



Tantre Farm CSA Newsletter IMMUNE BOOSTER Week 162 Share – June 3 2023

Hello Fellow Locavores,

Welcome to the Immune Booster Week 162 "Asian Fusion" Share Newsletter and menu breakdown. As always thank you for signing up to support not only us here at Tantre Farm, but all the other food purveyors who contributed to this week's offerings. With your continued support, we continue to invest in all sorts of local farms, bakers, restaurants, and artisanal makers each and every week. The diversity is far and wide here in southeast Michigan, and we look high and low for folks doing things the local way with locally grown food. We are always looking for more local talent, so if you have some local food businesses or farms in mind that you would like to see featured in the share, just simply reply to this newsletter and tell us what you love about them. But for now, we have our hands full with this week's colorful and extra healthy menu, so let's get ready to moon boost our way to better health with this diverse collection of nutritious food.

Three, two, one... We have lift-off with **Lettuce** from [Goetz Greenhouse and Farm](#) to cool us down in the pre-summer heat with this water-laden treat. This robust, field-grown lettuce is sure to hydrate you on these sweltering days ahead and nourish you with calcium, potassium, vitamin C and folate. So get your salad bowls ready, because the rest of the produce in this week's share can be piled high atop these fine leafy greens.

While we are already here at [Goetz Greenhouse and Farm](#), down south in Riga, MI, let's grab some fresh-cut **Bok Choy Bunches** to fill in this Asian Fusion feast from the Far East. The Goetz family-run farm has been in operation since 1905, and in the 1970's transitioned over to full lines of diverse produce. Needless to say, they have plenty of experience in developing their crops and constantly strive to better their practices with each growing season. We are delighted to feature their produce year around in our share and will continue to do so throughout the outdoor growing season as their produce develops in this warm sunshine. This Bok choy is best chopped into one-inch chunks of leaves, stems and stalks. The whole veggie is edible besides a thin slice at the base where the tap root was attached. Stir fry into a noodle dish like chow mein or Pad Thai, sauté into a fried rice, or gently sauté on its own with a splash of soy sauce and a sprinkle of roasted sesame seeds. It's super light and tasty all round so get creative, you can do it!

Riding shotgun to both of the Goetz leafy greens this week, we have a pleasant **Pea Shoot, Sunflower Shoot or Broccoli Microgreen Lottery** that are crisp and full of a wide range of nutrition from [Garden Works Organic Farm](#), right here in Ann Arbor. In your share you will receive one pack of any of these fine greens listed above. These organic shoots and microgreens are soil-grown inside a canvas hoop house and go from seed to plate in roughly 20 days, give or take a few. They would be a lovely companion to add to the lettuce greens or made into a stand-alone salad by themselves. My daughters eat them right out of the container as a hand snack and my favorite way to consume them is to clip them with scissors over a fried egg or two. That sweet pea, savory broccoli, or nutty sunflower flavor with the savory yolk is a winner every time, so give it a whirl if you consume eggs. One final note - No matter which green lands in your box, they should be consumed within the first three to five days of getting your share for optimal health benefits before the plants begin to respire. So make haste, we don't want all those nutrients to go to waste!

Sitting somewhere in the middle with the cat and the fiddle on this moon booster mission, we have gone coo coo for greenhouse-grown **Cucumbers** from [Jacob's Fresh Farm](#) based out of Dexter MI. This super, early season, pre-summer delight is full of crunch in every bite which is what we like. Since we like to raise the bar, let's say cheers to the Cucurbitaceae family that these electrolyte-laden cucumbers come from, and slice them up for that salad mix, toss them in a stir fry, or simply slice and enjoy as a hand-to-mouth snack on a hot, late spring day. Hooray!

Next to the 'cukes', we have some spritely and zesty **Organic Green Onion Bunches** from [Country Valley Organic Farm](#), right here in Ann Arbor. These fine alliums are packed with powerful antioxidants to keep the lurgy at bay and the heart pumping the right way. These alliums pack an elixir of heart-healthy and cancer-fighting agents and can be consumed raw or cooked. So dice them up and toss them on that salad, BBQ them whole on the grill, or add them to any savory soups, stews, or sandwiches. You'll be glad you did!

Rolling right along, next up we have some pastel **Purple Bacchus Radish Bunches** from [Tantre Farm](#) in Chelsea, MI. These fine, little tubers go from seed in the ground to sliced on your salad in roughly 26 days. Pretty amazing turnaround for these calcium and potassium-rich tubers. They have a crisp texture for that extra crunch with a mild sweetness and a light zest. Not a fan of raw, sliced radishes? Try steaming them whole or add them whole to a crock-pot dish. They will be much milder, softer and a nice addition to any savory meal, including soups and stews. Or get radical with your radishes and use them up in a quick pickle. The possibilities are endless.

