



# Tantre Farm CSA Newsletter IMMUNE BOOSTER Week 139 Share – December 17, 2022

Greetings fellow Locavores!

Welcome to the Immune Booster Week 139 "Happy Healthy Holiday" Share newsletter and Santa's passenger eye view of this week's menu breakdown. As always, we would like to share our gratitude not only from all of us at Tantre Farm, but also on behalf of all the partners we collaborated with for this share. By signing up, you have supported a record number of 13 local vendors this week! A major boost to the local food economy with a far-reaching trickledown effect that circulates, stimulates, and helps to advance our long-term vision for local food. Always a labor of love, this is a beautifully structured project that connects fellow locavores to healthy local food sources, while stimulating a healthy local economy and promoting sustainability for our planet. It's a win-win-win! So let's dance and take a glance at who grows, makes, bakes and swirls up the ice cream in this week's share? I'd say let's hop in the sleigh and dash away to see what's coming home with you this Saturday!

Our first stop lands our sleigh in Ypsilanti at [Sell Farms and Greenhouses](#) for a colorful **Lettuce Mix**. No, Dasher, this lettuce is not for you!! This hydroponic lettuce is greenhouse-grown under LED lights because, well, we haven't seen any sun for the past few weeks, so the lights had to be turned on. These lights really enhance the natural color of the lettuce leaves making them more vibrant when sprinkled across your salad bowls. So load up on some vitamin K and hydration with this beautiful leafy green, and dress it up well with all the other produce items offered in this week's share. A salad a day to chase away the gray.

As the sleigh takes flight again, we head out to Livonia to pick up some freshly cut **Radish and Broccoli Microgreens** from [Mycoblossom LLC](#). Now, now, Dancer, I know these tender greens would be a great snack for you on your journey, but they are not for you! Mycoblossom is an upstart indoor cultivator that grows a variety of microgreen mixes and mushrooms. Their goods can be found in Agricole Farm Stop in Chelsea, Argus Farm Stop in Ann Arbor, and the Immune Booster CSA Share on occasion. This mix of microgreens is packed with an elixir of powerful plant antioxidants that are extremely beneficial to your health. Sprinkle on top of salads, pasta dishes, tacos or wraps or consumed right out of the container as a hand-to-mouth snack like my daughters do.

Lastly, it is best to consume these baby plants within the first 5 days of receiving your share for optimal nutrients and freshness.

On the go again, we head to our next stop in Riga, MI for a **Spicy Greens Mix** from [Goetz Greenhouse Family Farm](#). This tasty and fresh mix is composed of assorted mustards, tatsoi and arugula. Prancer quit drooling! These lean, mean and zesty greens are packed with beta carotene, niacin, and vitamin K to keep the doctor away. Mix with the lettuce for a fuller, more colorful salad or alternatively cook the greens Southern-style, fried, simmered or wilted into a breakfast green eggs and hash. There are a lot of great recipes online that will change your mind about these often-criticized bitter greens, so throw a dart at one and see the birth of your inner mustard fan.

Come on Vixen! Pull these reindeer together and let's fly high back 'Up North' to Chelsea for some eye-popping **Purple Carrots** from [Tantre Farm](#). These robust, purple beauties have a dark purple outer flesh contrasted by a vibrant orange, inner core. They are packed with anthocyanins, a mighty group of antioxidants that improve heart and brain health, reduce inflammation and help protect against type 2 diabetes and cancer. So shred them up over the top of your salads, roast them on a baking sheet with the potatoes and parsnips also provided in this share or just simply cut them into sticks and dip into your favorite condiments.

Next up, in Santa's sleigh the elves labor away and load up a **Red Sangre and Carola Potato Mix** from [Tantre Farm](#). These mini spuds sure are superfood studs, because they are chock full of fiber for digestive health, protein to maintain muscle, and potassium for our heart and nervous system, along with vitamins, minerals and antioxidants. Perfect for gently boiling and serving as a side with a little butter and salt, or upping things a notch, you could try a homemade au gratin potato dish or even a fancy fondant potato dish to be extra posh. So potato away the healthy or naughty way and tell Comet to quit sleeping in the hay. We still have a lot of ground to cover!

All packed up here at Tantre, away we dash into the starry night and head north once again to glide right on over to Cedar, MI for some robust **Parsnips** from [Second Spring Farm](#). These girthy white roots pack a sugary delight in every bite like a shot from Cupid. Tricked ya! They are packed with fiber, vitamin B6 and are an excellent resource for reducing bad cholesterol levels. Maybe thinly slice them, rub in oil and bake them for delicious non-potato chips, or roast them in chunks with the other veggies, boil them with potatoes for an added sweet twist to your mashed potatoes or simply grate them raw over a salad for that little extra dose of nutrition.

On Donner! On Blitzen! Next up, we are getting fruity with a **Bosc and Packham Pear Mix** from [Wasem Fruit Farm](#) in Milan. These pears are good for the gut as well as the taste buds with their sweet fibrous flesh that is packed with vitamin K, potassium and copper. So slice them thin to win and toss them on those salads, make them into a pear tart for your sweetheart, or get even naughtier and bring out the baker in you with a caramel and pear pudding! Or just do it the good old fashioned way and give those biceps a little exercise with some hand to mouth action.

