



Tantre Farm CSA Newsletter IMMUNE BOOSTER Week 169 Share – August 5, 2023

Hello Fellow Locavores,

Welcome to the Week 169 Immune Booster Newsletter, and thank you for joining us on this local food mission. This week we have a splendid menu lined up, serving fresh height-of-summer produce and healthy prepared foods that are 'Powered by Plants' from our local farms. It is a box full of clean, wholesome food that is good for your body and good for your planet, and supportive of our local and sustainable food systems, which is good for all. As the summer rolls along, we have plenty of farm fresh produce to come out of the fields in the weeks ahead and many creative chefs awaiting their arrival to make scrumptious dishes. So let's take a ride around town and the surrounding area to see what exactly is coming home with you this Saturday morning...

Upon opening your share, you will be greeted by a robust head of **Organic Green Leaf Lettuce** from [Green Things Farm Collective](#), based out of Ann Arbor. This field-grown lettuce will be succulent, packed with vital nutrients and ready for those DIY salads throughout the week. Pile on the other produce items offered in this week's share, and you'll be in the yum business with plenty of delightful summer salads to enjoy.

Heading out west from Ann Arbor, our next stop on the moon boost mission is out in Chelsea at [Tantre Farm](#) to pick up a slew of in-season - for all the right reasons - fresh produce items. This week we scoured the Tantre Farm fields and harvested up bushels of **Green Bell Peppers** that would be great for stuffing and roasting, summer **Cipollini Onions** that would be great for caramelizing or serving on the salads, **Orange Carrots** for roasting on the grill, a **Green Bean Mix** of yellow, purple or green beans and a yellow-fleshed, super-sweet **Watermelon**. This bounty from Tantre Farm took many hands on deck to start the seeds, plant in the earth, weed, cultivate, water, harvest, wash and pack just for a share like this. With this mix and match of produce to cook or eat raw, the possibilities are endless. So slice and dice these veggies for those salads, make your own stir fry, cut up the produce for a picnic at a local lake or serve at your backyard cookout. You know what to do and especially don't forget to top it all off with a few juicy succulent watermelon slices.

Closing out the produce menu on a sweet note, we have incredibly sweet and

juicy table **Cherries** from [Kapnick Orchards](#), located in Britton, MI. These cherries have a short window of harvest – maybe three to four weeks if the weather cooperates and the birds and insects don't wreak havoc on them. They're simply irresistible and in their prime at the moment. Seeking them out in the Kerrytown Farmers Market should be on your bucket list before they are gone until this time next year. These small stone fruits are a nutritional powerhouse and are extremely good for your heart and regulating blood sugar levels. They are packed with essential vitamins and minerals that soothe sore muscles as well as your taste buds. So cherry up, buttercup, and gobble them all up. Your inner economy will thank you.

Making our way back to Ann Arbor, it's time to pick up a block of **Extra Firm Tofu** from [Rosewood Products Inc.](#) This fine block of tofu is composed of filtered water, stone ground whole organic Michigan soybeans, nigari and additional sea minerals. It is processed in-house at Rosewood and packaged up for a share just like this one. I figured we gave you enough produce in the share to give this tofu plenty of options for a starring role in some DIY stir fries, curries and fried rice, or simply brined, marinated and then cooked in oil. There's a billion and one ways to use up this tofu so find a recipe that suits your fancy and get after it!

Kicking off the prepared dishes this week, we really embrace the locally sourced, plant-based narrative with a **Sweet Ginger Tofu and Vegetable Stir Fry** from [Harvest Kitchen](#). This in season dish is composed of Rosewood tofu and Tantre Farm veggies that include broccoli, carrots, bok choy, onions, peppers, garlic and green onion. It also has tamari, sesame oil, corn starch, cumin, cilantro, chili, brown sugar, rice vinegar, salt and pepper. So get the rice cooking and get the DIY salad chopping underway for a complete and easy, plant-based meal.

Next up, we have a delicious **Rajma Chawal** dish from [Earthen Jar](#). This somewhat spicy, layered up and slow cooked rice dish is composed of kidney beans, rice, tomato, onion, canola oil, salt, turmeric and mixed Indian spices. A perfect companion for some steamed green beans and carrots and a thick slice of watermelon for lunch on the go, if you feel my flow. So don't be shy and serve up a healthy dose of feel-good food with this authentic dish.

Closing out the savory on this week's plant-based showcase, we have a slow simmered, layered up, local delight that is called **Eggplant Stew** from [Ayse's Turkish Cafe](#). This dish is cooked on slow for up to 6 hours to really let the flavors meld into a mouth-watering stew. It is composed of eggplant, bell peppers, onion, tomato and garlic all from the Kerrytown Farmers Market. It also has Turkish hot peppers, olive oil, salt and pepper. Ayse's takes pride in sourcing local and serving seasonal dishes. We are grateful they are on our team and showcasing a unique dish that is sure to please. Serve with a DIY salad and some of the rice dish mentioned above. Bon Appetit!

As this week's menu breakdown comes to an end, we have one last item that you definitely don't want to miss – a cheerful **Cherry Crisp Chocolate Bar** that is vegan and gluten-free from [Harvest Chocolate](#), based out of Tecumseh MI. This beautiful and healthy chocolate bar is composed of organic cocoa beans, organic cane sugar, gluten-free sprouted oats, brown sugar, Michigan cherries, olive oil and sea salt. Sustainable sourcing is at the root of Harvest Chocolate's

business, so much so that they have visited most of the chocolate farmers in their respective countries to see first-hand where their chocolate is being grown, how it's cared for and making sure that it's a fair-trade product that doesn't involve clear-cutting rainforest or slave labor. It's the right thing to do and even if it costs a bit more, the relationships with direct access to the farmers and building a friendship is a way forward to sustainability. So with that note, marvel in the wholesome goodness this unique and flavorful chocolate bar has to offer. If your pickup location is the Washtenaw Food Hub, we will have extra bars and snacking chocolates for sale in the retail space so come on in and grab a few extras.

Wrapping up the newsletter this week, we thank you once again for supporting this local food project and keeping this Immune Booster mission alive and thriving. Your continued support spreads commerce into our local food community of growers and chefs, which encourages these businesses to grow. As the world strives for sustainability and carbon reduction, this share has deep roots in those values, and we intend to keep our menus braided throughout our community of local food purveyors. As a community, we will continue to support each other, raise the bar on local in-season food awareness and reduce our own carbon footprint on how we collect the goods for these shares, how we pack them, and how we encourage the reuse of our packing materials. Only good things can come when we work together with shared goals and a cohesiveness that brings us all to the same table for these Immune Booster shares. We hope you enjoy this beautiful box with loved ones as the summer sun shines bright, and we look forward to seeing you all at both pickup locations 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](https://www.instagram.com/immuneboosterbytantrefarm) or [@tantrefarm](https://www.instagram.com/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, August 6, regarding Tantre Farm's Immune Booster CSA Share, Week 170, for pick up on August 12. 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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