



Tantre Farm CSA Newsletter IMMUNE BOOSTER Week 154 Share – April 8, 2023

Hello Fellow Locavores,

Welcome to the Immune Booster Week 154 Newsletter and thank you for signing up to this local, wholesome, immune boosting 'Easter Helper' share. We have had competitive weather this early spring with old man winter still trying to rule the nest, but time stops for no one, and the cycle of the seasons must progress. In any case, I hope that you have been taking advantage of the nicer weather days and the great outdoors. How lucky we are to live in a place with endless trails, beautiful parks and waterways that grant us inexhaustible outdoor fun. My favorite place is out on the land with the sun on my back and my hands in the soil, helping Mother Nature grow robust and beautiful crops to share with you in this fine CSA share. This week we have some super, tasty, prepared foods on tap, as well as a comprehensive mix of fresh produce for you to cultivate an Easter feast that encourages the culinary genius in you. The beauty of food is that it is boundless, and it brings us all together with family and friends. So enjoy this share in the knowledge that you are investing in wholesome, healthy and real food, reducing your food carbon footprint and supporting our home-grown talents across the local food network. It's a win-win for all involved! So with that, let's hop to it and see what's inside this week's Immune Booster box...

Beautiful leafy greens begin this week's journey and we get "Thumper's" feet ah-thumping with hydroponically grown **Lettuce** from [Sell Farms and Greenhouses](#). Packed with vitamin K for bone health, vitamin A for eye health and a good dose of H₂O, this crisp and fresh-picked lettuce is in its prime for some loaded up salads that you'll enjoy throughout the week. So pile it on high and add some of the other fresh produce items offered in this week's share to really make your salads pop. Maybe add some of the 'you cook' white navy beans also offered in this week's share for an extra touch of plant protein and savory flavor. You'll be glad you did.

As we drift from savory to sweet like the season as of late, we have a no "Trix Rabbit" mix of organic **Red Enterprise Apples and Fuji Apples** from [Almar Orchards and Cider](#). The Red Enterprise, old-fashioned candy-apple-red globes are great for cooking into pies, tarts or bear claws for the adventurous or just hand-to-mouth for quick and easy consumption. The Fuji apples have a

pale green undertone with a blush of red streaks and are more dense and juicy - perfect for consuming hand-to-mouth. Fuji slices are easily tempted towards a honey and peanut butter dip, so I suggest you indulge in this endeavor! Super sweet, super crisp and great at keeping your immune system super-charged. You know what they say... An apple a day...

Time to roll into some tubers like a slick "Roger Rabbit" move with our next fresh produce item - organic **Yellow Onions** from [Wayward Seed Farm](#). These robust onions are packed with anti-inflammatory compounds and help reduce blood pressure. Onions are versatile and can be included in any savory dish, raw or cooked. So try your hand at a French onion soup, roast one on the BBQ to bring out the true sweet flavor hidden within or add thin slices to that salad above. The possibilities are endless, but most importantly, try to consume them daily - they are really good for your heart and lungs.

"Bugs Bunny's" favorite grazing root and Easter go hand-in-hand, so we simply had to feature organic **Orange Carrots** from [Wayward Seed Farm](#), so fitting for this week's 'Easter Helper' share. "What's up Doc?" What's up, is these sweet and crunchy carrots are chock full of immune boosting nutrients such as beta carotene and vitamin E, so make sure you grate some over the top of your salads, steam them in rounds, add them to soups or stews or simply cut them into sticks, and serve with your favorite dips. See, we make things easy around here to incorporate healthy produce into your lifestyle.

Bringing on the supercharge of the "Energizer Bunny", we bring you superfood spuds in the form of **Yellow Carola Potatoes** from [Tantre Farm](#). Labeled a superfood for good reason, they pack a vast nutritional profile and a flavor that we can all agree with when fried, roasted, boiled, or BBQed. Ideal for delicious potato salads made with the leftover Easter egg hunters' collection. Perhaps a creamy mashed potato to participate in your festive feasts, and lots more if you're thinking outside of the Easter basket.

Keeping with the potato theme, we move on to **Orange and Purple Sweet Potatoes** from [Holtz Farms](#) that are sure to keep "Rabbit" and Winnie-The-Pooh more than happy. These tubers long to be transformed into sweet potato pies (with the creamy marshmallow topping) or sliced and roasted for your special Easter dinner. Maybe sweet potato fries are in the cards? Or try my personal favorite by simply cubing and pan frying the sweet potatoes until browned and soft, then added to a light crisp salad as a sweet and hearty topping. The options are endless and are all in the eye of the beholder.

