



Tantre Farm CSA Newsletter IMMUNE BOOSTER Week 160 Share – May 20, 2023

Hello Fellow Locavores,

Welcome to the Immune Booster Week 160 "Brunch in a Picnic Box" share and as always thank you for voting for local food with your hard-earned dollars. This share is designed to take you for a walk outdoors on a journey through the budding local food systems in the current season. Before heading out on your local trail adventures, let's do a little food prep and pack up a wholesome picnic that's perfect for a late morning feast while immersed in the beauty of nature. Packed with nutrients and energy to keep you going, as you get lost in space and time and enjoy the discoveries that await you as flora and fauna get busy in the throes of late spring. Time to get going and see what's in the box this week!

On our merry way, we start off the day with a burst of rainbows as we open up our box to a bunch of **Rainbow Swiss Chard** from [Seeley Farm](#). This colorful, hoop house-grown green and vibrantly colored stems are entirely edible and extremely nutritious. So chop up a quick salad - greens, stems and all - for a mega-dose of iron, vitamin A, and organ-healthy, green fiber. Clip some dill, roast some asparagus, shred some carrots, thinly slice some apples and mix up a Greek yogurt dressing, and you've made an outstanding all-local salad completely from the contents of this week's share. It can't get more nutritious or fresher than this!

Next up, we have the real **Dill** from [Good Neighbor Farm](#) which happens to mix very well with the Greek yogurt in this share. My suggestion is that you try your hand at preparing a fabulous dip by combining this dill with the Greek yogurt, green garlic, and asparagus that you will find inside your box. Rinsing your dill in cold water, gently shake and leave on a towel for 10 minutes. Then chop at half-inch intervals and set aside. Mince up the green garlic - white stems, green flat-bladed leaves and all - and set aside. Steam some asparagus spears for 3 minutes, adding a dash of salt. Remove from heat and chop asparagus into quarter-inch lengths. With your chopping board full of prepped produce, spoon your Greek yogurt into a bowl and begin to add the chopped produce along with more yogurt at equal portions until you have blended the mixture to your desired consistency. Add salt and pepper to taste. Once you have nailed your flavor profile, scoop it into a container, and pack it into your backpack along

with the Seeded Sourdough Detroit Street Loaf that is also in this week's share. You're definitely gonna be in the yum business, while you're enjoying the Mother Nature business. Dip away my friends!

Keeping with the herb theme and a pungent green that's packed with allicin, next up we have **Organic Green Garlic** from [Country Valley Organic Farm](#) is a flat-bladed, green-leafed allium with a white stalk that is edible from head to toe, minus the root. Packed with allicin that is wonderful for overall health, specifically by preventing certain cancers and lowering blood sugar, cholesterol, and blood pressure. It also reduces inflammation, protects against infections and even helps your muscles recover after a workout. Perfect for our hiking adventure! The greens pair well when clipped with scissors over the top of a salad or into that savory Greek yogurt mix. The white stems are rather delicious when stir-fried in olive oil with some of the carrots that are also in this week's share. Pack your gum, you're gonna need it, because this pungent green garlic was picked fresh this morning. Maybe it will keep the mosquitos at bay on the trail today?

What's all the fuss with the fresh **Asparagus** from [Tantre Farm](#)? Um, no fuss coming from my direction besides it makes your pee stink..., but that's a good thing because it cleanses your liver, lowers your blood pressure, and is packed with antioxidants and a solid dose of folic acid. I've offered a cooked method above, but did you know you can eat this asparagus raw? Yep, freshly picked asparagus is very different from store-bought asparagus. It just needs a simple rise and then dip it away in that Greek yogurt mix above just like you would with the carrots that are coming up next.

Hey, is that a rabbit over there? What's up Doc? What's up are crunchy and juicy, **Organic Orange Carrots** from [Wayward Seed Farm](#). These beta-carotene laden, fiber-rich and sugary-sweet carrots are perfect for slicing and dipping with the Greek yogurt mix. Have a bit more prep time? Grate them and sweet pickle them in a brine so fine to enjoy in the sunshine.

Over the creek and away we go, amongst the trees on an apple hunt for some **Organic Honeycrisp and Evercrisp Apples** from [Almar Orchards and Cider](#). These apples pack a lot of nutritious stuff with absolutely no fluff. They are grown in lengthy rows in a grove a mere 3 feet apart, triple-canopied, and topping out at roughly 15 feet tall. The trees grow in a fungal network as one, and the fruits when growing organically tend to be smaller and denser in flavor. These apples will be the size of a baseball, but pack a grand slam dose of sugary, sweet juice that fights off heart disease and cancer, improves gut health and enlightens your taste buds, which produces a smile on your face. So place them in your picnic box and keep an eye out for the wily fox.

Wrapping up the produce in this week's share, we close things out on another sweet note with **Frozen Blueberries** from [Joe's Blueberries](#). These berries are no ordinary berries as they were picked at the height of the summer sun last year and flash frozen, locking away the rich vitamin K, powerful antioxidants that fight off free radicals and a paramount of natural sugars that are ohhh so good on our tiny taste buds. So what trail are we going down to serve these up one might ask? How about filling a jar with a layer of Greek yogurt on the bottom, followed by a layer of the Uptown Girl-nola that is also in this week's share and then a layer of these blueberries to rock a delicious DIY parfait. Now we are

tucking on down the trail right on into yumville!

