



Tantre Farm CSA Newsletter IMMUNE BOOSTER Week 168 Share – July 29, 2023

Hello fellow Locavores,

Welcome to the Immune Booster Week 168 Newsletter and thank you for signing up to support this community-building CSA share. This week we joined hands with nine local farms and food businesses. Some of the farms also provided the produce for a majority of the prepared food dishes offered in this week's share. So we are in the cross pollination business and building on this circular food economy one step at a time. It's a beautiful thing to see other businesses working together to support each other and then having wonderful patrons like you sign up to support them all. It's a feel-good narrative for all the right reasons, which will only grow stronger roots as this local food project evolves. With this week's share, we turn the page and evolve with some height-of-summer produce that can easily be braided through to accompany the prepared foods for complete light, fresh, and nutritious meals. We also have a brilliant, sweet treat from a new partner to the Immune Booster project this week to cap off this share of plenty on a scrumptious note! So it's time to hop aboard this moon booster mission, and take a little ride around town to see what the current local food scene looks like.

Kicking up dust and knocking off the rust, our first stop is right here in Ann Arbor to pick up some primo **Organic Red Leaf Head Lettuce** from [Green Things Farm Collective](#). This field-grown and crisp leafy green is full of water to keep you hydrated on these sweltering summer days. Fill your salad bowl day after day next week, topping up the lettuce greens with all the other produce included in this week's share. Green Things Farm Collective is located on the northside of Ann Arbor with an onsite, self-serve farm store that is currently open 7 days a week. They also sell their goods in the Kerrytown Farmers Market in downtown Ann Arbor on Wednesdays and Saturdays, so pop on by and see what other amazing produce and dry goods they have to offer.

Keeping with the leafy greens, we head about 5 miles east of Green Things Farm Collective to pick up a spritely bunch of **Organic Rainbow Swiss Chard** from [Country Valley Organic Farm](#). These lush greens and vivid stems will range in color from red, orange, purple, yellow and white. The stems are completely edible, so don't waste them. The leafy greens would serve well mixed up with some of the lettuce mentioned above for a more comprehensive salad base.

The greens are also great cooked in omelets and added to pasta dishes. Incorporate the stems into soups, bean dishes or stir fries for a colorful fiber boost. If your pickup location is the Food Hub, we offer some of Country Valley Organic Farm's produce on our market tables on Saturdays, so just ask me which produce items are theirs, and I'll gladly point them out to you.

'On the road again. Just can't wait to get on the road again'. The life I love is making new farmer friends... Sing it Willie! Well, this ride is short, because we are only heading about 30 minutes west out to Chelsea MI to collect the next few staple produce supplies for the share from [Tantre Farm](#). This week we get started with a nice bundle of field-grown **Leeks**. I may be biased (my wife is from Wales), but I love leeks! Simmered down in butter or oil until tender, with a dash of salt. From there you can go into a base for a quiche, potato and leek soup, add this reduction to a lasagna or pasta sauce or in bean soups, chilis or stews. These non-leaky leeks are chock full of powerful antioxidants like polyphenols and sulfur compounds which equates to them being really good for you.

Since we made the trip out this way already to [Tantre Farm](#), let's make it worth our while and swoop up a bag of **Satina Gold Potatoes** to accompany your potato and leek soup dreams. These first-of-the-season spuds are loaded with a full spectrum of nutrition that our anatomy needs to function properly. From proteins to fiber, to vital nutrients and trace elements, these superfood spuds have got you covered. So fry them up, mash them up, roast them, BBQ them, boil them, bake them, potato salad them... the list goes on and on and on. You can do it!

