



Tantre Farm CSA Newsletter IMMUNE BOOSTER Week 144 Share – January 28 2023

Hello Fellow Locavores,

Welcome to the Immune Booster Newsletter 144 where we will break down the details of this week's 'Winter Comfort' themed share. We appreciate you turning out to support this innovative and creative local food project that in turn supports our local farmers, restaurateurs, bakers and artisans, and in turn supports sustainability for our environment. By signing up for this share, your dollars go a long way, and collectively we are encouraging a shift in consumerism that works with nature instead of against it. With all the gorgeous snow and freezing temps of late, we decided that a box full of wholesome comfort food that celebrates the season is just what we need. So as the wind blows and the snow-globe scene outside of our windows continues to brighten our days, rest assured you will be stocked up with plenty of wholesome prepared foods and plenty of DIY items to support your healthy eating lifestyle. Health is wealth and our aim is to punctuate that note with a bounty of nutritious and delicious food. So buckle up buttercup, as this Immune Booster share is set to make flight around town to see what exactly is coming home with you this Saturday.

First out of the Goetz and never too late, we have a luscious head of **Bibb Butterhead Lettuce** from [Goetz Greenhouse and Family Farm](#). This highly desirable lettuce is hoop house-grown under a triple canopy to protect its tender leaflets from the freezing temps just for your salad bowls. This is the time of year where we all crave a light, crisp salad on the daily, so here you go! And we are not done there... We have a solid produce line up that can all be added to these fine leafy greens to mix and match your toppings depending on your mood of the day. So load up the microgreens on the fine, butterhead greens that are coming up next, add some pan-fried, sweet potatoes or fingerling potatoes to the greens once they have cooled down a bit, a few caramelized shallots, toss in some thin watermelon radish slices and some small apple cubes. Boom! Salad like a king or queen on the winter comfort theme.

Keeping with the greens, we have a microgreen mix of **Broccoli and Radish** from [Mycoblossom, LLC](#). Mycoblossom is an upstart indoor cultivator that grows a variety of microgreen mixes and mushrooms. Their goods can be found at

Agricole Farm Stop out in Chelsea, Argus Farm Stop in Ann Arbor and the Immune Booster CSA Share on occasion. This mix of microgreens is soil-grown inside under LED lights and 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.

My, my, my, it's time for an organic, **Sweet Potato** pie from [Second Spring Farm](#). Sorry, pie not included, just the sweet potatoes, but this is your first step in the comfort food DIY direction! These robust roots are rich in beta carotene, fiber and essential vitamins and minerals. Sweet potatoes are versatile and can be consumed in many ways from homemade chips, casseroles, roasted in the oven, grilled on the BBQ, made into fries or cubed and fried and mixed with tahini, lemon juice and minced garlic for a really nice sweet potato salad. So get creative and watch the snow blow and down the hatch the sweet potatoes go!

Next up, we have a finger-licking, **Fingerling Potato Mix** from [Holtz Farms](#). In this mix, you will receive a beautiful melody of red, yellow and purple fingerling potatoes that were field-grown and pulled from the earth late last summer. So what to do with these not so common spuds? My first inclination is to cut them in half and coat them with butter or oil, minced garlic and herbs, and then roast them in the oven until they are golden brown and crisped up. If you do get a handful of smaller ones, they can be gently boiled in a saltwater bath and served with butter as a delicious and nutritious side. Lastly, they can be simply sliced and fried just like regular potatoes for breakfast or made into a hash that will have a vibrant color and plate appeal.

We simply could not pass up **Red Shallots** from [Holtz Farms](#). These wonderful field-grown alliums are a staple in the culinary world because of their sweet and zesty flavor profile. They can be cooked down into a caramelized hash and added to any dish as a tasty topping. Alternatively, they can be thinly sliced and added to those salads raw, thinly sliced or diced, and sautéed with butter and garlic, a bit of olive oil for the beginnings of a soup, casserole or quiche. Whichever way you choose, you just can't lose with these nutrient dense root vegetables.

Moving right along as we sing our Immune Booster song, next up we have another root cellar storage crop in the form of **Watermelon Radishes** from [Tantre Farm](#). These radishes were left in the Tantre fields for the first few frosts of the fall season, just to sweeten them up a bit. Contrary to the name, this radish does not taste like a watermelon, but it does carry the distinctive look of a watermelon with its pink inner flesh. These radishes have a slightly sweet, yet peppery taste, and are best when peeled and sliced thinly and added to salads or charcuterie boards. Other ideas include a sweet pickle in a vinegar-based brine or simply steamed and served. So radish up like you just don't care and add these phosphorus, magnesium and calcium-rich roots to your plates for a nutritional punch with a magnificent flare of color.

