



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 60) Share May 22, 2021

Hello Fellow Locavores,

Welcome to the Immune Booster Week 60 Newsletter and thank you for signing up for this beautiful spread of in-season, local produce, and prepared food. We are blessed to have so many talented farmers, chefs, bakers and artisans in our local community and this week we highlight their talents in this box of plenty. As we transition from spring into summer, the Immune Booster share will continue to evolve and diversify with the growing season. Lots to look forward to as our fields fill in with over one hundred annual and perennial crops that will soon find their way into future shares. So buckle up moon-boosters, we are about to take a ride to a healthier you and a healthier planet, because local is always in season with this amazing CSA project!

Kicking things off with some lean, mean and ever-so-green leafy greens, we get things going in the healthiest of directions with **Spinach** from [Tantre Farm](#). This dark forest-green leafy green is packed with an array of essential vitamins and minerals. Perfect for fresh salads or wilted salads, and for the overachievers, maybe a spinach pie or fancy-pants quiche. So make Popeye proud and do your spinach right in a fresh spring dish that is sure to delight.

If you decide to go the salad route with that crisp and buttery spinach, then best add some microgreens or shoots! Rest assured we have something to fit that bill, with organic **Sunflower OR Daikon Radish Shoots** from [Garden Works Organic Farm](#). It's a toss-up on which type of shoots you will receive in your share, but either way they will be tasty and abundant in vitamins, minerals and immune boosting properties. Shoots are great as a salad topping, a salad on their own, sprinkled into wraps, tacos, burritos or omelettes. So shoot for the stars and boost up that immune system with these fine-dining greens.

Rolling right along with the green theme, let's roll right into some organic **Green Cabbage** from [Wayward Seed Farm](#). These dense and tightly compacted leafy green globes are plentiful in vitamin C and K, and help aid in digestion as well as keeping your heart healthy by reducing inflammation. Cabbage can be consumed raw or cooked in an endless variety of ways. Stir fries, stews, soups or slaws would be a great starting point to consume this crisp

and versatile veggie.

The greens just keep on coming! Next up, we have our first round of the season's fresh field-grown **Green Onions** from [Tantre Farm](#). These delightful green onions pack a little zest and are perfect for garnishing salads, soups, stews, pastas or any other dish of choice. Green onions are loaded with antioxidants and cancer fighting compounds, as well as a solid dose of vitamin K and folate. So don't hesitate to delegate some of these fresh green, spring onions into your culinary visions.

Another first round of the season, we feature **Asparagus** from [Tantre Farm](#). Asparagus is a majestic month-of-May crop and its growing behavior is absolutely amazing. The spears drastically emerge in the warmer spring days at a rate of up to 7 inches in one day under optimal growing conditions!! Asparagus is excellent for cleaning out the urinary tract and detoxifying the liver. It 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 and steeped in water for a few minutes, or my all-time favorite - tossed on the BBQ. So make the most of this short-lived asparagus season, kick those carcinogens to the curb and give your taste buds a treat.

Time for a change of color, with organic **Yellow Onions** from [Second Spring Farm](#). These large yellow onions are another heart-healthy companion and would suit the salad theme rather well as a nice, thinly sliced, raw topping. These beautiful spheres can also be cooked in a myriad of ways. I'm thinking onion soup, grilled on the BBQ, caramelized as topping on your favorite savory dishes, stir fried, steamed, pickled, and the list goes on... Any which way, they are really good for you!

Our last featured, fresh produce item for this week's share comes in the form of an organic **Rainbow Carrot Mix** from [Second Spring Farm](#). This is a bundle of carrots that would make Bugs Bunny blush with a juicy mix of red, purple, yellow and orange carrots. All offer a unique plethora of vitamins and minerals with each color variation. Enjoy being creative with these carrots - they will add an amazing splash of color and sweetness to any dish of your choosing. Yummy!

Moving on, we have a pint of dried legumes in the form of organic **Black Turtle Beans** from [Ferris Organic Farm](#). These shiny black beans are the bomb! Mild in flavor, with a slightly sweet taste, they are super high in protein and fiber. They also pack a little of all the essential vitamins and minerals we need to maintain a healthy inner economy without excess sugars and fat. They are also great at stripping back plaque in our veins and arteries thus flushing our cardiovascular system. The best way to consume these fine legumes is to rinse them, toss them into a pot or slow cooker and simmer on medium heat for a few hours. They are delicious served as a black bean soup, refried beans or mixed into cooked rice with other veggies. Enjoy!

