



# Tantre Farm CSA Newsletter IMMUNE BOOSTER Week 157 Share – April 29, 2023

Hello Fellow Locavores,

Welcome to this week's Immune Booster CSA Share newsletter and menu breakdown. We are grateful that you joined hands with us in supporting a broader local food system by purchasing this share. With Spring hitting a cold spell, we are in a 'hurry-up-and-wait' mode in the fields, with nature forging ahead anyway, driving the fruit trees to bud and mushrooms to brave the frosts. It looks like this pattern will continue into next week and then maybe like a light switch we could be right into Michigan summer weather. Even though the grind is slow and tedious in the fields in current time, soon we will be away and into more work than can almost be handled. Over the horizon, but only just, we have asparagus breaking ground and then the strawberries will fill in towards the end of May as the fields fill up with a rainbow of color and a diverse mix of bountiful offerings. A new season, new goals, new plant varieties and a fresh mindset ready to learn and engage in the boundless correlations that the natural world offers when farming.

Digging into the details of this week's share, we prepared a menu of produce and ready-to-eat dishes that one would likely find in Southeast Asia, including such countries as Thailand, Cambodia, Vietnam and Laos. I've traveled this region extensively and absolutely loved the many breathtaking experiences of exploring these beautiful countries with just a backpack and a motorcycle. The people, the sights, the history, the coasts, the highlands, the rainforests and especially the FOOD is out of this world. The rule of thumb that I quickly discovered with finding the best local food was to observe where the cab drivers or the police would eat, and never be afraid to engage and ask about their preferences. This approach often led me to the best cooked meals I've ever tasted as well as tips on must-see places to visit that you would never find in the tourist books. Conversations about their life, their country, culture and food often led to new friendships and sharing fabulous meals... Ahh, the fond memories that have been aroused by curating this week's menu! I could talk about it forever, BUT if any of you are still awake, let's jump on the motorbike and wind our way through this Southeast Asian culinary tour.

Our first stop brings us to [Seeley Farm](#), right here in Ann Arbor, to pick up some tender hoop house-grown, **Red Russian Kale**. This kale was planted just a

couple months ago and is now at its prime in size, taste and tender texture just before it blooms flowers, goes to seed and dies in the summer heat of the hoop house. This kale would be a perfect candidate to incorporate into a side dish to serve with some of the prepared foods offered in this share. Try your hand at a spicy garlic-sesame, sautéed kale dish or a kale Pad Thai with daikon radish, which also happens to be in this share. There are plenty of recipes online, so just use one that meets your yum factor. Seeley Farm has a roadside farm stand that offers annual and perennial plants, different leafy greens mixes, mushrooms and seasonal produce seven days a week. So look them up and find some goodies for your belly and your garden.

As we ride our motorbike down the backroads, we head west out of Ann Arbor to collect a **Greens Mix** from [Garden Fort](#) in Dexter MI. This mix is composed of mizuna, spinach, and kale and can be consumed raw or cooked. Serving it raw you could make up a Thai Salad, dressed with a quick, sweet pickle from shredded carrots and daikon radishes. Alternatively, you could wilt the greens into any DIY noodle or rice dish along with all of the savory produce items in this share. So from stir fry to Pad Thai to, oh my, I didn't know I could make local food look and taste this good!

Heading further out west, we come to my home farm, [Tantre Farm](#), out in Chelsea MI, to gather up a **Daikon Radish Mix**. In your share, you will get white and purple daikons for your sweet pickle recipe and to top up your salads all week long. These daikon radishes are also good for stir fries, or braised in a savory, yet subtly sweet and juicy way. For the adventurous, make your own kimchi or boil them with potatoes, herbs, and spices, before mashing and frying into crispy fritters for some tasty appetizers. While we are here at Tantre, we might as well load up on some **Desiree Potatoes** as well, since we all have golden, crispy, fried fritters on our minds now. These potatoes would also be great to use in a curry along with the carrots, radishes and green onions. Or challenge yourself with some samosas or potato masala. Plenty of options to explore, so follow your gut and make something you can't wait to eat!

Tracking back south and slightly east, we take the rolling hills back roads past the sandhill cranes to [Goetz Greenhouse and Family Farm](#) in Riga, MI to pick up some **Green Onion Bunches** for the share. Onions like this are everywhere in Southeast Asia, and they are consumed in almost every dish. I like to cut the root off of them and pan fry them whole in peanut oil until tender. Whether you do this or simply chop them into salads, soups, curries or rice dishes, you will most definitely be satisfied by their fresh and unmistakable flavor. Picked Friday morning and on your plate Saturday afternoon. Hyper-local!