Closing out the produce in this week's share, we go out on a sweet note with an organic **Galarina and Golden Delicious Apple Mix** from [Almar Orchards and](#)

[Ciderly](#). The Galarina apple is a vibrant red hybrid that has parents from Gala and Florina apples. It was cultivated to resist disease that we notoriously see in Gala apples. The Galarina apple has all the texture and sweet tones of a gala and is great for hand-to-mouth consumption. The golden delicious apples are a yellow tennis ball color and are deliciously sweet, light, and airy. Great for baking, reducing into applesauce and hand-to-mouth action as well. Enjoy your apples and feed the cores to the local squirrels in your neighborhood. It's good for them and good for you to be kind to our friendly squirrels, no matter how annoying they can be in the spring when they are digging up your garden!

Looping down to the south side of town here in Ann Arbor, we pick up our first prepared food item - a **Rustic Italian Loaf** from [Zingerman's Bakehouse](#). This soft and chewy bread is simply composed of organic wheat flour, water, sea salt and yeast. Cooked late into the dusk hours of Friday night, cooled, bagged up and then delivered in time for our Saturday distribution, it doesn't get any fresher than this! A delicious loaf that pairs well with any and all of the offerings in this week's share. So get that DIY salad drummed up and your ready-made minestrone soup warmed up and you're in business. The YUM business!

Soup is in season and all the reason to load you up on a vegetarian **Minestrone Soup** from [Zingerman's Deli](#). This robust quart of minestrone soup has a motherload of immune boosting ingredients such as onion, garlic, carrots, celery, pepper, tomato, white beans, kale, green beans, zucchini, thyme, sage, rosemary, parsley, olive oil, salt, pepper, pasta and parmesan rinds. Perfect to warm up your core on these cold and blustery winter days, this generous soup will surely make the rounds in your bowl several times. Paired with a quick DIY salad and a slice of bread from the share, this is all the 'fast' food you need. Zingerman's Deli has all sorts of old world and western European delights to fill your bellies every day of the week, so head on over and tell them that Ryan from the Immune Booster sent you.

Let's move on to two comforting slices of **Roasted Pepper and Sweet Potato Quiche** from [Juicy Kitchen](#). Packed with a melody of veggies, some Manchego cheese, local eggs and local milk all mixed up and poured into a crust made by Crust - A Baking Company, who also happens to be local from Fenton MI. Roasted away on a cold winter day in Juicy Kitchen's oven bay, cooled and packed up just for a share like this. Upon sampling these quiches, I had to have seconds just to make sure I got the profile and description right, wink wink! Yes, this is the indicator that these are mighty delicious and perfect for the moody weather ahead. So quiche away to a brighter day and pay Juicy Kitchen a visit to pick up another round of their tasty, diverse and colorful offerings. You'll be glad you did!

A perfect companion to the quiche, we have a **Handmade Pasta Salad with Stuffed Cream Cheese Peppers** from [White Lotus Farms](#). This dish begins with White Lotus Farms' handmade Radiatori pasta, their house made feta cheese and hoop house grown basil and arugula microgreens. Outside of their own house-made ingredients, this pasta salad contains Castelvetro olives, sun-dried tomatoes, Fustini's olive oil, vinegar, peppadew peppers, cream cheese and cucumbers. So serve this cold salad up with the quiche and a DIY side salad for a well-balanced meal that is quick and easy in the winter breezy. We're sure it will hit the spot!

Closing out the share this week, we end things on a sweet note as we like to do with a pint of **Toasted Almonds and Cherry Ice Cream** from [Go! Ice Cream](#). This super creative and tasty ice cream is composed of cream, milk, sugar, tapioca starch, milk powder, almonds, salt, almond extract, Traverse City sour cherries, maraschino liqueur and honey. A perfect sign-off from an exceptionally talented vendor. I highly recommend you pay a visit to Rob at Go! Ice Cream for another round (or three) of innovative and creative mouth-watering ice cream. The flavors on offer are out of this world and there's nothing more comforting than a good scoop of ice cream, while you're warm and cozy indoors and admiring the view of the frozen outdoors! So scoop away on these brisk winter days and savor the beautiful flavors of this delicious frozen treat.

And just like that, that's a wrap! Another week of local awesomeness brought to you by the Immune Booster CSA Share, joining forces with our talented local farms, restaurants and bakers to bring you the freshest, tastiest and healthiest food options around. These shares are designed to showcase what our local food community has to offer, as well as to celebrate the cultural diversity within our local community. Stay tuned into the weekly offerings of our local food project as we continue to roll out Immune Booster menus each week throughout 2023. We take pride in searching high and low for unique and interesting culinary adventures to share with you. Thank you, as always, for supporting our local food mission. Eat well, be well, do 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, Jan. 29, regarding Tantre Farm's Immune Booster CSA Share, Week 145, for pick up on Feb. 4.

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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