



Tantre Farm CSA Newsletter IMMUNE BOOSTER Week 158 Share – May 6, 2023

Buenos Tardes Locavores,

Welcome to the Week 158 Immune Booster CSA Newsletter. As always, we thank you for signing up! The Immune Booster CSA is a collaborative effort each week, working together with local farms, restaurants and artisans that we are so blessed to have in our community. This week we are excited to offer a colorful fiesta of a share in celebration of Cinco de Mayo. Also known as Battle of Puebla Day, Cinco de Mayo is a holiday celebrated in parts of Mexico and the United States in honor of the Mexican army's 1862 victory over the French forces of Napoleon III during the Franco-Mexican War. Contrary to popular belief, Cinco de Mayo is not the same as Mexican Independence Day, which falls on September 16th. The prepared food featured in this share highlights the colorful cuisine of Mexico, as well as Latin America. This share also delivers the regular weekly abundance of wholesome and nourishing produce to keep your immune system healthy and thriving. So let's delve into the details of this week's share of plenty. Vamonos!

Starting with one of our favorite [Seeley Farm](#) leafy greens, we have a vibrant and rather large hoop house grown **Luchuga** or **Butterhead Lettuce** back in the mix! We have patiently waited for this tender leafy green for many moons now with the long winter and cold spring and now the time has come to chop this fine lettuce and top your tacos! This fine, taco salad green has a delicately sweet flavor and is loaded with minerals that are important to your diet. Butter leaf lettuce contains both copper and iron, which help your body to produce red blood cells. It is also a rich source of vitamins A, C and K for strong eyes and bones, as well as manganese, folate, potassium and calcium. This is an all-round immune booster, so salad away on a late spring day to keep the doctor away, Orale!

Out of all the shares we have featured to date, we have never featured a **Cilantro Bunch**. With this week's fiesta in a box, what better time to feature this pungent herb than now for a taco topping of the ages. Hydroponically-grown in state-of-the-art hoop houses by [Sell Farms and Greenhouses](#), this Cilantro is not only good for your taste buds, but it is also good for your heart, promotes skin health, enhances gut health and is good for managing bad cholesterol. The stems and the leaves are all edible and would pair up nicely

minced and added to your tacos, burritos, tossed on top of your salads or pinto beans. So cilantro up, buttercup! Siiii!

What's a Mexican-themed share without **Cebolla Amarilla** or **Yellow Onions** from [Tantre Farm](#)? No Bueno! These yellow onions are taking the seat we had reserved for the green bunching onions as advertised, so our apologies for the last-minute pivot. This robust allium is a true staple in everyday cuisine from Mexico through Central and South America. These round globes are laden in sulfur compounds that help ward off free radicals known to cause cancer, especially in women. So take note and keep consuming because these pungent tubers are packed with an immune boosting elixir of properties to keep our anatomy strong and healthy. Aplaudir de onions!

Next up in this fresh produce bonanza, we have radical radishes to share - **Baby White Breakfast Radishes** or **Blanco Rabano** from [Holtz Farms](#). In your share, you will receive one bunch of these fantastic, cylindrical roots that are the perfect match for the above-mentioned taco time. Extremely popular in the U.S, we Americans consume roughly 400 million pounds of radishes every year, because they go from seed to table in about 35 days! Outside of mincing them up with the cilantro and topping up your taco, they are also tasty seasoned and roasted in a pan with other roasting veggies, steamed or - my personal favorite - pickled in a sweet vinaigrette. A pickled radish thinly sliced on a taco or sandwich adds a little crunch and a little kick that shifts the culinary experience from ordinary to extraordinary! Guau!

Packing a bit of crunch and a good dose of beta carotene for your lunch, next up we have organic **Zanahorias Naranjas** or **Orange Carrots** from [Wayward Seed Farm](#). These late, fall carrots were pulled from the earth last November and stored in their cellar for the long winter ahead. Storing them in just above freezing temps in the dark cellar keeps them crisp and fresh just for a share like this. Dip them in your favorite condiment, grate them over the top of the leafy green salads or pickle them up like the ones you get at Mexican restaurants. The choice is yours and the choice is healthy, so pile them on. Your immune system will be glad you did. Buena para ti!

Back by popular demand, we have a generous serving of organic **La Papas** or **Russet Potatoes** from [Tantre Farm](#). Potatoes are native to parts of Central and South America, but are now a staple superfood eaten worldwide. Potatoes are a tuberous root vegetable and are rich in fiber, carbs, and vitamins B6 and C. My target for these mini spuds is heading towards Mexican-style potato tacos! Either cube, season, or fry your potatoes or boil, mash, season and then fry. Toss the cooked potatoes in the tortillas and load them up with your favorite toppings, this will surely get things popping! Auge!