Hopping on the bike, we continue south to pick up some **Organic Orange Carrots** from [Wayward Seed Farm](#) in Marysville, OH. Generally, we stay within our own state borders to source food, but this arrangement comes from a collaboration between all of the Food Hub vendors to create a combined order that essentially reduces fossil fuel miles. Furthermore, Wayward Seed is a trusted organic farm whose growing practices align with our own. These carrots would fit the bill for any DIY dishes and are perfect for many Southeast Asian recipes. Slice them into sticks for a stir fry, grate them onto a salad, or try that quick pickle with the daikon radishes, along with a few of your own garlic cloves and jalapenos. There are quite a few recipes online for a spicy, quick pickle so give it a whirl; you'll be glad you did!

Closing out the produce in this week's share, we head 'Up North' to Flushing, MI to pick up **Organic Fuji and Red Enterprise Apples** from [Almar Orchards & Cidery](#). As the storage apples are slowly coming to an end, the flowers on the apple trees are beginning to bloom. Soon the apple blossom honey season will begin, before we get to the apples in the fall. It's a beautiful time of year out in the orchards, which are immersed in the sweet smell of nectar. For a different spin on these apples, I would suggest maybe caramelizing them on medium heat after they have been skinned and cored. I would cook them down with fresh squeezed lemon juice for some acid, sugar, nutmeg, cinnamon and a good dose of fresh mint. Let them cool down and add them to your salad plate to serve along with the rest of the prepared foods.

Now that the produce has been acquired for the share, it's time to head out once again south to Blissfield, MI to pick up a **Chopped Thai Salad with Sesame Garlic Dressing** from [Nourish Juicery & Kitchen](#). This colorful and well thought out salad is composed of organic spring mix, organic spinach, carrots, red cabbage, red pepper, organic tri-color quinoa, cashews, salt, green onion, avocado oil, garlic, coconut aminos, filtered water, rice vinegar, maple syrup, lime Juice and sesame oil. Clean, healthy food at its finest is all Sarah, the head chef and owner of Nourish Juicery & Kitchen, knows how to make. Sarah prides herself on being an all-vegan business and has sourced plenty of local food for the dishes she has made for the shares to date. On one of these gray and rainy days ahead, take a little road trip and pay her a visit. While you're there, try some local tea right next door at Lavender & Honey, who we just featured a week or two ago. Double the fun!

Moving on to some savory comfort food, you better get your rice cooking because this **Red Thai Curry with Fried Tofu and Vegetables** from [Basil Babe](#) is gonna need a dance partner. This super lovely and flavorful curry is the product of a family heirloom recipe and is composed of milk-based curry, fried tofu, bamboo shoots, eggplant, bell pepper, and Thai basil. This is a slow, hand-cooked curry that is almost steeped rather than boiled for several hours to dial in all the encompassing flavors and produce textures. There's a reason why Basil Babe has had a meteoric rise since becoming a pop-up vendor. Her authentic food is unmistakable, because there are three generations of Thai ladies that grew up in Thailand making this food. Having recently evolved into a brick-and-mortar restaurant in Ypsilanti, it's a lot easier to get your hands on Basil Babe's many delicious dishes. The menus at the restaurant rotate, so follow closely and you might just get hooked on making it a weekly staple to pay them a visit.

At a snail's pace, we ride up the steep and windy roads and finally reach Dalat, which is in southern Vietnam's central highlands and the origins of Te Phan, the head chef and owner of Ginger Deli. Dalat is a foodie paradise, and this area grows any and every exotic tropical fruit, millions of cut flowers, coffee, veggies; you name it. This is a grower's paradise, with acres upon acres of greenhouses and open fertile land that cascades a kaleidoscopic panorama across the rolling red earth hills. This week [Ginger Deli](#) showcases a typical dish one might find in Dalat with a **Vermicelli Bowl with Egg Roll & Barbecued Chicken or Tofu Kebabs**, depending on what you selected upon signing up for the share. This dish has a major ingredient list line-up, and they are as follows... For the Chicken Kebabs, Te gets things going with a traditional

