



Tantre Farm CSA Newsletter IMMUNE BOOSTER Week 155 Share – April 15, 2023

Hello Fellow Locavores,

Welcome all to the Week 155 Immune Booster Share newsletter and menu breakdown. As always, a tip of the hat to you from all of our local food producers for turning out and supporting this local food share. What a beautiful week it has been with the glorious warmer weather – a true gift to us in the fields! It was exciting to see a jump in perennial insects, several bee species, a mix of butterflies, flowers and tree buds opening. All living proof that spring has sprung! It's a rejuvenating feeling to tend the young field plants with the sun's warmth bearing down, hearing the migratory birds singing and the various frogs croaking in the nearby wetlands. The birds are pairing up and collecting nesting material and the rabbits are randy and in a hysteria. Nature knows best, and I am blessed to see it all unfold in my 'office' everyday. Growing food may be hard work, but it is so fulfilling. Pulling together these curated shares of awesome local food is a labor of love not only for me, but all the chefs, bakers, and artisanal makers who join hands to collaborate with us each week. Here, in these newsletters, we like to highlight that narrative, like the season of change and how we go from field to table right here in our local community as we support one another. So let's get down to the details of what is coming home with you tomorrow, shall we?

Opening up your share like a burst of this week's weather, you will be happily greeted by a hydroponically-grown **Lettuce Mix** from [Sell Farms & Greenhouses](#). Dean Sell, the owner and operator of Sell Farms and Greenhouses actually uses a mix of different lettuce varieties on each hydroponic plug, so you will receive several varieties of lettuce all grown together in one edible bouquet. You can't beat that for diversity! So salad up and shine like the daffodils as of late.

Moving on with the greens, we have a fresh clipped **Greens Mix** from [Garden Fort](#). This healthy serving of spring greens is composed of mizuna, tatsoi, baby kale and spinach. Perfect for mixing up with the lettuce mix above for a supersonic mix of greens packed with a plethora of nutrients to keep that immune system happy. Garden Fort is a leafy green powerhouse farm and really has taken growing to new levels with a no till approach, bed flipping after harvest, and crop rotation of a solid variety of different leafy greens. It saves

time, feeds the soil and sets up successions of planting. All things that work together for healthier soil, which produces more nutrient dense food.

Rolling right along into our spring Immune Booster song, we come to an organic **Celeriac Root** from [Wayward Seed Farm](#). This root crop was harvested late last fall after a few mild frosts that sweetened them up, and then stored in a cellar just for a share like this. Loaded with vitamin K, fiber and magnesium, this special root also contains a plant compound called apigenin, a natural anti-inflammatory agent. So how do you use this clever root, one might ask? No matter which way you choose, you should peel the celeriac root with a paring knife to reveal its airy white flesh before you begin your celeriac cooking mission. A celeriac hummus is a good start. Another easy go-to is to cube and roast on a baking tray with any of the other roots in this week's share. Or simply boil with potatoes and create a creamy potato-celeriac mash.

Next up, we have another organic offering from [Wayward Seed Farm](#) with some **Yellow Onions**. These baseball-size onions pack a lot of yum as well as many anti-viral and anti-cancer fighting compounds. So onion up and slice them thin to win for your salads, sweet pickle them, caramelize them in a skillet with olive oil and add them to any dish, taco toppings, pasta saucing all the way down to a delicious French onion soup for next week's cool down. So if you didn't know, now ya know about your onion flow.

Rolling around somewhere way down there in your share, you will soon discover **Yellow Carola Potatoes** from [Tantre Farm](#). These yellow-skinned, slightly yellow-fleshed spuds are perfect for frying in oil, roasting on a baking tray or for parboiling in a bath of salt water. Clean healthy carbs, calories and protein all in one spud. For the adventurous, maybe a shepherd's pie topping is in order for these potatoes or fondant potatoes for those of you, who aren't fooling around. The world is your potato and do with it what you will to bring you joy. It's good for you.

Okay, so let's quit 'beeting' around the bush and get to it with organic **Orange Beets** from [Second Spring Farm](#). Beets contain betanin, a natural plant pigment that is rich in antioxidants and anti-inflammatory properties. They also pack a large dose of vitamin C, magnesium and folate, so don't hesitate to roast them up on that baking tray with the rest of the root veggies. Sweet pickling beets after they have been roasted is always a hit with my family. It is easy and keeps for some time in the fridge. Lastly, I tried my hand at a roasted beet hummus last time we featured these beets in the share, and I have to say the color and taste was top notch and a very cool way to get your health on. So beet up buttercup!

Rounding out the produce in this week's share, we have an organic mix of **Fuji and Enterprise Apples** from [Almar Orchards & Cidery](#). A perfect way to close out a stellar produce line-up and a perfect hand-to-mouth snack, while you're out hiking some new trails in the area. Almar's grows roughly 30 varieties of organic apples and has grafted almost all their own root stock in their orchards, so they most definitely know a thing or two about growing organic food with a long vision. It takes roughly 4 to 5 years for the baby trees to produce apples, so Almar orchards have many rows of trees at various ages. The key to longevity is succession planting. Another interesting fact is that Jim Koan, the owner and operator of Almar's, says that he accepts annually up to a 20 to 40 percent

loss of apples to mother nature to grow organically. Sounds like a huge sacrifice but the taste in these apples is significantly better and different than conventionally grown apples, because there have been no harsh chemical sprays applied that damage the health of the soil. Poor soil health is a huge focal point in sustainable farming - if you have poor soil health you have poor nutritional content in the food. Organic food has been proven to be much more nutrient and mineral dense and Jim has spent many decades learning about this concept of growing. Moreover, he didn't want to sell people chemical-laden food that just isn't good for you or the environment. It's amazing working with this farm and walking the land when I come to get apples. I learn something every time I go there.