Breaking into our first prepared food item for this week's share, let's crank up the volume on those taste buds with a tasty **Onion Rye Loaf** from [Zingerman's Bakehouse](#). This Jewish Rye bread is composed of onion, Michigan organic wheat flour, malted barley, water, rye, sea salt, yeast, caramelized onion,

caraway seeds and poppy seeds. Great for Reuben sandwiches, grilled cheese or simply toasted and added to any meal. So let's see, what goes best with a slice of scrumptious onion rye bread? Ahhh... does a potato and leek soup, Greek salad, or mixed veggie rice bowl come to mind? If so, you're in luck because they're all coming up!

There's nothing quite like a spring, allium-based soup to soothe the soul, like [Harvest Kitchen's Potato and Leek Soup](#) that is vegan and gluten-free. This in-season soup is composed of potatoes, Tantre Farm leeks, garlic, parsley, thyme and basil at its core. It is married to a vegetable stock that is composed of Tantre Farm carrots, celery, onion, garlic and bay leaves, a dash of salt and pepper and you're in business. The lip-smacking business! So slice up that tasty Onion Rye Loaf for dunking and dipping, and get ready because here comes the salad...

No iceberg lettuce here! This is a local spring mix of greens that our good friends at [El Harissa](#) call the **Moroccan Greek Salad**. This vegan and gluten-free salad is composed of a mix of colorful salad greens, feta cheese, grapes, pickled red onion, kalamata olives, grape tomatoes and cucumbers. It also comes with a side of dressing that is composed of dill, mint and an oregano vinaigrette. It's a healthy, colorful spin on the traditional Greek salad and perfect for cooling you down and revitalizing your body on one of these heat-filled days ahead.

The final prepared dish for this week's share is a **Mixed Vegetable Rice Bowl with Sweet and Spicy Sauce** from [Fresh Forage](#). This savory and colorful rice bowl is composed of steamed white rice, wilted baby bok choy, cabbage, sprouts, mushrooms, kimchi, carrots, cucumber and comes with a side of sweet and spicy sauce to drizzle on top of it all after you have heated it up. Vegan and gluten-free goodness. Bon Appetit!

Need a little drink to wash down this delicious feast? Then reach no further than **Otto's Pear and Rhubarb CBD Cider** from [Almar Orchard and Cider](#). This in-season cider is one of my favorite drinks of all time. It is light and refreshing, non-carbonated and beautifully flavored. It is composed of filtered water, organic apple juice concentrate, rhubarb juice concentrate, pear juice concentrate, citric acid, natural hop flavor and hemp extract (CBD). CBD has gained popularity in recent years as a way to reap the many health benefits of the hemp plant with none of the psychoactive side effects. First used for medicinal purposes by the Chinese in 2900 BC, many civilizations have since utilized the hemp plant for its health benefits. Because CBD hosts strong antioxidant, anti-inflammatory and neuroprotective properties, it is widely recognized as a natural way to promote brain health and overall wellness. Research suggests CBD offers relief for nausea, pain, anxiety, depression and insomnia. This drink is best served chilled right out of the bottle. If you love this cider as much as I do, you're in luck because we sell them every week at our Food Hub market table during pick-up.

And just when you thought that was a wrap for this week's share... Not so fast! We saved the best for last as we go out with a bang and serve you up two slices of a super tasty **Vegan Chocolate Cake** from [Avalon International Breads](#). Back by popular demand, this cake is absolutely delicious and another of my all-time favorites. Ever since featuring this cake in Week 27, the requests

for more have been consistent, so here we go! The cake is composed of organic unbleached wheat flour, turbinado, sugar, water, canola oil, cocoa powder, vinegar, baking soda, sea salt and vanilla extract. The frosting is composed of sugar from beets, cornstarch, Earth Balance Original Spread, chocolate chunks, cocoa powder, organic soymilk and vanilla extract. I've listed all the ingredients so you can do a little D.I.Y at home and see if you can master this amazing cake. If not, Avalon Breads in Ann Arbor sells it every day, so skip the fuss, catch the bus, ride a bike or drive a car, if you live real far and get yourself another round of this tasty cake!

That brings us to the end of this week's food-coma share breakdown. I hope this newsletter has piqued your interest and your appetites! On behalf of all the local farms, restaurants and businesses featured this week, thank you once again for signing up to this share. Your interest and investment helps to keep all these fine businesses up and running so they can continue to evolve and prosper in our community. We look forward to seeing you all at Saturday's pick-up. Eat well, be well, do well.

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 23 regarding Tantre Farm's Immune Booster CSA Share, Week 61 for pick up on May 29.

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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