Vietnamese kebab and starts this dish by marinating organic halal chicken thighs in a mix of Greek yogurt, garlic, shallots, hoisin sauce, olive oil, black pepper, sea salt, chili, paprika, cumin, fresh thyme, lime and cinnamon and places it in the fridge for 24 hours. The next day they stack the sticks with chunks of chicken, winter squash, onion and cherry tomatoes and then they are BBQ charcoal-grilled, just like you would see in Vietnam. If you requested the Tofu Kebabs at sign up, then you will receive the exact same kebab and marinade, just switch the chicken for Rosewood Extra Firm Tofu. Both options of this dish also come with an egg roll that is composed of onion, garlic, jicama, sweet potato, Wayward Seed Farm carrots, clear noodles, sea salt, black pepper and vegetable oil. Lastly, we have the skewers and egg roll laying on a bed of vermicelli noodles that are combined with green lettuce, fresh mint, cilantro, cucumber, crushed peanuts and roasted shallots, In a separate container you will get a sweet and tangy Sauce that is composed of water, garlic, Michigan maple syrup, pepper flakes, apple cider vinegar and sea salt to drizzle over the noodle bowl and dip your kebabs in. Wow, there's a lot going on in this dish and just typing all this out reminds me of sitting in a tiny little plastic chair with a knee-high table taking in the street food vendors and eating meals just like this. The smell, the smoke, the vibrancy, and energy of the vendors and how proud they are to be hustling hot bowls of pho, kebabs, rice dishes or noodle dishes around the open-air mini tables. Most only close when the patrons stop showing up.

Coasting back down from the highlands, we glide to the south side of Ann Arbor to pick up a block of **Extra Firm Tofu** that is vegan and gluten-free from [Rosewood Products Inc.](#) This fine block of tofu is composed of filtered water, stone ground, whole organic, Michigan soybeans, nigari, and additional sea minerals. It is processed in-house at Rosewood and packaged up for a share just like this one. I figured we gave you enough produce in the share to give this tofu plenty of options for a starring role in some DIY stir fries, curries and fried rice, or simply brined, marinated and then cooked in oil. There's a billion and one ways to use up this tofu, so find a recipe that suits your fancy and get after it!

Next, we take a quick ride over to the west side of Ann Arbor to pick up a **Vegan Lemon Bar** from [Juicy Kitchen](#). This vibrant yellow, lip-smacking, and zesty bar is a real treat for the ol' sweet tooth in you. The crust is composed of vegan butter, organic sugar, flour, and salt. The filling contains lemon juice, lemon zest, organic sugar, organic coconut milk, cornstarch and turmeric. My guess is that some of you may eat this item on the way home after pick-up, so don't feel guilty about it - it's just that good! If you have never been to Juicy Kitchen, then this sweet treat might easily persuade you. It's supposed to rain most of next week, so maybe go grab some delicious take-away and tell our friends over there that you discovered them in the Immune Booster share.

Closing out the share, we have come to our last, but not least featured item that is one can of **Sentient Beings Kombucha** from [Unity Vibration Kombucha](#), located in Ypsilanti MI. This healthy elixir is composed of structured filtered water, organic kombucha culture, organic fair trade cane sugar, organic fair trade black tea, organic lemongrass, organic green tea, organic matcha, organic ginger root, organic licorice root, passion fruit essence, plum fruit essence and colloidal gold. All things that are good for you and your inner economy. So sip away to health in a can, while washing down all of this wholesome, beautiful food. If you have never been to Unity Vibrations they do

host some live music, sample tastings, and small group events with fresh kombucha on tap. So check them out sometime and sample some of their other fine drinks.

As we wrap up this week's share, we thank you for voting with your dollars for local food. We appreciate you and your encouragement to keep working deeper within our local food systems, making new connections and peeling back the layers to find new and exciting prepared food vendors and farmers, all with their unique set of skills. Even though this project has been running for over three years now, we still have plenty left to do and boundless enthusiasm to continue to grow this mission of pursuing and sharing local sustainable food. We hope you enjoy your share with family, friends and loved ones, and I hope you enjoyed our ride around southeast Asia and southeast Michigan this week. We look forward to seeing you at both pick up locations and eat well, do well, be 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, April 30, regarding Tantre Farm's Immune Booster CSA Share, Week 158, for pick up on May 6.

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](mailto:immuneboosterbytantre@gmail.com).*

## Tantre Farm

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