



# Tantre Farm CSA Newsletter IMMUNE BOOSTER Week 159 Share – May 13, 2023

Hello Fellow Locavores,

Welcome to the Immune Booster Week 159 Newsletter and to the 'Mama Mia' Italian-themed share. We appreciate you all joining us for this special Mother's Day share, and we hope that this box of delicious and fresh local food brings joy to Mom and to those who celebrate her. This week's prepared food offers deliciously layered, Italian cuisine along with some gentle, sweet touches that are sure to make any mom or mother figure smile. We are also setting you up, as always, with a merry melody of fresh and colorful local produce. So hop aboard and let's take a 'moon boost' ride around town and show mama what treats are coming home this Saturday.

Upon opening your box, you will be greeted by a crisp and colorful bouquet of 'primo' **Lettuce** from [Sell Farms and Greenhouses](#) that is hydroponically grown in a state-of-the-art greenhouse in Ypsilanti. This lettuce is packed with vitamin K and is composed of roughly 95 percent water to keep you hydrated on these increasingly hot days as of late. I reckon this lettuce would work out perfectly for a fine DIY Italian-style salad when mixed up with the Rainbow Swiss Chard that is also in this week's share for a more comprehensive salad mix. So toss it up like you just don't care and get your greens game on.

Who could use a rainbow of color to celebrate Mother's Day? We'll surely brighten your day with **Rainbow Swiss Chard** from [Seeley Farm](#). These robust, hoop house-grown, chard leaves come with a variety of pigmented stems that are also edible with the same crisp and buttery taste as the rippled green foliage. Packed with vitamins A and C, chard also provides a solid dose of magnesium and potassium to keep your immune system happy. This beautiful chard is perfect for a rich, hearty salad, or wilted salad, or for adding to soups, stews or pasta dishes. The vibrant stems are amazing diced up and added to stir fries as well!

Next, we head on over to [Wayward Seed Farm](#) to pick up some **Yellow Onions**. These onions boast powerful antioxidants that help fight inflammation and reduce bad cholesterol levels. Yellow onions are also another very versatile vegetable that can be cooked or consumed raw. Toss them on a salad, roast them with the asparagus that is also in this share, mince them, mash them, soup them, stew them, go out on a whim and marvel at the taste within. With so

many ways to consume this invaluable root, the choice is endless, and the best part is that they are packed with nutrients that are excellent for your heart, digestive system, and general health!

Moving on to a serious highlight of the current season's crops with **Asparagus** from [Tantre Farm](#). Asparagus is a majestic month-of-May crop and its growing behavior is absolutely amazing. The spears drastically emerge in the warmer spring days at a rate of up to 7 inches in one day under optimal growing conditions!! Asparagus is excellent for cleaning out the urinary tract and detoxifying the liver. It is rich in glutathione, a detoxifying compound that destroys carcinogens associated with bone, breast, lung and colon cancers. This superfood can be consumed raw, leaving a slight peppery taste in your mouth, or it can be steamed, steeped in water for a few minutes, or my all-time favorite – tossed on the BBQ. So make the most of this short-lived asparagus season, kick those carcinogens to the curb and give your taste buds a treat.

**Organic Orange Carrots** are next in line from [Wayward Seed Farm](#). These girthy and robust carrots are filled with beta-carotene, vitamin A and lutein which are all beneficial to our eye, skin and immune system health. So grate them over the salad greens, steam them with the asparagus, or slice them into sticks and dip into your favorite condiments for a brighter-eyed day that keeps the doctor at bay.

Closing out the fresh produce in this week's share, we have a beautifully juicy, **Organic Honeycrisp and Evercrisp Apples** from [Almar Orchards and Cider](#). Since it's Mother's Day we didn't skimp with over-the-top delicious, fresh produce and these apples sure do hit the mark. The Honeycrisp apples are bright red with vibrant green streaks, crisp and ever-so-sweet. The Evercrisp apples are pale red with pale green streaks with what appears to be a dusty overtone. Its texture is compact and also ultra sweet. My suggestion here is to simply eat both varieties hand-to-mouth. No need to fancy these up or cook them down, but a nice honey and peanut butter dip might be an extra tasty way to serve them.

Throwing in a curve ball, because that's what we like to do here at the Immune Booster, we have organic, **Dried Green Split Peas** from [Ferris Organic Farm](#). These vibrant sweet green split peas are grown just a tad north and west of us here in lower central Canada and have made a short journey down just to be in this share. These peas can be made into an endless array of split pea soups, mashed potato and pea fried pancakes, or simply cooked in a broth of your choosing and served with a salad and a slice of bread. However you choose, enjoy the nutritional bounty these fine legumes have to offer.

Kicking the boot into action on the prepared foods menu this week, we welcome to the table a **Rustic Italian Loaf** from [Zingerman's Bakehouse](#). What's an Italian-themed share without bread? Not Italian! This classic Italian, organic, white bread is composed of organic wheat flour, water, sea salt, and yeast. This bread has a thin golden crust that when sliced reveals a fluffy white inner core that has a natural mild sweetness. This loaf is versatile and pairs great with all of the food in this share.

Next up, we have a delightful **Mama Mia Salad** from [White Lotus Farms](#) that is pleasing to the eyes as well as the taste buds. This vivid and colorful salad is

composed of all locally grown produce that includes sempre bianca, French sorrel, purple mustard greens, nasturtium flowers, pea shoots, chervil and red rover radish. It also comes with house-made White Lotus Farms Manchego cheese, a dash of pepitas and a simple, but flavorful Faustini's Sicilian lemon, vinegar and olive oil dressing. A five-star salad for our five-star and amazing moms. If this salad leaves you or mom hankering for more, then pay a visit to the White Lotus Farms stand at the Kerrytown Market in Ann Arbor every Saturday, or visit the farm and pet their baby goats, buy a slice of pizza, or pick up some extra Mother's Day gifts with their house-made soaps and tinctures. You'll be glad you did!