Beans, beans, the magical fruit! The more you eat the more you toot, the more you toot the more it gets whiffy to the utter surprise of Dick Bruna's "Miffy". Ha! Sorry, I couldn't resist the bunny rhyme :) In this week's share, we have a hearty pint of fiber-laden and protein-packed pearl white **Navy Beans** from [Ferris Organic Farm](#). These Michigan-grown beans were harvested about 35 minutes north of Jackson on a farm that has been actively producing legumes and oats for over 150 years. It's pretty clear they're doing something right, and these beans are a true representation of what their high-quality product looks like. To use these beans, first rinse them, then soak them in cold water for at least 6 to 8 hours. When completely soaked, follow one of the many navy bean soup recipes online for a hearty and tasty soup using the savory produce in this week's share. There are a million ways to make a soup or chili out of these

beans so choose a recipe to your taste. For the omnivore crowd, perhaps use your leftover Easter ham to complement your beans for extra heartiness and flavor.

With a proper nod to Easter, we get our prepared foods hopping with a four-pack of **Hot Cross Buns** from [The Lakehouse Bakery](#). These vegetarian Easter fun buns are "Lola Rabbit" approved and are composed of flour, milk, local eggs, butter, honey, raisins, sugar, lemon zest, salt, cinnamon, nutmeg, allspice and vanilla. A spiced sweet bun usually made with fruit and marked with a cross on the top, Hot Cross Buns are traditionally eaten on Good Friday in many countries across the globe, including the U.K., Ireland, Australia, India, South Africa and parts of the Americas. The Lakehouse Bakery knows what they are doing, and it shows in these delicious buns, delivered Friday to the Food Hub and rolling home with you Saturday morning. Served best this fresh and toasted, with a generous spread of butter. Mmm!

With a 'Bok Bok' here and a 'Cluck Cluck' there, "Jessica Rabbit" is doing the chicken dance to thank the hens at [Webbed Foot Pines](#) for laying **One Dozen Local Eggs**. These farm fresh eggs are hand collected daily just for an Easter extravaganza such as this. Ready for those Easter dyes, deviled eggs, omelets, fried eggs, scrambled eggs, quiches, custards and cakes. Get creative and get 'em cracking because these eggs are the real deal from happy and healthy chickens, packed with a little bit of everything that helps keep our immune systems running at full capacity.

As you scroll along to the "Oswald, The Lucky Rabbit" song, we deal a well-intentioned curveball with **Extra Firm Tofu** from [Rosewood Farms](#). Composed of filtered water, stone ground whole organic Michigan soybeans, nigari and sea minerals, this tofu will be fresh and should be cooked to consume. My suggestion is to Google search 'Tofu on a charcuterie' and a million creative ideas and recipes will soon flood your screen. Gems like sweet and smoky tofu, tofu bacon, breaded basil tofu bites or even a savory green goddess tofu dip for your Easter culinary trip. 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.

Back by popular demand, El Harissa joins the Easter festivities with "Benjamin Bunny's" favorite **Carthage Salad**. Crafting master salads is just one of [El Harissa's](#) many undeniable talents and based on other salads we have featured in our previous shares, you are in for a vegan and gluten-free treat! Cleverly crafted for sheer pleasure, this salad is composed of a young, leafy green, spring mix, tomatoes, olives, roasted chickpeas, poached figs, pomegranates and a dressing (on the side) that is composed of fig jam, pomegranate molasses, mint, balsamic vinegar, nigella seed and lime. A marvelous melody that will both satisfy and leave you wanting more!

Wrapping up the savory in this week's share, we move on to a vegetarian 'Pierogi Lottery'. In your share, you will receive a twelve-piece bag of either **The Fun Guys Pierogies** OR **Ruskie Pierogies** from [The Pierogi Queen](#). The Fun Guys are composed of potatoes, flour, mushrooms, James Farm cheddar cheese, sour cream, egg, garlic, onion powder and black pepper. The Ruskie Pierogies are composed of potatoes, flour, sour cream, cottage cheese, onions, olive oil, egg and spices. These pierogies will fit the "White Rabbit's" bill no

matter how incorporated into his holiday. Pan fry them up for some serious yum. Quick and easy, it's never too late to add them as a side to your meal or for a late-night snack.

Closing out the share with a "Bucky O'Hare" approved treat, we have a delightful four-pack of **Mini Chocolate Bunnies** that are vegan and gluten-free from [Harvest Chocolate](#). This ultimate sweet treat is free of refined fructose, corn-based sugars and is instead composed of organic cocoa beans, organic cane sugar and natural marshmallow flavoring. These bunnies are beautiful and a perfect way to cap off an Easter Helper share. My suggestion here is to hide these ones in the adult baskets and savor the rich chocolatey flavor once the day winds down. It's good for you, literally eating chocolate this pure. So indulge in the moment and the flavor and keep this treat just for you - you deserve it!

As we wrap up the details of this Easter Helper share, we send all of our well wishes out to you and yours as spring glimpses at us and promises a season of growth soon, as we wait in anticipation. We hope you enjoyed this menu breakdown. We continue to search high and low for the best of local food talent, and we take pride in what we do. This local food mission is in evolution, like all things in our beautiful natural world, striving to be the best versions of ourselves. We look forward to seeing all your smiley faces this Saturday at both handout locations. Enjoy the share!

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, April 9, regarding Tantre Farm's Immune Booster CSA Share, Week 155, for pick up on April 15.

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

You received this email because you
signed up on our website or made a
purchase from us.



[Unsubscribe](#)

