



# Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 61) Share May 29, 2021

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**Hello Fellow Locavores,**

Welcome to the Week 61 Newsletter for the Immune Booster CSA Share. As we approach the Summer Solstice, the daylight hours continue to increase slightly each day. The plants can sense this continued reach of light and they are responding quite nicely to say the least. Warmer days and nights propel the plants, driving them skyward. As I harvested the crops this week in the Tantre Farm fields, a plethora of colorful plants spilled out before me. Yellow Oyster Mushrooms in our forest continue to fruit in abundance. Strawberries and peas are full of sweet flowers and young fruit that will soon be prime for picking. Asparagus that grows literally by the hour has got to be one of the most interesting crops to watch develop. In a day, it can grow from a few inches in the morning to a full seven-inch-long spear by midafternoon. So, with that, let's dive into the beautiful spread of fresh produce and in-season cuisine that we have lined up for you in this week's share.

Let's kick this box of plenty off with the one, the only, buttery and rich [Tantre Farm Spinach](#). These overwintered leafy greens are at their prime for the picking with these mild, late, spring days. This hand-picked spinach is crisp and rich in vitamins A, C and K to help keep the doctor away, there's nothing quite like fresh picked spinach. So salad it up or wilt it away... one thing for certain is it's hip hip hurray for your health and taste buds.

The green things keep on coming with [Garden Works Organic Farm's Broccoli OR Daikon Radish Microgreens](#). In your share you will receive one or the other, but rest assured they are both extremely healthy and laden with various antioxidants and essential vitamins and minerals. Baby plants like these have all the compounds and nutrients they need to grow into an adult plant at this stage in their life, and this is why they are so beneficial. Both varieties can be used as a salad topping, sprinkled over cold or hot pasta or served with an omelette as a light breakfast salad. They most definitely qualify as a superfood so eat them up quickly while they are fresh and know that you're boosting your immune system with a highly beneficial kick.

Rolling with the in-season narrative, 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 seven to ten 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, 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.

Next up to this fresh produce bonanza, we have our first round of radical radishes in the form of **Pink Beauty OR Purple Bacchus Radish** bunches from [Tantre Farm](#). In your share you will get one or the other of these fantastic globes that are the perfect match for the above-mentioned crisp, spinach salad. Extremely popular in the U.S., we Americans consume 400 million pounds of radishes every year! They are also tasty seasoned and roasted in a pan with other roasting veggies, steamed or – my personal favorite – pickled in a sweet vinaigrette. A pickled radish thinly sliced on a sandwich adds a little crunch and a little kick that shifts the culinary experience from ordinary to extraordinary!

Need a little zest to pump that salad up the best? Then [Second Spring Farm](#) is your go to for some large **Yellow Onions**. These onions boast powerful antioxidants that help fight inflammation and reduce bad cholesterol levels. Yellow onions are also another very versatile vegetable that can be cooked or consumed raw. Toss them on a salad, roast them with the other root veggies in this share, mince them, mash them, soup them, stew them, go out on a whim and marvel at the taste within.

Running right along with our Immune Booster song, we have one potato, two potatoes, three potatoes, four knocking on the Tantre Farm door. Open it up and you'll see we have a **Potato Mix** of red, gold and blue just for you from [Wayward Seed Farm](#). These tasty taters are laden with potassium, protein and clean carbohydrates and are great at alleviating blood pressure. These super spuds can be cooked in a myriad of different ways from fried, baked, seasoned and mashed, these super food potatoes are sure to be a blast.

Keeping with [Wayward Seed Farm](#), next up we have **Detroit Dark Red Beets**. You will get a nice serving of these dark red tubers in this share and beets are best roasted or quick pickled. These beets are also excellent at reducing inflammation, blood pressure and maintaining brain health, so get into the rhythm of the beet – it's good for you!

Capping off the produce in this week's share we go out with a bang with a mighty **Mushroom Mix** from [Detroit Mushroom Company](#). These delectable mushrooms are packed with selenium that helps regulate the thyroid as well as fiber, protein and a plethora of anti-cancer antioxidants. These tasty 'shrooms' should always be cooked and never eaten raw. They are great in stir fries, omelettes, 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!

