



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 59) Share May 15, 2021

Hello Fellow Locavores,

Welcome to the Immune Booster Week 59 Newsletter. This week we have been busy little bees at the farm, planting a plethora of baby plants and sowing seeds in our fields as we reach late spring, the beginning of summer on the horizon. Hopefully the cold nights have passed us for good, and we can safely lay out all of our heat and sun-loving crops to fill in our earth canvas here at Tantre Farm. It's an exciting time of the year, and we are geared up and ready to grow an outstanding diversity of crops this season that will soon find their way into the Immune Booster CSA Share. In the current time, we have some new produce lined up for this week's share as well as some super tasty prepared foods, a dozen eggs, and a loaf of bread made from all Michigan-grown ingredients. So let's Boost off and see what this share has to offer...

Getting the produce party started, we have **Spinach** from [Tantre Farm](#). 'Tis the season for spinach as it thrives in these cool night temps and mild spring days. Spinach packs huge doses of vitamin A which supports immune function and vitamin K that contributes to bone health. So toss up a crisp spring salad with all your favorite toppings or make your favorite wilted salad concoction. You can't go wrong with this robust spinach.

Moving along with the leafy greens, we have an organic **Braising Mix** from [Wayward Seed Farm](#). This cool spring mix includes kale varieties, chard, spinach, mustard greens, turnip greens, beet greens and other bitter leafy green varieties. A one-stop-shop powerhouse of nutrition, bitter leafy greens have been in the spotlight recently because science has found they protect our immune system in a myriad of beneficial ways, such as fighting off free radicals. If you can tolerate a mild spice and bitterness, consume these colorful greens in a fresh salad for the most healthful impact. If you find the salad to be a bit too much, don't worry - hence the name braising mix, these fine greens can be stir-fried, sauteed, steamed, tossed into soups or quiches so braise it up, add your favorite flavors and you can still explore and enjoy these fine, ever-so-healthy greens.

In keeping with the leafy green theme, let's pivot to some organic Daikon Radish or Broccoli Microgreens from [Garden Works Organic Farm](#). In your share you will get one or the other of these mighty microgreens. Both varieties are packed with the building blocks that our anatomy needs to keep us healthy and pumped full of nutrition. The daikon radish microgreens tend to be the

larger leaf variety of the two microgreens and have a broader, pale green leaf with a touch of spice. The broccoli microgreens are daintier with thin stems and forest green foliage. They are less bitter and tend to taste like the mature version of a broccoli crown. Both varieties should be consumed within the first few days of picking up your share for the most nutritional impact. They are great for salad toppings, breakfast burritos, pasta toppings and sprinkled over a bowl of soup.

Putting a spin on the last leafy green in this week's share, we had to pivot away from the Cilantro because it has bolted to almost a flowering stage where it becomes woody, and the greens are not so palatable. So, swinging into the share last-minute, we decided to go with **French Sorrel** from [Tantre Farm](#). For those of you who are not familiar with this herb, it packs a wonderful acidic, citrus taste when clipped into thin bands with scissors over the top of a garden salad, hot or cold pastas, rice dishes or home cooked beans. It can also be used much like spinach or chard and wilted into soups, stews and casseroles to add a nice citrus aftertaste with each bite. French sorrel is an excellent resource for reducing inflammation, is full of antioxidants and potassium and packed with vitamin C. So sorrel up buttercup, and take those taste buds on a zesty new adventure!

Time to roll into some tubers, with organic **Yellow Onions** from [Second Spring Farm](#). These robust onions are packed with anti-inflammatory compounds and help reduce blood pressure in these trying times. Onions are versatile and can be included in any savory dish, raw or cooked. So try your hand at a French onion soup, roast one on the BBQ to bring out the true sweet flavor hidden within or add thin slices to that salad above. The possibilities are endless but most importantly, try to consume them daily - they are really good for you.

Tubers, tubers, tubers galore, let's roll these tubers right on out the door with a **Root Bag** that is a multi-farm collaboration of tubers. You will be receiving a net bag of Detroit Dark Red Beets, Red Potatoes, and Gold Potatoes. On the side, you will receive some combination of the following: Turnips, Parsnips, Shallots, and Sweet Potatoes. This melody of tubers is full of nutrition and health benefits. Studies have shown that because tubers are in constant contact with the soil, they tend to have the most beneficial microbes in and on them. So if you can refrain from peeling them before consumption you're off to a really good start. With a vast array of options to incorporate them into your kitchen activities, we could write a full-on essay about how to prepare each and every one. The general consensus is that all these tubers are best roasted in the oven, fried, or wrapped in foil and BBQ'd. Whichever way you choose, you are bound to enjoy this good ol' bag o' roots.

Rolling away from the super tubers, let's get into a fresh picked **Mushroom Mix** from [Detroit Mushroom Company](#), located just outside of Whitmore Lake. Brian McShane, founder of Detroit Mushroom Company, has devoted many years of his life to the study of mycology and growing these beautiful fungi we call mushrooms. Packed with selenium that helps regulate the thyroid, as well as fiber, protein and a variety of anti-cancer antioxidants, these tasty 'shrooms' should always be cooked and never eaten raw. They are great in stir fries, omelets, soups or stews, a culinary winner whichever way you choose. Seriously local with a low carbon footprint, these gems travel about 6 miles from where they are grown to the Food Hub box hand out. What a concept!

