consume it. My suggestion here is to google 'Tofu on a charcuterie' and a million very creative ideas with recipes will soon flood your screen. Ones like sweet and smokey tofu, tofu bacon, breaded basil tofu bites or even a savory green goddess tofu dip. Now we are talking! Lastly, if you are picking your share up at the Food Hub we will have plenty of extras of both the sausage and the tofu for sale to cover your needs.

As this charcuterie board fills up, we have a little space left that would be

perfect for the **Pickled Carrots and Daikon Radish Mix** from [Ginger Deli](#).

These sweet, quick-pickled veggies are composed of shredded carrots, shredded daikon radishes, water, apple cider vinegar, sugar and sea salt. The container can be opened and set on the board and you're ready to go. Simple, delicious and nutritious, just as we like it so pile them high on a cracker or baguette round with a little cheese and protein. Alternatively use them as a filling in a lettuce leaf wrap.

Adding an Immune Booster fan favorite to the charcuterie share, we bring you [Juicy Kitchen's Broccoli Salad](#). This salad has been mentioned by many patrons again and again and happens to be my wife's favorite prepared food offering of all time. The reason is it hits hard on all levels of yum! This salad is composed of broccoli, red grapes, red onions, sliced almonds, dried cranberries, carrots and is mixed well with a dressing that is composed of cashews, maple syrup, apple cider vinegar and garlic. This salad could ride shotgun next to your leafy green salad next to the charcuterie board and severed up onto your plate with ease. Yes, please!

As the countdown begins, we need our drinks to toast in the New Year, so our final featured item in this week's share is a pair of tasty [Fruitbelt Sparkling Tonic drinks](#). In your share, you could get either apple, elderberry, or cherry flavored tonics to wash down all these yummy charcuterie bites. If your pick-up location is at the Food Hub, we will have plenty more on sale to cover all of your guest needs, so load up on these fizzy and refreshing beverages and incorporate them into mocktails or cocktails for you and yours. Cheers to the New Year everyone!

Thank you for coming along with me to discover the details of this week's menu and counting down through each produce and prepared food item. We have reached the end of the Immune Booster share menu breakdowns for the year! By supporting this share, whether regularly or once in a blue moon, you have collectively contributed tens of thousands of dollars back into our local circular food economy. Stimulating your immune system while stimulating our local farms, bakers, chefs and artisanal makers. It's a beautiful project to see and develop each week. Local, in-season food that is better for your health, our community's wealth and the environment. On behalf of Tantre Farm and the 80+ local businesses we collaborated with this year, we appreciate you! We wish you all a safe and happy New Year. We will be right back at it next week with our very first share of 2023 as we approach our three-year anniversary in March of 2023. Time flies when you're having fun and that is what this project is all about.

**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, Jan. 1, regarding Tantre Farm's Immune Booster CSA Share, Week 141, for pick up on Jan. 7.

To the New Year! Eat well, do well, be well... 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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