



Tantre Farm CSA Newsletter IMMUNE BOOSTER Week 146 Share – February 11 2023

Hello Dear Valentines!

Welcome to the Immune Booster Week 146 Valentine's Share. We are grateful that you joined hands with us this week and shared the love in supporting our many local talented farmers, bakers, artisanal makers and restaurants. Without you and these other fine craftsmen and women, none of this would be possible. We are honored to be a bridge that connects our local neighbors to locally sourced food, grown and produced by local folks. Like a shot from Cupid, we have a produce line up that offers the full spectrum of the rainbow that will most definitely fill your heart, bellies, and soul with love. The prepared foods are, well, extremely comforting this week and geared towards kicking up your feet with a big cozy blanket and your loved ones as this next cold front rolls right on by. Devour the many treats from this share whilst celebrating Valentine's Day or watching the Super Bowl or both! But you don't get off the hook that easily – the secret artist in you will have to test your talents with a DIY pizza and pasta kit to woo your loved ones. So let's fly lovebirds and make our way around southeast Michigan to gather up this lovely bounty and find out what exactly is coming home with you in this week's lovely Valentine's share....

Landing on Lover's Lane, we begin this dance with a fine **Lettuce Mix** from [Sell Farms and Greenhouses](#) out of Ypsilanti, MI. This hydroponically-grown, crisp, and spritely lettuce is packed with vitamin K, calcium and plenty of water, which actually makes up to 90 percent of its overall mass. Lettuce is also good for aiding in restful sleep and keeping your eyes in good health to read this newsletter in its entirety. So lettuce away and have a salad each and every day next week and add all the other produce offerings in this share for a more robust and complete salad.

This magic moment, so different and so new, when organic **Orange Carrots** from [Second Spring Farm](#) came into my share's view. Next up, just for you! Sweet, crisp, and loaded with beautiful beta-carotene, carotenoids and potassium that all help keep your heart clean and full of love. So carrot cake away on a cold winter day. Grate them across your salad, roast them, pickle them or simply slice into sticks and dip away in your favorite condiment and taste the local difference.

Now, I'm back and not ashamed to cry with an organic **Red & Gold Onion Mix** from [Second Spring Farm](#). Ooh baby, here I am signed, sealed, delivered, I'm yours! This sweet and zesty mix of antioxidant-laden alliums is one for the ages, and they pack a plethora of amazing health benefits that range from fighting off free radicals that cause cancer, reducing inflammation and helping reduce cholesterol. Oowee baby, you set my soul on fire, that's why I know you're my heart's only desire!

Woah, my love, my darling, I've hungered for your touch, a long, lonely time for **Red Beets** from [Holtz Farms](#)... Are you still MIIIIINE???. I need your beet juice, because it makes me feel long and loose like a long neck goose, oh baby, that's a-what I like! Well, maybe not all that ;) but heart-healthy beets can be fun when roasted and quick, sweet pickled for up to 6 weeks of shelf life in the fridge. They can also be roasted on a baking tray with the potatoes, onions, carrots and radishes from this week's share for a colorful side dish. Lastly, beets make a wonderful dye and are used to dye fabric such as a tie-dye design or for watercolors. So don't waste the skins - be creative and give them a second chance!

Red and Purple Daikon Radish Mix, now tell me baby, are they good for you? And can they do the things that I can do? Oh, oh, oh, I'm on fire. These fine radishes from [Tantre Farm](#) may not be exactly that same desire across most palates, but our anatomy may say otherwise, because they are a nutritional powerhouse. They are saturated with vitamin C and they have antibacterial, anti-inflammatory, antiviral and diuretic properties that are so welcome to our inner economy, so I'd suggest that we learn to love these rather robust roots. Grate the daikon into a bowl, mix with salt, seasonings and spices of your choosing and then mix that into a bowl of cornmeal or flour batter is a good start and mix evenly. Get some oil going in a skillet and then scoop dollops out of the bowl with a spoon and fry up some daikon fritters. This would be a great place to start and mixing in tempeh or ground meats to the mixture before frying would only enhance the final offering. Oh, oh, oh, daikon radish I can take you higher, oh, oh, oh I'm on fire!