Wrapping up the produce in this week's share, we go out with a bang with a seasonal delight - organic Rhubarb from [Wayward Seed Farm](#). Rhubarb is a

perennial crop that peaks in late spring and can continue to be steadily picked as the summer rolls along. Excellent for making jams, crumbles and pies. My personal favorite way to eat rhubarb is to cut it into one-inch chunks, drop it in a small pan on medium to high heat, add a little butter and a heavy dose of sugar and cook it down with a smashing technique into a sweet chunky sauce and then pour it over vanilla ice cream and strawberry shortcake type pastries. My mouth is watering already! Also, if you're looking for more rhubarb, we will have bunches of it for sale on the market table at pick up this week. Rest assured, there is plenty to go around!

Humpty Dumpty sat on a wall; Humpty Dumpty watched all the eggs fall - right into a nice 12 pack carton of **Local Eggs** just for you! A collective clutch of fresh eggs from a few local farms in our surrounding area. Eggs are packed with omega-3s and are a great source of choline, an essential nutrient that supports cell growth and metabolism. They are also excellent at warding off depression and anxiety, improving eye health and reducing symptoms of metabolic syndrome. Sunday morning never looked so good with all this fresh produce to whip up a lean and mean omelet, scrambled eggs, quiche, hard boiled eggs or get naughty and do some deviled eggs, ohhh yaaaa.

Moving right along, how about we get some bread ready for the toaster with [Zingerman's Bakehouse's](#) State Street Wheat Loaf. Composed of organic Michigan-grown grains that include freshly milled soft white wheat, hard red spring wheat and rye. A dash of olive oil, sea salt and Michigan organic honey, and you're in business with this local bread. It's great for making sandwiches- savory or sweet, toast, or if you're feeling fancy, French toast.

Jumping into our first prepared food for this week, we get things simmering with a Saigon Soup from [Ginger Deli](#) that is vegan and gluten-free. This slow-brewed savory soup is composed of Tandre Farm carrots, local potatoes, leeks, onion, mango, king mushroom, kohlrabi, chayote, wild rice noodle and sea salt. This in-season soup is sure to please and would pair best with a side salad made from your fresh greens in this week's share, and a slice of the State Street Wheat, Bon Appetit!

Our next featured dish comes from the talented and always innovative [Miss Kim](#), in the form of a **Wild Grain Salad with Ginger Scallion Dressing**, also vegan and gluten-free. This dish contains asparagus, radishes, cabbage, tomatoes, cucumber, sugar snap peas, wild rice, ginger, scallions, jalapeno, garlic, rice vinegar, canola oil, sesame seeds, sugar, salt and tamari soy sauce. I had the pleasure of sampling this dish just yesterday and I found it to be extremely colorful, tasty and hearty. This dish would pair well with the soup above, a homemade side salad or the Oh Gee Kimchi listed below.

Rounding out the savory in this week's prepared foods, we finish things up with an artisanal masterpiece from [The Brinery](#). The exquisite **Oh Gee Kimchi** is vegan and gluten-free. Composed of local organic napa cabbage, carrots, apples, dried hot pepper, onions, garlic, filtered water, sea salt and fresh ginger root and loaded with prebiotics and probiotics that are really good for you. Until I tried The Brinery's version, I had always been on the fence about Kimchi. I find this one to be full of rich flavors but not overwhelmingly so. The ginger adds a beautiful twist and leaves you wanting more. It's also for sale every week on our market table along with Cabbage Moon Kimchi which is equally impressive and a must-try.

Closing out this week's share we always strive to end on a sweet note, and that we shall with a two-pack of **Snickerdoodle Cookies** from [Go! Ice Cream](#). These crowd-pleasing cookies are made from local eggs, local butter, local flour, sugar, coconut oil, vanilla extract, baking powder, sea salt, cinnamon and nutmeg. They are light and delectable and will most definitely leave you wanting more. So if that's the case, head on over to Go! Ice Cream and get round two or even three if need be, and grab a few pints of ice cream while you're there. Everything we have featured from Go! Ice Cream has been top-notch and they are amazing to work with, so pay them a visit and tell them Ryan from the Immune Booster sent you.

So there you have it, another week of local in-season produce and prepared foods all in one tidy box. As our season unfolds, we have many things to look forward to as our Immune Booster menus continue to evolve. The produce that we feature will come in delicious waves, as will the prepared foods from our talented local chefs, bakers and artisans. The future is bright, and we are so grateful for your continued support. We look forward to seeing you all Saturday morning at the pick-up. Have a wonderful weekend!

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>

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 May 16 regarding Tantre Farm's Immune Booster CSA Share, Week 60 for pick up on May 22.

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 and Zoe with questions or comments at immuneboosterbytantre@gmail.com.*

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