



## Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week ) Share

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>

Don't forget to keep an eye out for our next email on April 4 regarding Tantre Farm's Immune Booster CSA Share, Week 54 for pick up on April 11.

All the best,

Ryan Poe and the talented Tantre Crew

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Booster page

Buenos Tardes Locavores,

Welcome to the Week 57 Immune Booster CSA Newsletter. As always, we thank you for signing up! The Immune Booster CSA is a collaborative effort each

week, working together with local farms, restaurants and artisans that we are so blessed to have in our community. This week we are excited to offer a colorful fiesta of a share in celebration of Cinco de Mayo. Also known as the Battle of Puebla Day, Cinco de Mayo is a holiday celebrated in parts of Mexico and the United States in honor of the Mexican army's 1862 victory over the French forces of Napoleon III during the Franco-Mexican War. Contrary to popular belief, Cinco de Mayo is not the same as Mexican Independence Day, which falls on September 16. The prepared food featured in this share highlights the colorful cuisine of Mexico, as well as Latin America. This share also delivers the regular weekly abundance of wholesome and nourishing produce to keep your immune system healthy and thriving. So let's delve into the details of this week's share of plenty. Vamonos!

Empecemos esta fiesta! To get the party started, we get things popping with organic Lechuga or **Lettuce** from Sell Farms and Greenhouses. This sprightly, colorful lettuce is packed with iron and folate as well as water to keep you hydrated on these warmer spring days. So toss it up like a rock star and serve up some cool spring greens in a taco salad to pair up with this Latin-themed share.

<https://www.sellfarmsandgreenhouses.com/>

Need a little bling bling on top of that salad? Look no further than Rabano Daikon or **Daikon Radish Microgreens** from Garden Works Organic Farm. These lean and ever so healthy microgreens are antioxidant rich. In fact, of all the microgreens on the market, Daikon Radish microgreens in particular have the highest levels of vitamin E, which is one of the body's primary antioxidants. Also packed with vitamin C and many other highly beneficial nutrients, these babies are sure to give your immune system a cracking boost. For full nutritional benefit, they are best consumed within the first three days after picking up your share and can be incorporated into or garnish any dish. Try them in your tacos, burritos, or sprinkled on a Mexican pizza. Hint hint.

<https://www.localharvest.org/garden-works-M5602>

Running with the theme, let's get into some more green with an organic Repollo or **Green Cabbage** from Wayward Seed Farm. Cabbage is a nutritional jack of all trades. It is good for your heart, contains cancer fighting properties, reduces inflammation and improves your digestive health. It is loaded with vitamin C for healthy hair, skin and nails and for boosting immunity. It also contains vitamin K for optimal brain health and strong teeth and bones. Cabbage can be cooked or consumed raw, so try your hand at some Baja fish tacos with shredded cabbage on top or take it a step further and have a go at making a Curtido, which is a Central American slightly fermented cabbage dish. Pilar's Tamales, featured in this share and coming up shortly in this newsletter, serves up a wonderful Curtido. Just a tip!

Back by popular demand, we have a hefty serving of organic La Papa's or **Potato Mix** that includes red, gold and sweet potatoes from Wayward Seed Farm. Sweet and regular potatoes are native to parts of Central and South America but are now a staple superfood eaten worldwide. Both varieties are tuberous root vegetables, but they are only distantly related, differing in appearance and taste, and offering different nutrients. Both types of potatoes are rich in fiber, carbs, and vitamins B6 and C. White potatoes are higher in potassium, whereas sweet potatoes contain more vitamin A. This colorful potato mix is perfect for Mexican-style potato tacos! Either cube, season and

fry your potatoes or boil, mash, season and then fry. Toss the cooked potatoes in the tortillas and load them up with your favorite toppings, this will surely get things popping!

Wrapping up this week's produce from Wayward Seed Farm, we decided to throw a curveball into the share with organic Chirivia or **Parsnips**. Parsnips are an excellent source of many important nutrients, packing a hearty dose of fiber, vitamins, minerals and antioxidants into each serving. Add a twist to those potato tacos and mix in some roasted parsnips. My suggestion would be to peel, cube and par boil them for 7 to 10 minutes and then roast them in an oil of your choosing at 450 degrees on a baking sheet for 20 minutes or so. The key here is to stir them up every 5 minutes to crisp up the outsides, leaving a creamy, smooth texture inside. Yummmmyyyy.

