



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 63) Share June 12, 2021

Tantre Farm CSA Newsletter
IMMUNE BOOSTER (Week 63) Share
June 12, 2021

Hello Fellow Locavores,

Welcome to the Week 63 Immune Booster Newsletter. This week we have a beautifully curated box of fresh, in-season produce and prepared foods, a tasty loaf of bread and an incredible pollinator plant for your own garden or favorite pot. No obvious themes this week, just good food all round and a broadening of the horizons with two new restaurants featured in our Immune Booster Share. We are delighted to welcome Earthen Jar and Exotic Bakery and Syrian Cuisine into the mix! So let's buckle up and take a little moon boost ride for some serious local goodness from our local foodie artisans and farms.

Back by popular demand we get things revving up with **Spinach** from [Tantre Farm](#). Packed with vitamins A and K from the vigorous growth of the intense heat and humidity, this spinach is in its prime and its buttery flavor is delicious. Spinach is great at suppressing hypertension and reducing blood sugar as well as other health benefits, so do Popeye proud and pile it on high for a salad, wilt more than you think you need in boiling water as a healthy side to any dish or smoothie it up, baby.

Next up, we have **Red Russian Kale** from [Tantre Farm](#) - not Russia, because we only serve up locally grown produce haha! This Red Russian Kale is widely considered a superfood, because it's super packed with a little bit of everything that is good for our anatomy. This kale variety is tender and sweet with green foliage and purple veins. It can be consumed raw or cooked in many different ways, so get creative and try something other than smoothies with it and you'll be glad you did.

Rolling right along while we sing The Immune Booster song, we roll right into **Green Cabbage** from [Second Spring Farm](#). These quaint cabbages pack a punch of vitamin C and can also help lower bad cholesterol. So get your wok ready because this beauty is stir-fry-ready or how about coleslaw like my great Aunt Betty's? Cabbage is versatile and good for you, so devour it in any manner you choose.

Time to shoot for the stars with **Sunflower OR Pea Shoots** from [Garden Works Organic Farm](#). These shoots are grown in soil, so they are robust and fit for the extra healthy bill, which is my kinda deal! They are great served as salad toppings, tossed onto sandwiches or pastas, wraps, burritos, tacos or straight out of the container just like any other snack. So serve yourself a serious Immune Boost with these fine shoots, they're so good they might knock you out of your boots.

Keeping with the green theme and living the dream we have some sprightly **Green Onions** from [Tantre Farm](#). Packed with a lot of zest because that's what tastes best, these green onions are in peak form. Dice or sauté whole and toss onto pretty much any savory dish you desire. These green onions will help you soak up some anti-cancer agents and strengthen those bones!

The superfood hits just keep on coming, and next up, we offer up a super **Potato Mix** from our 2 certified organic growers, [Wayward Seed Farm](#) and [Second Spring Farm](#). In your share you will receive a mix of any red, gold, pink or blue potatoes. All varieties are charged with all the essential nutrients, protein and carbohydrates to sustain a healthy immune system. Plus, there are so many delicious ways to enjoy potatoes, so step outside of your box and try something new like a double-baked stuffed potato, a shepherd's pie, or mashed potato truffles for dessert. Don't want to get all fancy? Then stick to simple summer pleasures like a backyard grill-out or the family favorite potato salad.

Finishing off the fresh produce for this week's share, we are super pumped to offer up some of our fresh-picked **Strawberries** from [Tantre Farm](#). Out in the strawberry fields with the Tantre crew, I just had to make sure they were sweet enough as I helped pick over 300 quarts of these juicy berries, wink wink. Hey, it's quality control, right? So get the shortcakes and the vanilla ice cream ready because these sugary red hearts are taking a ride home with you Saturday. Important side note: If you find yourself wanting to score a bounty of strawberries, then you're in luck! Starting Saturday, June 12 from 8 AM – 7 PM we are open for U-Pick Strawberries at our Honeybee U-Pick Farm on the west side of Ann Arbor, located at the corner of Zeeb and Scio Church Roads in a field with a newly constructed timber frame barn, at approximately 5700 Scio Church Road, Ann Arbor, MI 48103. They are \$3.50/lb for you-pick or \$5/qt. and \$40/flat (8 quarts) for "already picked" strawberries. You are most welcome to head on over and load up for all your strawberry jam needs. Make enough to stock up all winter until they come back around next year. My guess is that they will last about a month or less from now, so make your move before they're gone for the season.

Cruising right along into the prepared foods, we get things cracking with a **Rustic Italian Loaf** of bread from [Zingerman's Bakehouse](#). This classic, Italian, organic, white bread is composed of Michigan-grown, organic, whole wheat flour, malted barley, water, sea salt and yeast. This versatile loaf has a savory, thin, crispy, golden crust and a soft inner crumb that has a natural mild sweetness from the 11 hours it took to ferment before baking. It's great for sandwiches hot or cold, dipping in soups, stews or pastas or just simply toasted with butter. Delizioso!

