



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 69) Share – July 24, 2021

Hello Fellow Locavores,

Welcome to the Immune Booster Week 69 Newsletter. This week we have set the table with a Southwestern United States themed box that is full of fresh produce and super-tasty prepared food, with recipes originating from this part of our country. So buckle up and let's take an Immune Booster ride to get a little more acquainted with what is coming home with you this Saturday.

Starting with our favorite Tantre Farm veggies... **Lettuce** is back in the mix! We have patiently waited a couple of weeks for the next succession of this crisp leafy green. Loaded with calcium, potassium, vitamin C and folate, lettuce guarantees that a fresh summer salad a day keeps the doctor away!

Next up, the perfect vegetable for quenching these hot summer days, **Cucumbers** from [Tantre Farm](#) will give your body a good dose of hydration and vitamin E. In your share, you may get a few slicers as well as a few picklers. The emerald-green slicers tend to be the larger of the mix, whereas the picklers tend to be smaller and stubbier with faint white lines down their sides. Regardless, both varieties can be used as slicers or picklers, so whatever you get, rest assured you can get your quick pickle recipe out or simply add them to your salads or sandwiches. They are also perfect for snacking – slice in sticks or rounds and consume them with your favorite dips. A healthy and refreshing summer picnic treat!

Rolling right along, we roll right into a vibrant **Red Cabbage** from [Tantre Farm](#). This cruciferous vegetable is packed with vitamin C, D and K, and a great source of abundant antioxidants. Red cabbage can be consumed raw in salads or cooked in limitless ways, ranging from coleslaw to a vast array of stir-fried dishes. So get your cabbage on because it's really good for you.

Time to get into the rhythm of the **Red and Gold Beet Mix** from [Tantre Farm](#). These fantastic tubers are packed with vitamin C, iron and magnesium to name a few of their many health benefits. In your share, you will find a few of each color to roast up nice or shred on top of that beautiful salad. Beets are also great for lowering blood pressure and are an excellent resource to enhance your stamina before a workout. So juice them, grate them, roast

them or pickle them and boost up that immune system.

Cruising right along with the height-of-summer veggies, we are excited to feature a robust **Green and Yellow Zucchini Mix** from [Tantre Farm](#). These water-laden beauties are packed with zeaxanthin which is a compound that relieves oxidative stress that is known to cause some forms of cancer. So lower that blood pressure and make some zucchini bread with a scattering of chocolate chips mixed into the batter. Dollop it into a bread pan, then crush some walnuts and sugar in a bowl to sprinkle over the loaf for a nicely crusted top. As you can see, this is where I'm heading with these zucchinis. Alternatively, you can grill them on the BBQ, roast them in the oven or sauté them in a pan. Why not get really creative and make zucchini noodles? Lots of avenues here for success!

Rounding out our last produce item from [Tantre Farm](#) we roll right into **Summer Onions** from Tantre Farm. These glossy-globed alliums are packed with prebiotics in the form of inulin to maintain optimal gut health. Onions are a great companion for pretty much any savory dish and can be consumed raw with those leafy green salads or roasted on a BBQ, added to soups, stews or chili's. Alliums play many crucial roles within our internal anatomy so make sure to get them mixed into your culinary adventures as frequently as possible. Good for your health, not so much for your breath... Pros and cons to everything!

Moving on to [Garden Works Organic Farm](#) who is delivering **Sunflower Shoots** this week. With their delicious roasted nut flavor, these robust sunflower shoots are the best! Versatile in their use, they can be sprinkled on just about any dish to add a different element of texture and taste, or simply picked as a snack right out of the container. Sunflower shoots are rich in biophotons, the smallest units of light, which are stored in the tissue of young plants. The sun's light energy is transferred to you as you consume the plant. Also rich in essential amino acids, antioxidants, vitamins C and E, selenium, magnesium and zinc, these tiny shoots pack one heck of a health boost!

Closing out the fresh produce in this week's share, we end things on a sweet note with an all-time summer favorite and supreme antioxidant-laden superfood – a pint of fresh-picked **Blueberries** from Carol's Blueberries. Carol has been selling her blueberries in the Kerrytown Farmers Market for many years. She practices organic growing methods and takes pride in hand-selecting the finest berries. Your batch of blueberries were hand-picked at their peak of ripeness by Carol, so you should use them promptly. A refreshing and versatile summer treat that my daughters will devour in about two minutes flat, so I'd better be quick if I'm gonna get any!