<http://waywardseed.com/>

Pivoting over to Second Spring Farm, we invite some organic Amarilla Cebollas or **Yellow Onions** to the party. A staple to so many savory dishes, including most Mexican dishes, onions provide the base broth to soups, stews, moles and pipians. They can be grilled, pickled or diced and thrown on tacos, tostadas, enchiladas, tortas or empanadas. Onions are nutrient dense, loaded with antioxidants that fight inflammation and promote heart health, and contain cancer-fighting compounds. Great for your taste buds and for your body - a win-win on all counts!

Next up from Second Spring Farm, we have organic Rojo Chalotes or **Red Shallots**. A sibling of the onion, and similarly aromatic and pungent, the shallot belongs to the Allium family. Shallots pack a huge nutritional punch and provide a vast array of important health benefits, from

enhancing brain function, improved blood circulation, allergy symptom relief, nourishing the heart, and antiviral properties that keep infections at bay. These zesty little tubers are bursting with flavor and a little bite of spiciness. A tasty way to consume these shallots is to slice them in quarter inch rounds, sauté for 4 to 5 minutes in butter or oil and toss them onto the Harvest Kitchen rice dish that will be explained shortly. Muy delicioso!

<https://secondspringfarm.net/>

Our final produce item for this week's share ends on a sweet note with organic, fire-engine **Red Enterprise Apples** or Rojo Enterprise Manzana's from Almar Orchards and Cidery. Delicious and nutritious, these apples have dense, juicy flesh, are super crisp and perfectly sweet. Munch on red apples regularly for a wide variety of health benefits, from strengthening your immune system to averting asthma. They can be eaten raw and fresh, or used for cooking and baking. Whatever you decide, these apples are sure to please in the cool spring breeze.

<https://www.almar-orchards.com/>

You can't have a Mexican fiesta without some sort of beans, so we sourced for you the best organic Frijoles Pintos or **Pinto Beans** from Ferris Organic Farm in Eaton Rapids, MI. These pinto beans were grown, dried and processed on Ferris Organic Farm, which has been in operation since 1837! Let's see, this organic farm began its first season of crops about 140 years before I was even born! Fast forward to today, and they are still selling out every year. Why? Because

their products are grade A for awesome! Pinto beans are the most popular dried beans in the United States and frequently used in Mexican cuisine. Extremely nutritious, they are also one of the finest alternative vegetarian protein sources. In addition to protein, pinto beans are an excellent source of fiber, vitamins, minerals and antioxidants, providing many health benefits, such as improved blood sugar control and heart health, and a lowered risk of chronic disease. When cooked without salt or other additives, pinto beans are free of cholesterol and low in fat and sodium. Soak these beans for up to 8 hours, gently simmer for a few hours and serve. They will pair like a match made in heaven with all the prepared foods featured in this share. Perfecto!

<https://www.ferrisorganicfarm.com/>

Need a local chip to scoop those pinto beans? Better yet, maybe prepare some nachos with **Tortilla Chips** or Chips De Tortilla from Aunt Nee's. Made in Detroit with non-GMO Michigan-grown corn, these delicious chips have four simple ingredients: two types of corn, purified water and sea salt. They are lightly salted and a perfect finger food for our Cinco de Mayo fiesta. Tengo hambre... Vamos a comer!

<http://www.auntnees.com/>

More dip for your chips on the way with **Fire Roasted Vegetable Salsa** from Juicy Kitchen. This mouthwatering salsa is vegan and gluten-free and is composed of tomatoes, onions, poblano peppers, olive oil, garlic, jalapeno peppers, cilantro, lime juice, salt and crushed red peppers. It's mildly spicy and fits the bill perfectly with the other prepared foods in this Cinco de Mayo box. So scoop some on your nachos, tacos, burritos or even Pilar's tamales for an additional burst of unforgettable flavor.