Forever and ever, you'll stay in my heart, and I will love you, forever and ever **Red, Yellow, and Blue Potato Creamer Mix** from [Tantre Farm](#). Too good to be true but together, together forever is what I choose.... This fab mix of colorful spuds is perfect for gently boiling in a salt bath, slicing them thin and baking them into a colorful bowl of chips, fried, baked, broiled or battered and fried. These fine spuds are guaranteed Super Bowl studs.

The way you make me feel, you really knock me off my feet, the **Red Kidney Beans** from [Ferris Organic Farm](#) are a real chili treat. Luckily for you we have included plenty of produce in this week's share for you to wow your fellow football friends for the big game chili cook-off. One note here is that these beans should be soaked for at least 8 hours before cooking for the best taste and texture. Once you have got them soaked the world is your oyster, and you can really go all out and make a wide range of bean dishes from savory baked beans, chilis, salad beans, or even smash them and use them like refried beans for nachos. My lonely days are gone, 'cause you're the one for me.

Love is in the air everywhere I look around, every sight and every sound, so gather around with your loved ones because the DIY fun is about to begin with

a **16-inch Pizza Kit** from [Silvio's Trattoria e Pizzeria](#). These 3-piece pizza kits were made entirely from scratch and include a fresh pizza dough crust that is composed of organic flour, water, yeast, salt, olive oil and sunflower oil. Next, a generous portion of house-made pizza sauce that is composed of organic Roma tomatoes, onion, garlic, rosemary, oregano, parsley, olive oil, sunflower oil, salt, pepper and red pepper flakes. Lastly, an organic mozzarella from Indiana, mushrooms from Mycoblossom and red and gold onions from Second Spring Farm. If you are craving seriously authentic Italian food, made the traditional way with love and passion, then Silvio's is your type of place. Mama Mia!

I've fallen in love, I've fallen in love for the first time; this time it's for real with a **Tofu Tomato Basil Pasta Sauce** that is vegan and gluten-free from [Ginger Deli](#). This slow simmered rich and savory sauce is composed of tomatoes, Rosewood Products organic soft tofu, fresh basil, olive oil, garlic, grilled onions, sea salt, maple syrup and the Brinery Tempeh. Ginger Deli is a traditional Vietnamese cuisine restaurant in downtown Ann Arbor, but Te Phan the head chef and owner has vast culinary talents across a broad spectrum, and this is a rare twist for him that he has gladly welcomed. Once I sampled the savory offering, I wanted to boil noodles, oh, how I want to boil noodles. I want to boil noodles and add this special red sauce and I don't want to eat it alone, so baby can't you see I've got two portions for just you and me.

Can you hear me calling? Out your name? You know I'm calling for **Garlic Parsley Fettuccine** from [Al Dente Pasta Company](#). And I know just what I wanna say, I want this pasta gently boiled in a tender way. Oh, I, I want to add Ginger Deli pasta sauce on to you all day. Composed of durum wheat semolina, eggs, dried parsley, granulated garlic and garlic powder one day and in a pot just rolling boil today. This pasta is clean, quick to cook and serves up well with a wide variety of sauces, so if you have left over pasta try it with a pesto sauce. So I'd better make it soon before it breaks my heart.

The night we met I knew I needed you so, and if I had the chance, I'd never let you go. So won't you say you love me to two **Cherry Sparkling Tonics** that are vegetarian and gluten-free from [Fruitbelt](#). I will gladly do so! These hyper fizzy drinks pack quite a bubbly healthy elixir and are composed of sparkling water, Michigan Montgomery tart cherry concentrate, true source honey, bitters which contain dandelion and chicory roots, heirloom apples, propolis, aronia berries, quassia and cherry bark, ginger extracts and citric acid. Great for mocktails or cocktails or straight up now tell me, do you want to love me forever, oh, oh, oh... I'm just having fun!

