



Tantre Farm CSA Newsletter IMMUNE BOOSTER Week 151 Share – March 18, 2023

Hello Fellow Locavores,

Welcome to the Immune Booster Week 151 Newsletter, and as always thank you for signing up and turning out to support our local food systems. We have a wild mix of colorful produce lined up in this week's share, as well as some multi-use dry goods in place of the usual prepared meals. Sometimes it's fun to switch things up! This week's Immune Booster share is more of a "DIY" menu, where you take the driver's seat as the head chef and mix and match all the fresh produce with the shelf stable goods that you can enjoy for multiple uses. Geared towards breakfast, we invite you to rise and shine to a new day the healthy way, and enjoy the local bounty that this share has to offer. Time to hop, skip and jump right into the details of this Breakfast Club menu....

Opening up the share box, you will be greeted by a robust bunch of **Green Curly Kale** from [Goetz Greenhouse and Family Farm](#). Packed with vitamin A and C, as well as omega-3 fatty acids, this leafy green is perfect for a delicious breakfast smoothie. Why not blend it with the oats and blueberries in this share? There are plenty of other ways to consume this super healthy vegetable too. Maybe for brunch, a wilted salad with tahini sauce and fresh squeezed lemon juice, perhaps? Add your favorite veggie toppings for a savory salad that would pair well with a quiche. Or bake the leaves into kale chips for a delicious and healthy mid-morning snack. The choice is yours!

Never late and always tasting great, we keep the greens flowing with **Organic Spinach** from either [Green Things Farm Collective](#) or [Goetz Greenhouse and Family Farm](#). This crisp, buttery-flavored green grows best in these early-spring conditions and is pumped full of vitamins A, K and C as well as a healthy dose of iron for those who don't want to lift weights. Ideal for omelets, mixed into a quiche to fill the niche, fresh or wilted salads. Regardless, don't let Popeye down and get your spinach on!

Taking our orbit out a little farther, we head on over to [Holtz Farms](#) to pick up the oh-so-sweet **Sweet Potato**. Domesticated over 5000 years ago in Central America and now grown widely around the world, there's an obvious reason why its popularity continues to expand around the globe. Super tasty, versatile in the kitchen, and packed with vitamin A for Awesome. Ready to get in your

sweet potato groove with a sweet potato pie, sweet potato salad with tahini and lime, or simply fried up with the Tantre spuds that are coming down the pipe in just a little bit.

We simply could not pass up **Red Shallots** from [Holtz Farms](#) for this breakfast bazaar. 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 made into an omelet for the ages, add a little bit of spinach and some finely diced kale, and you're in the yum business. Alternatively, they can be thinly sliced and sautéed with butter and garlic and added to a savory pasta dish or used like this 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, let's get your potato on in the form of **Yellow Carola Potatoes** from [Tantre Farm](#). These potatoes have a rich and buttery flavor and pack a huge dose of vitamin C and vitamin B6 to keep that immune system healthy and cranking. Fry them up in olive oil, roast them with the shallots, make hash browns, mash them, add them to a soup or stew, there's just so many things you can do.

Switching from savory to sweet, we change lanes from veggies to fruit with **Frozen Blueberries** from [Joe's Blues](#). These blueberries were picked at the height of this past summer and flash frozen, encapsulating all that summery sugar awesomeness. Blueberries are the king of antioxidant-rich foods and have far reaching health impacts by reducing damage to our DNA, helping fight off free radicals as well as lowering blood pressure. They are also packed with iron, calcium and magnesium among many other vital vitamins and minerals that keep our immune system's engine running. So break out the pancakes, whip up a smoothie, or just chomp them right out of the bag on the way home from pick up.

Rolling on, we have a superb dry good that is 100% **Rolled Organic Oats** from [Ferris Organic Farm](#). These whole grains offer clean, healthy carbs for energy that last along with a plethora of essential vitamins and minerals, and fiber to help strip away plaque from our arteries. So get your oatmeal pan ready for some hot porridge in the morning along with the blueberries provided in this share. As a side note for the ambitious, these oats make great oatmeal cookies as well... hint hint!

Slicing away from the produce in this week's line up, next we have a vegan **Multigrain Bread** from [The Lakehouse Bakery](#). This soft and chewy bread is fresh baked Friday and riding home with you Saturday morning. Composed of whole wheat flour, water, flax seed, sunflower seed, cracked rye, sesame seeds, rolled oats, wheat germ, yeast and salt. With a dash of all things healthy and some love, this bread would be a perfect dance partner for some old-school French Toast or simply served with the Michigan Peach Jam that is also featured in this week's menu.