<https://www.juicykitchen-a2.com/>

Serving up the star of the show, we are elated to welcome back Pilar's Tamales with a 3-pack of vegetarian **Tamales**. In your share, you will receive two Michigan-grown black bean and cheese tamales and one jalapeno and cheese tamale. The black bean and cheese tamales are composed of corn flour masa, canola oil, black bean broth, colby cheese, monterey cheese, mozzarella cheese, Michigan black beans and white rice. The jalapeno and cheese tamale is only mildly spicy at best and is composed of corn flour masa, canola oil, vegetable broth, colby cheese, monterey cheese, mozzarella cheese, fresh jalapeno peppers, garlic powder, onion powder and salt. To reheat the tamales, remove the foil but keep them wrapped in the parchment paper. Place on a plate and microwave for a minute or two. Unwrap them from the parchment paper and consume. Hermosa!

<https://www.pilarstamales.com/>

How about some tasty sides to round out the tamales? Ginger Deli offers up a **Mexican Stuffed Bell Pepper with Rojo Sauce** that is vegan and gluten-free, and fits the bill just right. This stuffed pepper is composed of a single roasted bell pepper that has been stuffed with an outstanding mixture of fresh onion, garlic, black beans, the Brinery tempeh, agaricus mushroom, king mushroom, wild rice, olive oil, chili powder, paprika, cilantro, green onion and a Mexican seasoned tomato sauce blend to hold it all together. This divine stuffed pepper is the real deal and looks amazingly appetizing on your plate with the tamales. I had a sample or two just to make sure it was tasty enough for you. Wink wink!

<http://www.gingerdeli.com/>

Another fantastic side to pair with the tamales is a **Mexican Style Rice** from Harvest Kitchen, also vegan and gluten-free. This dish is composed of basmati rice, carrots, peas, peppers, black beans, corn, guajillo peppers, cumin, oregano, mint, olive oil, salt pepper. This simple, yet staple rice dish, or variations of it, can be found throughout Central and South America.

<https://harvest-kitchen.com/>

Coming in hot, we have none other than the **Aura Solanares** Hot Sauce from The Brinery. Composed of red hot peppers - jalapeno, cayenne, cherry bomb, serrano and fresno to be exact, distilled vinegar, filtered water, sea salt and garlic powder, this hot sauce is muy caliente! So don't be shy and turn up the heat with a drizzle of this fine hot sauce over your rice, beans, stuffed pepper and tamales to put the final touches on your Cinco De Mayo plate. Boom!

<https://thebrinery.com/>

Need to put the fire out? Look no further than the **Buenos Aires Dulce de Leche Brownie** from Zingerman's Bakehouse. This rich, vegetarian brownie is composed of dulce de leche, sugar, eggs, local wheat flour, unsweetened chocolate, butter, demerara sugar, vanilla extract, sea salt and baking powder. This is Zingerman's most indulgent brownie. Just one taste and you will understand why. Sabe espectacular!

<https://www.zingermansbakehouse.com/>

So there you have it! Our Cinco De Mayo food fiesta breakdown has come to an end. We hope you enjoy this Mexican-inspired share with loved ones and that you feel inspired to challenge yourself with some of the suggested recipes and serving tips included in this newsletter. The culinary world is boundless, and we intend to take you on Immune Booster missions each week to seek out well-known and loved or yet-to-be-discovered prepared food gems. We want to offer new recipe suggestions to encourage you outside of your culinary comfort zone and try your hand at some new dishes with the featured fresh produce. Moreover, the fine restaurants and food artisans featured in our weekly shares would be overjoyed to have you stop by and try their latest talented offerings. Sometimes it's fun to let the chefs do the work for you! Mis amigos, eat well, do well, be well and we look forward to seeing you this Saturday at The Washtenaw Food Hub and Agricole pick up locations.

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>

Don't forget to keep an eye out for our next email on May 2 regarding Tantre Farm's Immune Booster CSA Share, Week 58 for pick up on May 8.

Todo lo mejor (All the best),

Ryan Poe and the talented Tantre 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 and Zoe with questions or comments at [immuneboosterbytantre@gmail.com](mailto:immuneboosterbytantre@gmail.com).*

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**Tantre Farm**

2510 Hayes Road, Chelsea  
MI 48118 United States



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