Time for a break to enjoy the vista and to break out some bread with a light and luscious **Seeded Sourdough Detroit Street Loaf** from [Zingerman's Bakehouse](#). This sourdough loaf is composed of organic wheat flour, water, whole wheat flour, sea salt, sesame seeds, poppy seeds and fennel seeds and is beckoning for that fresh-made DIY dip explained above. Perfect for picnic sandwiches, it would also make a lovely companion served with any of the prepared foods that are coming up next.

We've already talked a lot about the fresh **Greek Yogurt** that is vegetarian and gluten-free from **Fluffy Bottom Farms**, but let's talk some more. Delicious and versatile, we have discovered ways to consume this calcium-dense yogurt in both a savory and a sweet context. This fine Greek yogurt is simple, yet complicated. Simple because it is composed of Michigan Calder Dairy Milk and Culture. Complicated, because it is full of live bacteria and yeasts that are extremely good for your gut, helping to boost your immune system and your energy levels, while exploring the trails and hunting for morel mushrooms perhaps. For a more on-the-go way to consume, why not prepare a mango lassi in advance for a tasty and filling drink that's sweet and refreshing on a hot day. Blend a cup of chopped ripe mango, with a cup of yogurt and a half-cup of milk. Add a little sugar or honey to taste along with an optional dash of ground cardamom and ice. Blend some more and you're well on your way to your happy trails.

Kicking off the prepared dishes, there's no better way than to give you the 'Boot' from Italy with a handmade-from-scratch **Gemelli Pasta Salad with Roasted Tantre Farm Asparagus** from [Silvio's Trattoria e Pizzeria](#). This seasonal dish is composed of Tantre Farm asparagus, green onions, basil, semolina and white flour, olive oil, vinegar and a secret Italian herb mix. It comes with Swiss cheese that is in a separate container. A delicious cold pasta salad that's made to be eaten whilst enjoying a beautiful view at the lake, prairie, forest or riverside. Alternatively, you could keep it at home for a post-hike snack and heat it up with the cheese and stir to a creamy consistency. The choice is yours, but I guarantee it will be satisfying either way.

Bringing along a ready-made salad for the ages, we urge you to pack [Juicy Kitchen's](#) notorious **Broccoli Salad** in your picnic. Notorious for being an absolute number-one fan favorite for several years running at Juicy Kitchen, this salad is sweet, savory, creamy, and crunchy. A little bit of everything that makes your taste buds sing and all the smiles come out. It is composed of broccoli, red grapes, red onion, sliced almonds, dried cranberries and carrots. These ingredients are mixed with a dressing composed of cashews, maple syrup, apple cider vinegar, and minced garlic. This cool, calm and collected salad is a picnic in a park all to its own, so eat responsibly and try to share it with your walking buddies.

Moving on, we present a **Tahini Sweet Potato Salad with Lemon-Garlic Dressing** that is vegan and gluten-free from [EAT](#). This sweet and savory sweet potato salad is composed of roasted sweet potatoes at its base, caramelized scallions, freshly minced cilantro and garlic, a solid splash of olive oil, tahini, freshly squeezed lemon juice, salt and pepper. This is a beautiful melody of a salad. Upon sampling, I had to have several rounds just to make sure I had the

flavor profile correct enough to write about it, wink wink. It's good. Real good. So scoop away in Saginaw Bay while you enjoy the adventures of the day.

Wrapping up the share this week, we close out this fool-proof picnic box on a slightly sweet and satisfyingly crunchy note with a serious granola mix that is the one, the only... **Uptown Girl-nola** from [Harvest Kitchen](#). This naughty, yet wholesome, granola is composed of Ferris Organic Farm rolled oats, organic sunflower seeds, organic cashew nuts, organic sesame seeds, organic coconut, Lesser Farms honey, organic canola oil, cherries, dark chocolate and cinnamon. Perfect for that DIY parfait mentioned earlier or for a hand-to-mouth snack, while you admire Mother nature at her finest. Granola up, buttercup!

As the sun sets and illuminates the fuzz of dandelion seeds blowing in the wind, rest assured you have a nutritious, delicious, and love-filled picnic share coming home with you tomorrow morning. Many local hands collaborated to prepare, source, grow, and assemble this local, in-season bounty, and we sincerely hope you enjoy every morsel, preferably outdoors in Mother nature, celebrating the glorious spring weather with loved ones. Whether that's out in the depths of wild terrain, on the shore of a lake, in a local park, or simply out on your back deck. The sunshine on your skin, the breeze in your hair, the birdsong in your ears, the lush foliage and flowers in your sights and this superb collection of fresh and healthy food in your belly will do you the world of good. Stay healthy and happy, my friends. Looking forward to seeing you at pick-up tomorrow. Eat well, be well, do 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, May 21, regarding Tantre Farm's Immune Booster CSA Share, Week 161, for pick up on May 27.

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 immuneboosterbytanre@gmail.com.

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