Rudolph, with your nose so bright, won't you guide our sleigh tonight to our final

fresh produce stop on this happy healthy holiday mission. We arrive in Flushing, MI for a combo of organic **Macoun and Gala Apples** from [Almar Orchards and Cidery](#). Both varieties of apples improve brain and gut health, are rich in fiber and are heavily loaded with antioxidants. They are also linked to lowering the risk of diabetes, heart disease, and cancer. The gala apple is great for snacking or slicing up and putting them on top of your salads or baking into muffins or a cobbler. The Macoun apple has a deep red, almost maroon color with dense sweet flesh and can be consumed hand-to-mouth, sliced and dipped in a peanut butter honey mix, reduced into apple sauce, dehydrated into chips or baked into a classic apple pie, oh my!

Hopping back in the sleigh we make our merry way back to Ann Arbor for the first pick up of our prepared foods with a hearty **Multigrain Sourdough Loaf** from [Raterman Bread](#). This high quality, hand-mixed bread is composed of flour, water, salt, cracked rye, cracked wheat, sunflower seeds, oats, flax seeds, red quinoa and pumpkin seeds. A perfect dance partner for all of the prepared foods in this week's offerings, get ready to slice, swipe, dip and rip this savory bread with the salad and pasta dishes that are coming up.

Next, we gather up a vegan and gluten-free **Ancient Grains and Veg Kale Salad** from [Harvest Kitchen](#) in Ann Arbor. This seasonal salad is composed of Tantre Farm kale, winter squash and carrots in addition to leeks, basil, farro and a sun-dried tomato vinaigrette. All mixed up into a tasty savory salad that would be perfect to serve with the pasta and sauce to follow.

Ho! Ho! Ho! And away we go, up, up and away to Detroit to pick up a 12-pack of **The Becky Pierogis** from [The Pierogi Queen](#). These rather delicious pierogies are all hand made from scratch one at a time and sent down the line, packaged up and flash frozen just for a share like this. They are composed of flour, cheddar cheese, sour cream, cream cheese, jalapeno peppers and eggs and come with easy-to-follow cooking instructions that are printed on the bag. So pan fry them up with an oil of your choosing and pair them up with a DIY salad using the produce in this share.

As we ride this sleigh, full of delights, we are off on our next nighttime flight to Dexter to pick up some fresh-pressed **Gigli Pasta Noodles** from [Carosello Pasta](#), who we welcome as a new vendor to the Immune Booster share this week. These light and dainty, fresh-off-the-press noodles are simply composed of organic semolina from durum wheat and water. No artificial colors or flavors, no preservatives or added fillers, sugars or salt. Just clean wholesome noodles. Mike, the owner and noodle maker from Carosello Pasta, is of Italian descent and has lived and worked in the food business in Italy for numerous years. When he returned home to Dexter, he had his vision set to start up a fresh pressed pasta bar retail store where you can shop for all things Italian. Now that they are up in running in the heart of Dexter, this young thriving business is a must visit as it is the only place around (that I am aware of) that you can walk in and buy fresh chilled pasta by the scoop or the pound out of their deli-style refrigerated display case. So pay Mike and his partner, Chelsea, a visit and tell them that you devoured their pasta that was in this week's Immune Booster. They would love to hear the feedback.

The sleigh is getting full and the reindeer are struggling to take off as we head into the moonlit night back to Ypsilanti to pick up our **Calabrian Chili Pasta**

**Sauce** from [Dave Makes Pasta](#). This delicious and savory sauce is composed of San Marzano tomatoes, onion, garlic, Calabrian chili, olive oil and salt. This sauce is simmered all day long to bind the simple, but unique ingredient flavors for a robust pasta sauce to lather up those fine pasta noodles. Dave from Dave Makes Pasta has a serious love for all things pasta and sauce and offers a wide range of products that he makes for his weekly pasta shares. Dave also works at Bellflower restaurant and hands out his pasta and sauce kits there every week. My suggestion is to sign up for one of his kits and go to Bellflower for dinner and then collect your pasta kits on your way out. This is what I call a two for one stop shop that you soon won't forget. So hit 'em up!

With the sleigh now packed to the brim, we only have space for one last stop. Luckily for the reindeer, we only need to trot across the street and around the corner from Dave Makes Pasta over to [Go! Ice Cream](#). This last stop puts the cranberry on top with an unforgettable **Cranberry and Lemon Curd Ice Cream**. Naughty and nice, this locally sourced and handmade ice cream is composed of cream, milk, sugar, tapioca starch, milk powder, cranberries, lemon, egg, butter, angostura bitters and sea salt. The ice cream wizard, Rob Hess, always makes sure his wares will impress, so scoop away until your heart's content and salivate, while you celebrate this pre-Christmas treat.

So there you have it, the happy healthy holiday share menu breakdown has come full circle. Time for the reindeer to rest, while the Immune Booster elves pack up these bodacious boxes of sheer delight. Whether you have been naughty or nice, we are always here to entice with seasonal, nutritious and wholesome food year-round, one week at a time. We hope you enjoyed this menu breakdown and look forward to hearing your feedback. We encourage you to shop local this Christmas and show our local businesses some holiday love. We will be back online for an interesting Charcuterie Share hand out on December 31st so keep your eyes peeled for that menu to help bring in the New Year in good taste! Good tidings and cheers to you all.

**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: No Immune Booster CSA next week on Dec. 24!**

Don't forget to keep an eye out for our next email on Sunday, Dec. 25, regarding Tantre Farm's Immune Booster CSA Share, Week 140, for pick up on Dec. 31.

All the best, and Happy Holidays!

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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