Next up, we offer you a staple food that is served with most meals throughout the Central and South American region. Grown and harvested in Michigan by Sylvie and her family at [Ferris Organic Farm](#), we have their organic **Frijoles Pintos** or **Pinto Beans** featured in this share. These beans will need to soak for 6 to 8 hours or alternatively a quick boil and then set aside and leave covered for several hours to speed things up. Once you clear those hurdles, gently cook them on medium heat for about an hour and a half and serve as whole beans or mash them up into refried beans. Either way you choose, these highly nutritious beans will fit the bill. An excellent source of protein, fiber, vitamins

and minerals, these beans will boost your digestive health, promote heart health and improve blood sugar regulation. Holy frijoles!

Need a local chip to scoop those pinto beans? Better yet, prepare some nachos with **Chips De Tortilla** or **Tortilla Chips** from [Aunt Nee's](#). This family-run business is spearheaded by a very energetic and contagious personality, Carlos Parisi, who hustles chips and salsa every weekend throughout the year at Eastern Market as well as numerous retail and restaurant businesses throughout southeast Michigan. These fine tortilla chips are made in Detroit with two types of non-GMO Michigan-grown corn, purified water, oil, sea salt and lime. They are lightly salted and a perfect finger food for our Latin fiesta. Tengo hambre... Vamos a comer!

Needless to say, you can't have the fresh tortilla chips without the fresh salsa, so I had to make a little field trip to visit my man, Ray, over at [Dos Hermanos Market](#) in Ypsilanti. This unique Latin grocery store sells amazing salsas, tacos, and tamales amongst hundreds of other tasty items. After trying a little bit of everything, I settled on their **Pico De Gallo Salsa** as a perfect dance partner to the fresh tortilla chips. This simple-yet-delicious, vegan and gluten-free salsa is composed of tomatoes, local white onions, cilantro, lime, vinegar and salt. So get ready to dip those chips away to a brighter and tastier day and head on over to Dos Hermanos for round two or three or four. They have a wealth of hidden treasures in this family-run market just waiting for you to discover. Muchas manos hacen el trabajo ligero!

Since we are here at [Dos Hermanos Market](#), we might as well pick up a two-pack of **Jalapeno and Cheese Tamales** while we're at it. These handmade tamales are composed of cornmeal, pork lard, water, salt, tomatoes, jalapeno peppers, onions, muenster cheese and Mexican spices and then wrapped up in a corn husk and steam cooked. The corn husk traps all the moisture within the cornmeal bread of the tamale which keeps it soft and moist for a much better experience on our palate. Dollop some of the fresh Pico de Gallo salsa on top, along with some of The Brinery hot sauce that is also in this week's share and you're in the yum business. My hunch is that this combo of salsa and tamales will leave you hankering for more and you're in luck, because Dos Hermanos Market now has a restaurant right next door to their retail store that serves up a wide variety of Mexican food every day of the week. So pay them a visit and grab a taco plate, more tamales or for the vegan crowd they do an awesome marinated and grilled tofu filling that is beautifully flavored just like their meats. This may be my new favorite offering from them. Sabrosa!

We can't have a Cinco De Mayo share without tortillas, and this week we have a rare treat from our friend, Francisco, who owns and operates [Ann Arbor Tortilla Factory](#), with a limited release of **Tortillas de Maiz** or **Corn Tortillas**. In your share, you will get an 18-pack of fresh-pressed limited-edition corn tortillas that are simply composed of Michigan non-GMO corn, lime and water. What's the reason behind the limited release one might ask? Well, the tortillas are made fresh in-house every day, but the majority are then run down the processing line, sliced and then fried into their infamous and delicious tortilla chips. Most of the tortillas never make it straight into a bag and are not widely sold because the tortilla chips are in such high demand. Once I discovered this and tried some of the fresh tortillas, I had to ask Francisco if we could sneak out a fresh batch for the Immune Booster share. Being the kind and thoughtful person he

is, he was more than happy to hook us all up. So it's taco time and you will have all the necessary fillings in this week's share to stuff these tortillas with a lot of yum and a lot of fun. One last note about the tortillas here. They are definitely better if you fry them in a little corn or vegetable oil before you make your tacos. My suggestion is to add about a half teaspoon of oil to a skillet and cook each tortilla individually, flipping it several times until browned and somewhat firm. They will have a much better taste cooked and will hold together much better being served this way. Delicioso!