Pairing up with the salad this week, we have an extremely healthy and beautiful **Vegetable Lasagna** from [Nourish Juicery and Kitchen](#). This lovely vegan and gluten-free dish is composed of gluten-free lasagna noodles, brown rice, organic tomato puree, organic diced tomatoes, organic tomato juice, organic extra virgin olive oil, organic onions, Goetz Greenhouse & Family Farm spinach, Needle Lane Farm basil, organic sugar, sea salt, organic garlic, organic black pepper, organic oregano, zucchini, yellow squash, raw cashews, filtered water, organic lemon juice, vegan cheese, and potato starch. As you can see this layered-up lasagna is loaded with nutrition for this Immune Booster mission and has been extremely well thought out. I know Blissfield, MI is a drive for most of us in the Ann Arbor area, but this quaint café packs a lot of thought and health benefits into all their food and fresh pressed juices as well as their sweet treat offerings. It's well worth the trip, so pay them a visit and pick up some locally-grown and sourced herb tea from Lavender and Honey Herbal Apothecary right next door for a spectacular two-for-one stop shop.

Heading out to Dexter, we pick up some fresh-pressed **Casarecce Pasta Noodles** from [Carosello Pasta](#). These light and dainty, fresh-off-the-press noodles are simply composed of organic semolina from durum wheat and water. No artificial colors or flavors, no preservatives or added fillers, sugars or salt. Just clean, wholesome noodles. Mike, the owner and noodle maker at Carosello Pasta, is of Italian descent and has lived and worked in the food business in Italy for numerous years. When he returned home to Dexter, he had his vision set to start up a fresh-pressed pasta bar/retail store, where you can shop for all things Italian. Now that they are up and running in the heart of Dexter, this young thriving business is a must-visit as it is the only place around (that I am aware of) that you can walk in and buy fresh, chilled pasta by the scoop or the pound out of their deli-style refrigerated display case. So pay Mike and his partner, Chelsea, a visit and tell them that you devoured their pasta that was in this week's Immune Booster. They would love to hear the feedback.

Last, but never least, we finish off the foodie portion of this beautiful Mama Mia feast with **Local Honey! Ice Cream** from [Go! Ice Cream](#). This thriving, Ypsi-born business makes the highest quality ice cream around, and this branded staple is sure to please your tiny taste buds in a big way. Featuring a salted vanilla base with crispy, handmade honeycomb candy pieces and a ripple of Michigan honey caramel, this quality ice cream offers a taste that is deceptively simple and ridiculously delicious. If this pint of ice cream leaves you feigning for more, Go! Ice Cream is open Wednesday to Sunday each week and would be an excellent place to host a birthday party for the kiddos or the kid in you. So head on over and tell the friendly staff that Ryan sent you!

Next up, we present a **Soap Lottery** from [Bubble Babe Soaps](#). In your share, you will choose one bar of any of the following soaps: Yazu and White Tea OR Tuscan Herb and Honey OR Oatmeal OR Woodland. All four varieties of soaps are eye-catching in design and all smell divine. Composed of olive oil, coconut oil, shea butter, cocoa butter, sodium hydroxide, castor oil, avocado oil, distilled water, sodium lactate, mica powder, titanium dioxide and Becky's Birds & Bees Honey, the base soap is separated into four individual batches and mixed with unique fragrance that makes each batch beautiful and aromatic in its own right. We will have plenty of extra bars of soap available at the Food Hub retail store for any additional Mother's Day gift needs, so stop in and grab a few.

This week we close out the share with a gift that keeps on giving. A **Giant Italian Parsley Potted Plant** from [Green Things Farm Collective](#) for your garden or balcony. Locally grown in Ann Arbor and certified organic from their own seed bank collection, these plants are a sure-fire winner for your future Italian dinners. The stems and leaves are both edible and having the convenience of having a live plant in soil is that you can pick it as needed for your culinary visions. Nothing beats fresh-off-the-plant taste, texture and zest, so get your parsley on with this thoughtful addition to this week's offerings. By the way, Green Things Farm Collective are hosting a plant sale at the farm this Saturday with several other plant growing vendors. They will have herbs, veggies, flowers, native plants, seeds, produce and all sorts of other locally grown and sourced plants as well as some handcraft items such as shirts, pottery and handmade floral cards all just in time to celebrate mom with some creative local gifts. Check it out! This is another awesome way to support your local farmers and artisans and enjoy the local plant scene.

And that, my friends, is a wrap. We hope you have some fun plans lined up this weekend to acknowledge and commemorate the superwomen in your lives, present and past. Giving a huge shout out to all the moms and mother-figures reading this newsletter - you are so special! Without a doubt, moms make our world go round. Their job is all-encompassing. They give us life, nourish, and guide us as we grow. They comfort us when we're down and encourage us to be our best selves. Oftentimes they are our anchor and our comfort in the chaos and whirlwind of everyday life. We have countless reasons to appreciate her. Let's also not forget to shout our appreciation to our collective Mother Earth for providing the bountiful and nourishing food that brings us the energy and sustenance that we love to celebrate in each and every Immune Booster share. We wish you ALL a wonderful Mother's Day!

**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 14, regarding

Tantre Farm's Immune Booster CSA Share, Week 160, for pick up on May 20.

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).*

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