Perfect to dip with that bread, we have a signature **Sag Dal** from [Earthen Jar](#) an exciting newcomer to the Immune Booster CSA Share. Sag Dal can be composed of a variety of finely chopped and cooked down leafy greens such as spinach, fenugreek, mustard greens or collard greens or alternatively whole

leaves cooked down and then creamed. Sag Dal origins are rooted on the subcontinent of India and are popular all over the country, particularly the north and Punjab regions. Along with the cooked down leafy greens, it is common to add meat, lentils or beans into the Sag Dal. This particular Sag Dal is vegan and gluten-free, composed of red lentils, spinach, onion, canola oil, salt, turmeric, cumin and mixed Indian spices. Anada La!

Let's cool things down with a cool **Seoul Summer Salad** that is vegan and gluten-free from [Miss Kim](#). This salad is local and in-season with Tantre Farm radishes and arugula, cucumbers, Korean melons, chili flakes, sesame oil, sesame seed, soy sauce and sugar. It's got a little pep in its step with the fresh arugula and radishes that is nicely offset by the cool melon taste. Masjoh-eun!

Rounding out the prepared food this week is an **El Camino Tofu and Rice Bowl** from our friends at [Fresh Forage](#). This Latin rice bowl is vegan and gluten-free, and contains Mexican white rice, corn, beans, corn tortilla chips, achiote tofu, pico de gallo salsa and green onions. It has a great mix of flavors, texture, and color that is satisfying to the eyes and the belly, so scoop it up - you'll be glad you did. Buen Provecho!

Need a little passenger to ride along with that El Camino Tofu and Rice Bowl? Then look no further than **Root 31 Turnip Pickles** from [The Brinery](#). This beautiful jar of hot pink pickles is composed simply of thinly sliced turnips, beets, garlic, filtered water and sea salt. Its unique flavor is rather inviting and can add a little something to your salad, wrap or sandwich. There's also nothing stopping you from consuming with a fork right out of the jar. Yummy!

The last of the prepared foods for this week ends on a sweet note with an **Almond Pear Bar** from [Exotic Bakery and Syrian Cuisine](#). We welcome Exotic Bakery and Syrian Cuisine to their first adventure with the Immune Booster CSA Share and can't wait for you to try the sweet treat we have lined up for you! This fine Syrian cuisine restaurant has been in Ann Arbor for more than 20 years and serves up some serious savory and sweet treats in a wide range of flavors, textures and tastes. With so many beautiful items to choose from we collectively decided to feature their Almond Pear Bar since it has been a fan favorite from the beginning. This vegetarian bar is composed of pears, almond paste, flour, apricot jam, eggs, butter, lemon juice and lemon Zest. It's got a gooey apricot and pear top on a crumbly almond cookie. Need I say more? Ladhidh!

Closing out the share this week we pivot to a gardener or novice's delight! [Sell Farms and Greenhouses](#) offers an unusual starter plant that could be a once in a lifetime feature in our share - the **Mexican Sunflower (Tithonia)**. Why did we choose this plant? The monarchs that are currently migrating north towards Michigan will be more than elated to see it growing in your garden because they absolutely love this plant's nectar. Tithonia, when grown in appropriate space, can grow up to a height of four to six feet tall and two to three feet wide. If grown in a large pot, it still can yield quite the canopy if watered frequently. The retina-burning red of the flower petals complimented by the golden center presents a beautiful flower that is most adorned by the elegant and mighty monarch. Monarchs are in decline due to lack of habitat and wild spaces, so supplying this plant's nectar and visual beauty is a good way to encourage them to return year after year, and a way for you to see them up close and personal. So get your camera ready because if this plant flowers, you're pretty much guaranteed wondrous visits from these beautiful butterflies.

As this moon booster ride comes to an end, we would like to thank you for joining us on this culinary adventure, and more importantly for supporting the local businesses, farms and artisans that afford this share to come to fruition each week. On the coattails of all these vendors and my home farm Tantre, we have all labored this passion of the local food movement and shed sweat, stress and sometimes tears to get it on your plate. We are grateful that you are encouraging our mission by buying this share, and we look forward to providing many more as this summer season of plenty rolls out across our fields. All the best for now and we look forward to seeing you this Saturday at the pick-up location of your choosing at the Washtenaw Food Hub or Chelsea Farmers Market.

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 June 13 regarding Tantre Farm's Immune Booster CSA Share, Week 64 for pick up on June 19. *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.*

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

2510 Hayes Road, Chelsea
MI 48118 United States

You received this email because you
signed up on our website or made a
purchase from us.



[Unsubscribe](#)

mailer lite