



# Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 70) Share – July 31, 2021

Hello Fellow Locavores,

Welcome to the Immune Booster Week 70 Newsletter. This week we are showcasing Mediterranean and Middle Eastern cuisine as reflected in the menu of both the prepared foods and the fresh produce. Curating these Immune Booster menus in the height of summer allows for so many creative and colorful dishes that are supported by the abundance of fresh produce in our fields. In this share, you will see a splash of all the colors of the rainbow with the variety of vegetables and fruit we selected. The fresh produce can be braided into the prepared food dishes with a few simple do-it-yourself recipes to make multiple complete meals. To make the share more versatile and user-friendly, we intentionally left out a protein source for you to add the protein of your preference. Whether it's plant-based or animal-based, grilled, BBQed, pan fried, roasted or baked, this share would be best served with a little savory extra. Just think shawarmas, baba ghanoush, kebabs and Mediterranean chopped salads. So get your thinking cap on and ponder the endless possibilities that await you in this week's Immune Booster box. Don't want to think about it? Well then I'll make it easy and give you a bunch of tips as we roll out this height-of-summer share.

Opening the share up on Saturday morning, you will find **Lacinato Kale** from [Tantre Farm](#) staring back at you. Don't be afraid. This kale is packed with vitamin A, a key vitamin for eye health and reading this newsletter. It's also packed with a boat load of vitamin C and calcium and is great for wilting and making chopped salads with your secret vinaigrette dressing recipe. Chop up the wilted kale and toss on a few sunflower shoots, pan fry some diced potatoes and garlic and then slice some of the cherry tomatoes in half. Mix all the ingredients in a bowl and boom! You're in the salad business.

Beneath the lacinato kale you will find a clear plastic clamshell filled with **Sunflower Shoots** from [Garden Works Organic Farm](#). These superfood shoots are so good for you and packed with all the essential nutrients to keep our immune systems humming. They have a nice roasted nutty flavor and should be consumed raw on anything you fancy. My kids like to eat them right out of the container. So toss them on that salad or throw them in the shawarma wrap and let your lips smack. Yummy!

Buried somewhere down there are a handful of pungent **Garlic Bulbs** from [Tantre Farm](#). This heart-healthy, immune-supportive, anti-inflammatory tuber is packed with cancer-fighting phytochemicals such as allicin and organosulfur compounds. In other words, it's really good for you and would be a great companion to roast up and toss on that salad or mince them up and toss them in the crockpot with your favorite protein. Garlic is versatile and should be consumed as often as you can tolerate. I love eating whole cloves that have been steamed with other veggies, so maybe give that a whirl. One last note about this garlic: It is what they call 'New Garlic' meaning it has not had ample time to dry out, harden off and cure. If you leave this garlic on the kitchen counter like most folks do, it might go moldy on you. My suggestion is that you peel all the paper off the cloves and store it in a container in the fridge to prevent this potential pitfall. The bonus of this preventative maintenance is that it's ready to go into your culinary visions whilst cutting down the prep time. Win-win!

Somewhere in the middle of the share you will find the unmistakably elegant **Eggplant** from [Tantre Farm](#). Perfect for baba ghanoush; a Middle Eastern delight similar to hummus. That's where my eggplants are heading this week and it's pretty easy to make, so get adventurous and take the plunge. Other easy-yet-delicious ways to eat eggplant are to thinly slice, lightly salt and let rest for 20 minutes. Press the slices with a paper towel to absorb some of the water content and then bake them with garlic and parmesan cheese. Alternatively, you could just slice and roast them with a drizzle of olive oil, salt and pepper. With extensive vitamin and mineral content, this king among vegetables helps with digestion, improves heart and bone health and increases brain function.

Rolling around in the share like they just don't care are the 'new' **Red Norland Potatoes** from [Tantre Farm](#). 'New' means it just came out of the ground Friday afternoon, the day before you pick up your share, so these spuds are going to be water laden and full of all the essential elements our cells need to support our inner economy. This potato has its origins dating back to 1957 at the North Dakota Agricultural College where it was born and sold as 'Baby Reds' that are often served boiled or in potato salads.

Resting on top of the box at the pick-up we will have a splendid **Cherry Tomato Mix** from [Tantre Farm](#). These brightly colored tomatoes were like a bag of skittles spilled into my collection bucket harvesting them this week, but without the processed sugars. Here we have sweet and vibrant natural sugars packaged in this sunny globed mix. Plenty of colorful phytonutrients, so eat them up with that salad, roast them with other veggies on a skewer, stew them, brine them or just eat them all on the way home from picking up your box!