Closing out our fresh produce for this week's share, we feature **Asparagus** from [Tantre Farm](#). Asparagus is a majestic month-of-May crop and with the current heat and dryness it is slowly fading away so why not give it another whirl before it's gone for the season. The spears dramatically emerge from the soil in the warmer spring days at a rate of up to 7 inches in one day under optimal growing conditions!! Asparagus 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. The best way to use up this healthy bunch of asparagus this week is to add it to a stir fry

with all the other zesty and savory produce. Quick and easy and mighty nutritious!

Leaving the Earth and its bounteous crops behind, we make our way into the kitchens for our first prepared food in this week's menu - a **Sesame Sourdough Loaf** from [Raterman Bread](#) in Ann Arbor. This fine loaf of bread has a real savory and nutty mouth-watering flavor that invites you for just another slice or two for the bread-lover in you. This golden, roasted loaf is composed of flour, water, salt, toasted yellow and black sesame seeds and is freshly baked into the late hours of Friday afternoon to ensure ultimate freshness when you pick it up the following morning along with your share. This loaf of bread is the perfect dance partner to complement all the prepared foods that are coming up next, so get ready to slice, swipe, and swirl those salads and curry bowls clean.

Time to boost things up a bit with a popping brilliant **Vietnamese Orange Noodle Dish** that is vegan and gluten-free from [Ginger Deli](#) in Ann Arbor. This traditional and common, street food dish can be found throughout Vietnam and is a popular dish that can be consumed on the go. It is composed of rice noodles, tomatoes, purple cabbage, tofu, garlic, onion, green onion, shallot oil, sesame seeds, red pepper flakes, sea salt, black pepper, Michigan maple syrup, lime, and fresh turmeric. Quite the mix of nutritious and delicious ingredients that will leave you hankering for more which is what Ginger Deli is all about. Slow, layered up cooking. If you have not been to their downtown restaurant location, I think that after you have this dish you will be wanting to explore what other mouthwatering savory delights they have on the menu. So check them out and tell the staff that Ryan from the Immune Booster sent you.

For round two of the delicious savory dishes, we set our sights on a **Tofu Pallao Dish with Mixed Vegetables** that is vegan and gluten-free from [Earthen Jar](#) in Ann Arbor. This colorful and boldly flavored Indian dish is composed of rice, tofu, peas, carrots, corn, tomato, onion, canola oil, salt, turmeric and mixed Indian spices. Serve with a do-it-yourself salad from the produce in this week's share, and if you just can't get enough, pay a visit to Earthen Jar's downtown Ann Arbor location for a takeaway, or pick up meals to go from Arbor Farms Market on the west side of Ann Arbor. They have so many tasty dishes to offer.

Round three of the savory, we cap things off with a beautiful vegan and gluten-free dish from [Basil Babe](#). A traditional **Green Thai Curry with Tofu and Mixed Vegetables** that is composed of coconut milk, Thai green curry paste, fried tofu, peas, eggplant, zucchini, peppers and basil. With a little zest of heat, this dish is best served with a rice of your choosing. Add a DIY salad or stir fry, and you're in the yum business for a complete and healthy meal. Head on over to Basil Babe's new restaurant in Ypsilanti for a meal any day of the week to get your Thai food fix. The menu rotates slightly each week with new and old fan favorites. You are guaranteed a fun and fresh vibe, with Thai, the owner and chef always present and full of great energy that shines through in the food she proudly serves.

Closing out this week's share, we feature a **Strawberry Kombucha** from [Urbanrest Brewing Company](#) in Ferndale, MI. This fine kombucha is composed of fair trade, organic black tea from Arbor Teas, organic Michigan beet sugar, filtered water and scoby culture, all re-fermented with Michigan grown, organic strawberries. This strawberry-infused beverage has been a popular hit at the

Food Hub Market on Saturdays at the Immune Booster pick-up for many weeks, and although strawberry season is just about to begin in the next week or two, let's celebrate it a bit early to get the wheels in motion! This is a healthy elixir of pre and probiotics and a tasty thirst-quencher, so drink up and give yourself a nice dose of immune-boosting properties to boot and if your pickup location is the Food Hub, then come inside and grab a few more cans for the rest of the family to enjoy.

As the Immune Booster share comes to a close for this week, we are grateful for each and every one of you. We hope you enjoy the contents of this share. We are also thankful for our prepared food partners and local farmers who joined hands to build this flavorful, nourishing and creative box of food. With this share, your hard-earned dollars voted for local, in-season produce and prepared foods, and eliminated thousands of fossil fuel miles. By no means is this share carbon neutral, but it is a great first step in supporting local food systems, reducing our carbon footprint and food packaging waste. As we develop these shares each week, we think of Mother Earth and the ways we can promote a healthier environment and a healthier you. It is important to create a brighter and more sustainable future for us and our generations to come. We leave you with much gratitude and look forward to seeing you at the Immune Booster pick-up this Saturday morning.

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, June 4, regarding Tantre Farm's Immune Booster CSA Share, Week 163, for pick up on June 10.

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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