Over the hills where the cows graze and around the bend, we come to the **Sweet Goddess Banana Peppers** patch at [Tantre Farm](#). These peppers were picked by a Peter, but not a Peter Piper, so I'd suggest you pickle these Peter-picked peppers proper for a sweet pickled pepper. Now read that again really fast three times! Ha! Most folks associate these yellow banana wax peppers as a hot pepper, but these peppers are mild. You may get a little heat here and there, but we are talking very low BTU properties here, folks. Outside of the pickling, these peppers would serve well grilled whole on a BBQ, fried up whole or sliced in a skillet until slightly blackened, and the walls begin to collapse. Add them as a side dish to accompany any of the prepared foods offered in this week's share and you're in the yum business for sure. Tantre Farm has been in business for about 30 years, and they sell their produce at the Chelsea Farmers Market on Saturdays and the Kerrytown Farmers Market on Wednesdays and Saturdays. Tantre also sells a wide range of produce at the Washtenaw Food Hub, where many of you pick up and are huge contributors to Argus and Agricole respectively. So seek our hard work out and see what you may or may not have been ah missing.

After a few high fives and a quick farewell, we are once again on our way down the dusty back roads heading south and east just slightly to pick up the first **Bi-Color Sweet Corn** of the season from [Goetz Greenhouse and Family Farm](#) down in Riga, Michigan. In your share, you will get six sweet and juicy ears of corn to roast up on the BBQ or gently boil for a few minutes. If you boil the corn, then get your water to a rolling boil with a little salt added. Boil the corn for two to three minutes. This corn was picked yesterday and is fresh off the stalk so it will be full of good, sweet nectar and nutrition for this IB Mission. So chomp on down the

line like a typewriter and then back again while it dribbles down your chin. I see you! One last note about Goetz is they are a high crop production and succession planting farm similar to Tantre in diversity and longevity. They have plenty of skin in the game and Karlene is the matriarch of this deep-rooted farm and a guru in everything farming. Her sons run the farm alongside her, and Karlene is the face of their market stand in the Kerrytown Farmers Market on Wednesdays and Saturdays, so pay her a visit and let her know you got her corn in the Immune Booster share. She would be elated.

Closing out the produce in this week's share, we go out on an antioxidant boost with a pint of **Blueberries** from [Kapnick Orchards](#) in Britton MI. These hand-picked blueberries are a serious labor of love to gently pull off the plants several at a time, pint by pint, flat by flat. The Kapnick crew can pick upwards of 100 sixteen-pint flats a day for a solid 6 to 8 weeks depending on the season and the plant's yields. That's some serious blueberries there, folks! These blueberries would serve well as a hand-to-mouth snack while out taking a hike along a lake shore, in your pancakes or cereal, sprinkled across your salads or made into muffins for the ages. So get to getting on and get your blueberry on with these fresh picked berries that will soon be at the end of their season in the coming weeks. If these berries leave you keen for more, then head out to the Kerrytown Farmers Market on Wednesday and Saturday to get round two or head to the Northville Farmers Market on Thursday morning for a change of scenery and tell Jaison, the young man with a few tattoos that Ryan from the Immune Booster sent you. He would be stoked to hear that!

Pivoting away from the produce and into the prepared foods this week, we kick things off with fresh baked **Pita Breads** from Boulangerie Shorook Bakery in Dearborn MI. This 10-pack of pitas is composed of enriched flour, water, sugar, yeast and salt and is best served warmed up and filled up with some of the prepared foods and fresh produce in this share. Well, we made that pretty easy for you! So wrap up a bunch of lunch, shawarma style, and taste the 'local' difference. You'll be glad you did, and if you're ever out in Dearborn make sure to stop by and visit this bakery. They have quite the spread of savory and sweet, Middle Eastern style foods for every palate and then some.

Heading back into Ann Arbor, we come to our next prepared food on the menu - a **Mama Houria Carrot Spread** that is vegan and gluten-free from [El Harissa](#). This colorful and extremely healthy spread is composed of seasoned and roasted Tantre Farm carrots, olive oil, lemon juice, harissa peppers, spices, kosher salt and garlic and would serve well with that pita above with a little rip and dip action. El Harissa has North African roots in Morocco and almost all the dishes this quaint and charming café offers are influenced by this part of the world. They follow the rhythm of slow, layered up, home-style cooking and you really can't go wrong with anything you order off their menu. This carrot spread is a gateway for you to open and explore, and if this leaves you hankering for more, take a little trip to the northwest side of Ann Arbor for round two. It's worth the trip!