Before we start the main dishes for this week's share, we need time to soak our pint of dried **Pinto Beans** from [Ferris Organic](#) Farm for up to 8 hours before cooking them, so plan accordingly. Once they are properly soaked, gently boil them for about an hour and a half until they are tender. From there you can eat them as they are or mash them and serve as a hearty authentic refried bean, which is way beyond anything you can find in a can. Pinto beans are high in antioxidants, fiber, protein, vitamins and minerals and are a great companion to the rest of this share.

Not quite ready for a full meal, but need a healthy snack? We've got that covered for you with **Tortilla Chips** from [Aunt Nee's](#) and **Roasted Eggplant Zaalouk Salsa** from [El Harissa](#) that are both vegan and gluten-free. The tortilla chips are made in Detroit with non-GMO Michigan grown corn and have four simple ingredients: two types of corn, purified water and sea salt. They are lightly salted and a perfect pairing to the eggplant Zaalouk salsa. The salsa is more of a puree, composed of roasted eggplant, tomato, parsley, ras el hanout, onion, garlic, olive oil, spices and herbs. It's mildly spicy and goes well with the tortilla chips, over the top of scrambled eggs or nachos.

Moving on to a main course dish, we have a **South of the Border Quinoa Bowl** from [Fresh Forage](#) that is vegetarian and gluten-free. This unique dish is composed of black bean and cactus salad, cherry tomatoes, jalapeno aioli, cilantro, green onions, pickled onions, lime and blackened tofu. A true southwest dish that is mouth-watering and comes in a generous portion, enough to feed two.

Saddling up with the quinoa bowl, we have a hearty **Southwestern Chili** from [Juicy Kitchen](#) that is also vegan and gluten-free. This in-season chili is composed of bell peppers, poblano peppers, tomatoes, corn, green chilis, pinto beans, black beans, celery, cilantro, parsley, lime juice, low sodium vegetable broth, chili powder, oregano, cumin, salt and pepper. Sure to please in the cool summer breeze, get your chips ready to dip with this clean and healthy chili dish.

Need a little more spice to heat up those prepared food dishes? Then look no further than **Verde Solanales Hot Sauce** from [The Brinery](#). This fine fermented hot sauce is vegan and gluten-free, and contains green jalapenos, distilled vinegar, filtered water, sea salt and garlic powder. I find this hot sauce to range in the medium to hot index and the best way to see if it fits your palate is to try a little and work your way up to trying a lot. I love spicy food and hot peppers so maybe I'm the wrong guy to ask, but regardless this hot sauce is super tasty and a perfect fit for this southwestern-themed share. So spice it up, clear out those sinuses and get a glass of water handy or the kombucha featured in this share. Yeehaw!

Cooling the jets, we have a lottery of **Kombucha** to put out the fire. In your share, you will get one 12oz can of Urbanrest Brewery kombucha in either strawberry, ginger, or ginger and apple flavors. All three varieties are tried and true winners and a refreshing way to wash down all this flavorful prepared food. If you would like to purchase more of the [Urbanrest Brewery](#) kombuchas, we will have plenty to sell you at our market table on Saturday morning.

As this stampede of a box comes to a close, we have one last featured item to put the cherry (or should I say pineapple?) on top of this cracker of a share. Ladies and gentlemen, I bring to you a two-pack of **Pina Colada Cupcakes** from [Zingerman's Bakehouse](#). These beautiful cupcakes are composed of coconut milk, butter, milk, sugar, brown sugar, Michigan organic wheat flour, pineapple, sea salt, baking powder, vanilla bean and water. Your taste buds are in for a party with these delicious treats. Viva la Cupcakes!

Now that the rodeo is over and this box has been corralled, we would like to thank you all for continuing to support our local food mission. As we roll through

the shares each week, we try to raise the bar on the local, in-season narrative and showcase local farms, restaurants and talented artisans' hard work. As the summer season rolls along, we have the best yet to come with tomatoes, melons, peppers, eggplant and many other seasonal fruits and veggies on the way. We will continue to braid the prepared food in with the fresh produce to bring you a full culinary experience each week and as always, we look forward to seeing your smiling faces Saturday morning at the pick-up!

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 July 25 regarding Tantre Farm's Immune Booster CSA Share, Week 70 for pick up on July 31. **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.*

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