After a quick fly-by at the Food Hub in Ann Arbor to drop off and refrigerate the produce items, we head just a few miles south to pick up our first prepared food for this week's share. Fresh out of the oven, we have a flavorful and flirty six pack of **Challah Rolls** from [Zingerman's Roadhouse](#). These fluffy rolls are composed of organic wheat flour, water, egg yolk, honey, corn oil, sea salt and yeast. They say 'eat me' and are great for making homemade sliders, hot sandwiches or even peanut butter and jelly sandwiches for the kids or the kid in you. They also would pair up well with any of the other prepared foods in this week's share, so enjoy them while they last. I'm betting mine will be gone within the hour after they show up in my kitchen on Saturday afternoon.

With the cool down on the mercury in this spring temp ebb and flow, it's time to spring into a **Chicken Pesto Orzo Soup** from [Harvest Kitchen](#). This warm and soothing soup is composed of chicken stock, chicken, orzo, celery, onion, garlic, shallots, olive oil, basil, lemon, salt and pepper. Paired up with a D.I.Y. salad that includes all the other produce fixings offered in this share, as well as a Challah Roll or two and you're in the dunkin-bread-in-broth business and wiping the salad bowl clean. Now we are talking! If this soup leaves you hankering for more Harvest Kitchen offerings, they do have an online ordering platform, and they also set up a market booth each and every Saturday in the Ann Arbor Farmers Market.

With a bit of spice and everything nice, we move on to a **Mirch Masala Rice Dish** from [Earthen Jar](#). This vegan and gluten-free tasty rice dish is composed of basmati rice, onions, tomatoes, canola oil, mixed Indian spices, cayenne pepper and salt. This rice has a medium to medium-high heat to it with the cayenne pepper, but it serves so well with the stuffed peppers that cools down the spice. Serve with a Challah Roll and some of that DIY salad and you're onto another dimension on this Immune Booster mission. For more of Earthen Jar's fine food, head on over to Arbor Farms Market for the widest to-go selection of Earthen Jar takeaway foods. There are all sorts of hidden gems there waiting just for you!

Keeping with the deliciousness theme, up next, we have a two-pack of **Stuffed Peppers** from [Nourish Juicery & Kitchen](#). These mighty tasty stuffed peppers are composed of bell peppers, quinoa, lentils, onion, garlic, tomatoes, zucchini, filtered water, spices, parsley and vegan parmesan cheese made from hemp seeds, cashews, nutritional yeast, garlic and sea salt. Sarah, the owner and head chef at Nourish Juicery and Kitchen, is all about plant-based food that is nutrient dense in its composure no matter what she is making for her patrons. Sarah also sources as much local food as possible and believes in the growing

future of local food systems. Nourish Juicery and Kitchen offers a rotating, seasonal menu of top notch and wholesome food. So maybe take a spring drive and head down and visit Sarah to get a bite to eat and some to-go items. You'll be glad you did!

Next up, we welcome a new face to the Immune Booster project! [Lavender & Honey Herbal Apothecary](#) is featuring a unique **Life and Vitality Tea Kit** this week. This loose-leaf tea is composed of organic nettle leaf, Golden Hour Farm organic peppermint leaf, lemon balm and red clover blossoms. The kit includes 15 organic and compostable tea bags - enough to use up the entire pack of loose-leaf tea. Enjoy a little do-it-yourself action here and fill your tea bags each time you want a brew. I met Angie at Lavender and Honey Herbal Apothecary, while visiting Sarah at Nourish Juicery and Kitchen a few months ago. The two businesses share a retail store together, which is a unique and great collaboration. This Life and Vitality Tea blend is an overall wellness tea. A nutritive tonic with nourishing herbs known for their minerals, nutrients, vitamins and ability to strengthen many organ systems. This tea has a great aroma of mint with rising notes of raspberry and lemon balm, giving a smooth, light and crisp taste. It's also caffeine-free and easy to brew. Simply steep 1 tablespoon per 8-12 ounce cup of water for 10 to 15 minutes and then sip away with cheers to good health. If you're intrigued to find out more, head down to Blissfield, MI and pay Angie and Sarah a visit. Stock up on teas, tinctures, salves and more whilst grabbing a bite to eat from Sarah at Nourish Juicery and Kitchen. It's a win-win situation.

Closing out the share this week, we end this menu breakdown on a sweet note with a **Lemon Pistachio Cake** from [Milk + Honey](#). This fluffy cake is composed of all-purpose flour, roasted pistachios, sugar, canola oil, extra virgin olive oil, lemon juice, lemon zest, powdered sugar, baking soda and salt and happens to be one of the most sought-after items on Milk and Honey's rotating menu. So we had to give it a whirl and see what it's all about, and since we have some local tea in the share, why not have your cake and eat it too? What a perfect duo to close out this share on a comfort note. Milk and Honey is an innovative bakery that is flirting with some savory items in their line-up as of late. Each week, they launch a menu that has new and exciting pastries and cakes, so seek them out on-line and sign up for one of their pick-up pastry boxes. They are always really top notch and very creative, so don't miss out!

As the sun's intensity continues to press upon us as we tilt back towards it, the new season of rebirth is here. A beautiful time to set out a vision of what the growing season ahead will bring. With that vision, we will braid the field-fresh produce into the prepared food vendors and keep doing what we have been doing for almost three years now. Creating interesting and wide-ranging curated local food shares each and every week. So cheers to you and yours for turning out and supporting our local food mission. We hope you enjoy this week's offerings with family, friends and loved ones.

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 16, regarding Tantre Farm's Immune Booster CSA Share, Week 156, for pick up on April 22.

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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