Packed down low in your share box, we have an all-time summer favorite of **Sweet Corn** from [Goetz Family Farm and Greenhouses](#). This corn is super sweet and packed with carbohydrates and a solid dose of fiber to keep those energy levels up when preparing and cooking all this delicious food. As a side note we will have extra sweet corn for sale on our market table this Saturday at the Washtenaw Food Hub pick-up, so come early before it sells out!

Anchoring down the produce in this week's share, we have the almighty **Cantaloupe** from [Goetz Family Farm and Greenhouses](#) that will be tucked into one of the corners of the box. This hydrating beauty with pastel orange inner flesh is packed with natural sugars and a musky scent that tell our senses to

devour it, and that you shall. The perfect fruit to keep you hydrated all day strong while you sing a summer song, and the day grows long. We will also have plenty of these cannon ball-sized cantaloupes for sale on our market table at the Washtenaw Food Hub pick up, but like the corn, they will sell fast, so be the early bird if you want seconds!

Shifting gears, we move into the prepared food with fresh baked **Pita Bread** from Boulangerie Shorook Bakery that should be taking cover under your kale in the top of the share box. This 10-pack of pitas is composed of enriched flour, water, sugar, yeast and salt and is best served warmed up and filled up with any of the prepared foods or fresh produce in this share. Well, we made that pretty easy for you! So wrap up a bunch of lunch, shawarma style and taste the 'local' difference. You'll be glad you did.

Opposite of the cantaloupe we have some finger-licking **Falafel Nuggets** from [Hummus Falafil](#). These tasty baked nuggets are composed of chickpeas, parsley, onion, garlic, jalapeno pepper, serrano pepper, baking soda, corn oil, cumin, coriander, clove, marjoram, cinnamon, nutmeg, all spice and salt. They are a great appetizer or side, and perfect for dipping in the hummus that's coming up next.

Stacked on top of the falafel nuggets, we will have **Sun-Dried Tomato Hummus** that is vegan and gluten-free from [Juicy Kitchen](#). This hummus is one of my favorite, prepared food items we have featured in the share over the past year, and it is a sure-fire winner all around. Great for dipping pita bread or the falafel nuggets as well as using it as a spread for the beginnings of a shawarma. This fine hummus is composed of chickpeas, sun dried tomatoes, tahini, garlic, extra virgin olive oil, lemon juice, salt and pepper and is available for purchase pretty much every day at the Juicy Kitchen Cafe or over at Argus, so if you need round two like I do, you know where to go!

Sharing space inside the box is a hearty Syrian **Makmoor Stew** from [Exotic Bakery](#). This rich vegan and gluten-free stew is composed of eggplant, dried mint, onions, garlic, salt and tomatoes and is best served with Kafta beef kabobs or fish. If you don't eat animal proteins, then simply consume with any plant-based protein or grain like the Mirch Masala Rice that is coming up next and/or with the pitas served at room temperature. Give it a whirl and let us know what you think.

Stacked next to the stew, you will find a vegan and gluten-free **Mirch Masala Rice** from [Earthen Jar](#). This tasty Indian rice dish is composed of basmati rice, onions, tomatoes, canola oil, mixed Indian spices, cayenne pepper and salt. Full of flavor and a perfect ingredient to fill in your pitas, you could also add some to your plate as a side, along with the chopped salad and roasted eggplant.

On top of the rice container, you will see a pint of [Harvest Kitchen's](#) **Blueberry Butterscotch Granola** awaiting your arrival. This scrumptious granola is composed of dried blueberries, oats, sunflower seeds, cashews, brown sugar, pink sea salt and canola oil. Serves best right out of the container in a hand-to-mouth fashion, or as a bowl of cereal with your preferred milk.

Rounding out this week's share, we come to the final item that will be handed to you, and this one is guaranteed to make you smile. **Basil Chocolate Chip Ice Cream** from [Go! Ice Cream](#). A fun play on mint chocolate chip ice cream, this fine custom ice cream is made with basil instead! Composed of local milk, heavy cream, sugar, tapioca starch, milk powder, local fresh basil, chocolate,

coconut oil and salt. Bring a spoon and try to be the passenger on the way out to pick up the share. You'll be glad you did!

So that concludes our feast inspired by the Middle East for this week's share. We hope you enjoy the wares of all our talented partners who carefully prepared the foods and the farmers who braved the heat, mosquitoes, and rain to make this all come together. Without them, none of this would be possible and I wouldn't have this awesome job of curating these shares each week, visiting our beloved local businesses and working with other farmers out in the fields. We are grateful for your continued support, and we look forward to seeing you all this Saturday at both pick-up locations. Eat well, do well and be 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 August 1 regarding Tantre Farm's Immune Booster CSA Share, Week 71, for pick up on August 7. **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](mailto:immuneboosterbytantre@gmail.com).*

## Tantre Farm

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