Next up, you had a choice of either **Pasture-Raised Ground Beef** from [Vestergaard Farms](#) or **Tempeh Chorizo Crumbles** from [The Brinery](#). The clear intention here is to fill those fresh-off-the-press tortillas with a protein that fits your criteria, and we made this easy for you whether you are vegan or omnivore. For the pasture-raised beef or carne de res, we called upon our friends at Vestergaard Farms, right here in Ann Arbor. Vestergaard maintains an ethical standard of raising small populations of cattle on their farm, with plenty of space for their animals to live a comfortable and stress-free life, and the freedom to wander in and out of the barns from the fields as they please. Our alternative, plant-based protein comes in the form of tasty Tempeh Chorizo Crumbles from The Brinery. This chorizo is seasoned with all the traditional Mexican spices and has easy cooking instructions on the packaging. My suggestion here is to dice up some of the onions and radishes and fry them up with the chorizo in your favorite cooking oil and then fill those warm taco shells with this beautiful melody. Asombroso!

Bring on the beans with a unique twist – a **Black Bean Quinoa Salad** that is vegan and gluten-free from [Juicy Kitchen](#). This dish is composed of organic quinoa, corn, black beans, poblano peppers, carrots, cherry tomatoes, fresh cilantro, extra virgin olive oil, lime juice, cumin, salt and pepper. This dense legume and grain salad is a perfect complement to the Cinco De Mayo share line-up. Consume with your leafy greens for a more robust green salad or scoop onto your taco and bean plates as a delicious side. Juicy Kitchen has been a staple to the Immune Booster CSA Share for almost three full years and has made more than 60 appearances in our weekly menus so far. Why? Because they share our same vision and make a wide array of beautiful seasonal dishes, incorporating as much local food into their menus as they can. Owned and operated by an awesome young couple with innovative ideas, a friendly staff and a hipster vibe, they crank out some seriously good food with plenty of plant-based and gluten-free options. If you don't know, now ya know! Pay them a visit and grab a few extras out of their to-go case just inside the front door. Muy Bueno!

Wrapping up the savory with a little extra kick for those tamales or tacos, we present a fiery **Brine-Centric Extra Special Batch Hot Sauce** that is vegan and gluten-free from [The Brinery](#). This retina-burning, orange, hot sauce is composed of red jalapeno peppers, orange habanero peppers, distilled vinegar, filtered water, sea salt and garlic powder. This special concoction just happens to be the chosen Bell's Brewery House hot sauce in Kalamazoo MI, which is a fine feather in The Brinery's cap. This week David, the owner and operator of The Brinery, shared a bottle of this zesty hot sauce with me and I have to say it's hitting all the right notes on the flavor profile, a fair amount of heat with a little bit of sweet tones in the after taste. It serves well with any of the prepared foods offered this week, over eggs, rice dishes, stir fries, you name it! So give it

a whirl and grab a tall glass of water. Mas agua por favor!

Closing out this Cinco De Mayo food affair, we have just the right sweet treat from [Zingerman's Bakehouse](#) with a **Buenos Aires Dulce de Leche Brownie**. This rich, vegetarian brownie is composed of dulce de leche, sugar, eggs, local wheat flour, unsweetened chocolate, butter, demerara sugar, vanilla extract, sea salt and baking powder. Zingerman's most indulgent brownie is one that will most definitely end this food extravaganza on the sweetest note. Just one taste and you will understand why. Sabe espectacular!

So there you have it! Our Cinco De Mayo food fiesta breakdown has come to an end. We hope you enjoy this week's share with loved ones and that you feel inspired to challenge yourself with some of the suggested recipes and serving tips included in this newsletter. The culinary world is boundless, and we intend to take you on Immune Booster missions each week to seek out well-known and loved or yet-to-be-discovered prepared food gems, offer new recipe suggestions to encourage you outside of your culinary comfort zone and try your hand at some new dishes with the featured fresh produce. Moreover, the fine restaurants and food artisans featured in our weekly shares would be overjoyed to have you stop by to try their latest talented offerings. Sometimes it's fun to let the chefs do the work for you! Mis amigos, eat well, do well, be well and we look forward to seeing you this Saturday at The Washtenaw Food Hub and Agricole pick up locations.

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, May 7, regarding Tantre Farm's Immune Booster CSA Share, Week 159, for pick up on May 13.

Toda lo Mejor or 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.

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