Next up, we have a super tasty and super local **Michigan Peach Jam** from [Miss Kim's Jams](#). This spritely, sun-colored jam is composed of Michigan peaches, sugar, citric acid and pectin. Perfect for spreading on that multigrain loaf after it's been toasted, as well as PB & J's for the kiddos. One thing that's for certain is

it will get gobbled up quickly, because it's full of last year's summer sun. If you need round two, you will find Miss Kim in the Kerrytown Market each week as well as at the Friday Dixboro Farmers Market. So seek her out and tell her Ryan from the Immune Booster sent you.

Time for a **Dozen Local Eggs** from the chickens at [Old Brick Farm](#) out in Chelsea, and just down the road from Tantre Farm. Larry Doll is the owner and operator of this chicken and duck egg producing farm and he has dedicated hoop houses to keep his birds comfortable. The hoop houses allow for natural light with doors that open to the fresh air and allow the chickens to wander through the clover paddocks to scratch the earth, eat up the greens and peck for insects. All these variables produce quality eggs that are fresh off the roosting nests from birds that are happy. I've been to this farm many times and year-round the birds are out in the fields more than the hoop houses, which is a good thing because they are getting exercise and foraging. So here's to clean, sustainable, and animal-friendly chicken eggs. The way it's supposed to be!

Next up, we have a 'you pick'em' with a choice of either **Pasture-Raised Ground Pork** from [Vestergaard Farms](#) or **Tempeh Bacon Style Strips** that are vegan and gluten-free from [The Brinery](#). The ground pork is perfect for making small sausage patties, little round sausage balls for your omelets or a yummy potato and leek soup for lunch. Our plant-based, alternative option also offers a taste of the savory that is perfect for breakfast. Get your skillet hot and ready with a healthy dash of olive oil. Cook the tempeh strips well - almost to the point of being charred - to get that rich, smoky, plant-based protein nice and crispy. Set it aside and no sneaking bites, this breaky box still has a few more players to show up yet, so be patient, my friends!

Bring on the pancakes!! Your wish is our command with a **Standard Pancake Mix** from [Westwind Mill](#). This pancake mix is composed of three simple ingredients - unbleached flour, baking powder and sea salt. The unbleached pastry flour is milled just west of Flint on a two-hundred-year-old mill at Westwind Mills. They use a certified organic, soft white wheat grown by DKB Farms in Columbiaville, MI, just over an hour north of Ann Arbor. The aluminum-free, baking powder and sea salt is sourced from Frontier Co-op. Together, the ingredients are combined to create a basic, yet clean and pure, pancake mix that supports sustainable and fair-trade practices. So get your hot cakes on and infuse them with the blueberries and a heavy pour of the organic maple syrup that is coming in hot next.

Lastly, we can't enjoy the pancakes without the maple syrup, right? We are elated to feature a fourth-generation **Organic Maple Syrup** from [Maple Dale Farm](#) in Atlanta, MI this week. A perfect fit to our Immune Booster project, Maple Dale Farm values good stewardship of the land and best practices to produce their top-quality, organic syrup. This is a very "in-season" product with maple tree tapping currently in full swing, until we see temperatures consistently above freezing and leaf buds starting to appear. So pour this sweet amber delight across those hot cakes happy in the knowledge that you are supporting an eco-friendly, local operation.

As this week's newsletter comes to a close, we are grateful for your patronage and your investment in the local food movement via our Immune Booster CSA.

Collectively, we are supporting our neighborhood food systems here in southeast Michigan, allowing our farmers to grow more food, and our local restaurants and bakeries to prosper and let their artistry flow year around. All the while we eat local, we eat seasonal, and we eat healthy. We reduce our food's fossil fuel miles. All mindful things that are important for the future of our ever-changing planet. We are also grateful for all the collaborations each and every week with our farmer and restaurant partnerships. Many great things have happened behind the scenes thanks to this project, and new opportunities have opened up for many of our local businesses throughout the 151 weeks of the Immune Booster CSA Share so far. It's been a wild, fun ride on this Immune Booster mission, and we are grateful that you have come along for the journey. We look forward to many more weeks of bountiful, local food shares, and we will see you Saturday morning at your pickup location.

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, March 19, regarding Tantre Farm's Immune Booster CSA Share, Week 152, for pick up on March 25.

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.*

Tantre Farm

2510 Hayes Road, Chelsea
MI 48118 United States

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