And on we go with the Valentine's Day show and next up, we get things popping, hip-hopping with a fresh-packed pint of **Michigan-grown organic Yellow Popping Corn** from [Ferris Organic Farm](#). A great addition to your Super Bowl festivities or your Valentine's movie night in. For perfectly popped corn, first heat 3 tablespoons of oil in a covered pan. The oil you choose does make a big difference on the final taste. Add 3 popcorn kernels to the oil over medium heat and when these test kernels burst, remove the pan from heat and add 1/3 cup of popcorn. Cover the pan and wait for 30 seconds before returning it to the heat. When the kernels start to pop, shake the pan (with lid slightly ajar) until popping slows to 1 to 2 seconds between pops. This process will ensure your popcorn kernels pop simultaneously to avoid the stovetop pitfalls of burnt or unpopped kernels. The beauty is you get to flavor it the way you like it, a little

extra salt, extra butter, caramel, cheese, anyway you please.

Like a shot from Cupid, I've got sunshine on a cloudy day, when it's cold outside on a Michigan winter day, I guess you'd say, what can make me feel this way, my **Red Velvet Cake Ice Cream** from [Go! Ice Cream](#) is what I'm talkin' bout baby baby. This extra naughty with everything nice ice cream is composed of milk, cream, sugar, tapioca starch, milk powder, butter, beets, creme de cacao, liqueur, buttermilk, vinegar, salt, cocoa powder, red food coloring, cream cheese, flour, eggs, baking soda and oil. The twist on this marvelous melody is that it is actually a layered-up mix. First Rob Hess the mad ice cream scientist and owner of Go! Ice Cream made the ice cream from scratch, then he made the cake batter from scratch and baked it, then he made the frosting from scratch and finally hand churned the three separate ingredients ever so gently so that each bite tastes just like having cake and ice cream like you would off a plate, but in a pint instead. My advice is bring a spoon to pick-up (many people have and I see you!!) and have a little quiet time, road snack on the way home, which is exactly what I'll be doing because once it gets home to my girls it has about a 5-minute life span! And another pint gone, and another pint gone. Another one bites the dust.

Closing out the share this week, let me tell you 'bout a girl I know, she is my baby and she lives next door. Every mornin' fore the sun comes up I wash my face with **Wild Rose or Woodland Soap** from [Bubble Babes Soaps](#) because they make me feel just right. Indeed they do! And their aromatic soaps are not only divine but also works of art. Bubble Babes Soaps is a woman-owned, diverse, inclusive and empowering company and a budding new vendor to the IB share. Sylvia, one of the two owners, was highly recommended to me by Thai at Basil Babe. (Thanks Thai). So here we are with their first feature and an outstanding lottery of two beautiful soaps. The wild rose soap is vegan and composed of olive oil, coconut oil, shea butter, cocoa butter, castor oil, avocado oil, distilled water, sodium lactate, mica powder, titanium dioxide and fragrance By The Pound rose petals. The woodland soap is vegetarian and is composed of olive oil, coconut oil, shea butter, cocoa butter, castor oil, avocado oil, distilled water, sodium lactate, mica powder, titanium dioxide, fragrance, Becky's Birds and Bees honey. So rest assured no matter which bar of soap you get, it will be soft, gentle on your skin and have a well-balanced and inviting fragrance. We will be selling additional bars of Bubble Babes Soaps in the retail space at the Washtenaw Food Hub going forward. You can also order directly from their website, so check them out and tell them that you discovered them in the Immune Booster share.

As you ride away Saturday from picking up your share, all this color and flare will be silently waiting for you to unpack at home. A box full of love, nourishment, friendships and collaborations from people right here in our backyard. We kindly thank you all for signing up and hope you enjoy this special Valentine's box of local goodies.

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, February 12, regarding Tantre Farm's Immune Booster CSA Share, Week 147, for pick up on Feb. 18.

With love,

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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