Now that you have the pita and a carrot spread, all you need is a **Garbanzo Salad** from [Exotic Bakeries](#). This hyper-local dish is composed of garbanzo beans, lemon, cumin, tahini, salt and a nice spread of local and in season produce that includes cucumbers, red onion, radishes and garlic. Exotic Bakeries has Syrian roots and is a second-generation café on the northside of

Ann Arbor. Tamara the owner and head chef at Exotic Bakeries learned the trade of her Syrian roots via her mom who started the bustling business almost 30 years ago and has since retired. Like El Harissa, Tamara takes her time making these traditional and highly nutritional foods for her deli displays with a slow hand cooking method. Food that is layered up, allowed to rest and expand the full flavor shows in each and every bite. So pay her a visit and become one of her devout customers. She has a ton of them on a first name basis, and this is a spot you don't want to sleep on.

Wrapping up the savory for this week's share, we go out with a bang, while we do our Immune Booster and Basil Babe thang with a **Thai Yellow Curry with Tofu and Mixed Veggies**. [Basil Babe](#) is a mother-daughter duo from Thailand, and they pride themselves on traditional Thai rice and noodle dishes, dumplings and crab rangoons to highlight a few of their most popular items. This week's yellow curry dish is cooked the traditional way with a long slow simmer, and is composed of coconut milk, yellow Thai curry, fried tofu, onions, bell peppers, zucchini and pineapple. Basil Babe has recently opened up a brick-and-mortar restaurant in Ypsilanti by the infamous Ypsi water tower and continues to participate in all sorts of pop-ups around town at places like York and Homes Brewery. If you plan on attending a pop-up, get there early and order right away. They have a large following with huge turnouts for their food, and you will see why once you have tasted this authentic curry dish. Not into the pop-up scene? Then take yourself out or bring along some loved ones and hit up the restaurant for a beautiful, sit-down meal you soon won't forget.

Closing out the share this week, we go out with a serious bang of yum with a **Blueberry Cheesecake Slice** from [EK's Cheesecakes](#), based out of Ypsilanti, Michigan. This mouth-watering cheesecake is composed of cream cheese, honey, graham crackers, Kapnick Orchards blueberries, unsalted butter, light brown sugar, flour, eggs, heavy whipping cream, pure vanilla extract, Fustini's cara cara vanilla bean balsamic vinegar. As you see a lot of naughty with a lot of nice going on here, and this is just the tip of the iceberg. Eric has been in the cheesecake business for quite a while, building his brand, making interesting and diverse cheesecakes and offering them around Ann Arbor and Ypsilanti at pop-ups and restaurants, as well as home deliveries. Eric is game to support local food systems, and it's super cool to see him featuring Kapnick Orchards blueberries in this week's slice. Do you have the mad skills to pay the bills and replicate your own cheesecake-making skills with the fresh blueberries in this week's share? Maybe you could do it the easy way and order one from EK's Cheesecakes and get it delivered instead. Hop on his social media accounts and see what his weekly offerings look like... they're impressive!

As you ride off into the morning summer sun after collecting your share, I hope you reflect on this newsletter and how much love and effort went into making this all come together. It's amazing what we can all do when we work with our neighborhood farmers and restaurants supporting the in-season narrative. The goal of sustainability, less fossil fuels miles on our food, and a circular budding economy is achievable, and it's just the beginning. We have much more to do here in this space, and we will with your encouragement and continued commitment to buying these shares, either as part of your weekly staple or once in a while as a treat. On behalf of all the farms, restaurants and bakeries featured this week, we thank you for turning out and voting with your hard-earned dollars to support local food. We look forward to seeing your smiley

faces this Saturday at both pick up locations, and we hope you have a wonderful weekend.

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.

A reminder that our next email will be on Sunday, July 30, regarding Tantre Farm's Immune Booster CSA Share, Week 169, for pick up on August 5. Hope that you enjoy this burst of local, seasonal food!

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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