Breaking into our first prepared food item for this week's share, we only see it fitting that we should break some bread and not any old bread, but a rich **Sourdough Round Loaf** from [Zingerman's Bakehouse](#). This naturally leavened bread is made with organic wheat flour, malted barley, sea salt and water. Just to make the dough and ferment properly takes a full 18 hours before it even hits the oven. This bread is freshly baked Friday late into the afternoon and then bagged up and stored at room temperature until you pick up your share the following morning for ultimate freshness.

How about a beautiful **Green Goddess Salad** from [Juicy Kitchen](#) to pair with that tasty sourdough round loaf? Sounds like a match made in heaven to me and Juicy Kitchen has taken no shortcuts in creating this beautiful vegan and gluten-free salad that is composed of a local spring mix, organic quinoa, roasted Tantre Farm asparagus, marinated artichoke hearts, cucumber, garlic roasted pepitas, roasted hemp seeds, feta cheese, and house-made tahini green goddess dressing. If you find this super tasty salad irresistible, then you're in luck because this is a weekly staple served almost every week at Juicy Kitchen so pay them a visit and go back for round two.

Next up, we have an interesting, colorful, and layered **Mapo Tofu with Chicken and Basmati Rice** dish from [Ginger Deli](#). Mapo is a traditional Chinese dish but Te Phan, the head chef at Ginger Deli, and his crew have put a Vietnamese twist on this Mapo dish and overlapped it with a similar dish commonly found in south Vietnam. This dish is composed of ground chicken, tofu, yellow onion, garlic, fresh ginger, scallions, cilantro, bean paste, red chili, olive oil, sesame oil, soy sauce, white vinegar, cornstarch and comes with a pint of steamed basmati rice. This savory dish is sure to please in the cool late spring breeze and really shows the diversity Ginger Deli brings to the share each week with their unique and flavorful offerings.

Need a little side to pair with the Green Goddess Salad or the Mapo dish? Then look no further than the **JKC Spicy Carrots** from [The Brinery](#). I get asked frequently when these amazing, fermented, spicy carrots will be in the share again, so now is the time, folks! These well-loved Spicy Carrots are composed of carrots, green jalapeno, garlic, filtered water and sea salt. Mildly spicy with an occasional heat wave, they are great served with pretty much any savory meal across the board or straight out of the jar with a fork. The wide mouth jars are so convenient for the straight out of the jar method. Yes, please!

Shifting gears to another savory treat, we have vegetarian **Potato, American Cheese, and Jalapeno Pierogies** from [Srodeck's](#) who are located in Hamtramck, Michigan just down the road. These Polish comfort food pierogies are similar to dumplings and are stuffed with potatoes, American cheese and jalapenos for a bit of spice and everything nice. They will be frozen when we hand them out to you and they should be kept frozen until you're ready to cook them. Cooking these tasty gems is pretty straightforward. Heat up some olive or vegetable oil and then toss them into the pan when the oil is hot. Fry them up for 8 to 10 minutes and then serve by themselves or with condiments you see fit to compliment them.

We always like to end things on a sweet note, so to close out the share this

week we have a two pack of **Chene Ferry Chocolate Cherry Cookies** from [Avalon International Breads](#). These incredibly tasty cookies are soft and chewy and are composed of brown sugar, unsalted butter, chocolate chunks, organic unbleached white flour, sugar, organic rolled oats, dried Michigan cherries, egg, cocoa powder, vanilla, sea salt and baking powder. I had the pleasure of sampling these excellent cookies, and I'm certain they will most definitely fit the bill for that sweet tooth. These cookies are for sale every day at Avalon's downtown location in Ann Arbor so if you have a hankering for more, they're just down the road.

So with that, another local, fresh and in-season, healthy box of food has been served! We hope you enjoy the fruits of our local farms and food artisan's labor, a labor of love, compassion and putting one's best foot forward to serve you healthy clean and sustainable food. So step out into the day, revived, fresh and full, and check those goal post markers off your to do list. Be well, eat well, sleep 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 30 regarding Tantre Farm's Immune Booster CSA Share, Week 62 for pick up on June 5. *Please keep in mind the new Chelsea pick up location for the summer will be at the Chelsea Farmers Market. You should have received the pick up protocol email today giving you details to that location, as well as it is always on our website. Please mention at both the Ann Arbor and Chelsea locations that you are picking up an Immune Booster box, since we have Summer CSA members picking up at both locations as well starting June 5.*

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](mailto:immuneboosterbytantre@gmail.com).*

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