



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 66) Share July 3, 2021

Hello Fellow Locavores,

Happy Friday All!! Welcome to the Immune Booster Week 66 Newsletter. I hope everyone had a great week and is managing to stay cool in between the sweltering heat of Michigan's summer and the downpours we have been having. As we approach the Independence Day holiday, what better time than now to get out on the water and take advantage of the beautiful lakes and metro parks right here in our own backyard. Whether it's a quick dip of the toes, a full-on swim, a kayak down the river or a lakeside family picnic, be sure to get out into nature and relax in this beautiful weather!

This week's share is a feast of healthy, locally grown and freshly made food, lovingly nurtured and carefully selected by Tantre Farm to make sure your Independence Day tastes great. Featuring traditional summer cookout prepared dishes that are expertly crafted by some of our favorite local restaurants, along with a cool, sweet treat and a pack of sparklers to cap off the holiday celebration.

Don't forget that we are hiding \$30 coupons in three random shares this week that can be used towards a future Immune Booster share. Will you be one of the lucky winners? Time to open up this bountiful holiday box and see what's inside...

Since leafy green salad goes hand-in-hand with picnics, we begin [Tantre Farm's](#) slew of vegetables with a crisp, fresh **Lettuce Mix**. A leafy herbaceous annual grown mostly for salads, lettuce is rich in calcium, iron and vitamins A and D. It's also great for hydrating on a hot summer's day!

Next, let's mix in some **Green Curly Kale** from [Tantre Farm](#) to our salad for added texture, taste and nutrition. Kale is packed with antioxidants as well as vitamin C and K and is great for lowering bad cholesterol. An alternative way to consume kale is in a wilted salad. First, boil some water and then dip the leafy greens into the water for 20 to 30 seconds, lightly shake the excess water off and cut with scissors into a bowl. It is easier to work with one leaf at a time until you have the desired quantity. Add some toasted sesame seeds, a dash of soy sauce, a splash of apple cider vinegar, stir well and you're in business!

It's time to shake it up baby now, twist and shoots. Shoots? Ah yes, nutritious **Pea Shoots or Sunflower Shoots** from [Garden Works Organic Farm](#) are on

the menu, and they never disappoint. Not quite a micro green, not quite a macro green, but somewhere in-between, these shoots are nutrient dense with chemoprotective agents such as folate, carotene and antioxidants that help the body fight free radical and DNA damage. Perfect for those salads, or as a garnish to any dish, they even satisfy when consumed shoot-by-shoot as a healthy finger food snack.

Now let's load up this salad up with some delicious toppings; in my case anything and everything is fair game, like [Tantre Farm Orange Carrots](#), our next featured vegetable. These beta-carotene laden carrots are sweet and crunchy. They are also our first just-pulled-from-the-earth batch to make it into the Immune Booster of the season and are in peak form in taste and quality. They would most certainly be best suited grated and tossed onto your salads, roasted in tin foil on the BBQ or simply cut into sticks and served with your favorite condiment. The greens are also highly nutritious and delicious in soups or garnished lightly across your salad, so don't let those go to waste.

Moving along down Salad Lane we run into [Tantre Farm Red Beets](#). Dark red orbs with a sweet flavor and medium-tall, red-veined green leaves that can also be consumed similar to how you would use spinach. Use the greens and grate the bulb onto your salad. Another of my favorite ways to prepare and consume beets is to pickle them using the following brief recipe: First, wash the beets and cut the stems and leaves off the tuber - DON'T cut the tap root or the liquid will run out of the beet while roasting them, and you will lose all the good juice inside. Instead, wrap the tap root around the beet, then wrap in foil and bake at 350°F for about an hour. Cool to room temperature, unwrap the foil and the skin should peel away easily. Slice or cube the beets, stack neatly into a mason jar and pour a dissolved mixture of equal parts sugar, water, and apple cider vinegar over the beets until they are fully covered. The beets will absorb the blended mixture within a day, and you will be pleased with the delicious outcome... Beet me up, Scotty!

Next on the list for this summer picnic is **Snow Peas** from [Tantre Farm](#). These crisp, somewhat disfigured peas and pods are deceptively tasty, because they are loaded up with natural sugars. They have a high vitamin C and K content and an ample dose of fiber to boot. These tasty peas can be consumed raw as a hand snack or sliced and tossed onto your salad. Alternatively, they can be wrapped in foil with a little bit of butter and salt and tossed on the BBQ for a few minutes, flipping them over every minute or two. Open the foil boat and you're in snow pea paradise.

Rolling into our last featured produce item in this week's share we roll into some **All-Red Potatoes** from [Wayward Seed Farm](#). Potato salad anyone? Or maybe cut the chase and just wrap them up in foil and toss them on the BBQ to get roasted up! Rich in antioxidants as well as numerous vitamins and minerals, these fresh out of the ground superfood potatoes are sure to boost that immune system as well as those taste buds with a creamy roasted texture. I'll take two roasted spuds please!

Kicking off this week's prepared foods we get things cracking with a loaded **Greek Salad** from [Fresh Forage](#). This salad has a beautiful kale base that supports Kalamata olives, roasted red beets, banana wax peppers, cucumbers, carrots, pickled onions, homemade Greek dressing, feta cheese and fresh-

made pita. A vegan and gluten-free option of this salad was also available upon request at sign-up. I had the pleasure of sampling this salad yesterday at Fresh Forage out on their outdoor seating patio and found it to be very hearty with a well-balanced flavor. A cool, crisp salad that's perfectly in-season and prepared with locally grown ingredients.

What goes best with a salad? Bread! This week we threw a curve ball into the mix with a two-pack of **Cornbread Muffins** from [Harvest Kitchen](#). These muffins pair well with the Greek Salad or the BBQ theme depending on which side of the fence you fancy. These cornbread muffins are composed of flour, cornmeal, sugar, baking powder, salt, milk, eggs and butter. Baked fresh Friday and riding home with you first thing Saturday morning.

Moving right along, we keep the baking going with vegan **Barbecue Baked Beans** from [Zingerman's Roadhouse](#). These rich and flavorful baked beans are composed of Camilla pinto beans, onion, garlic, bay leaves, mustard powder, chili flakes, tomato BBQ sauce, Pilsner beer, salt and black pepper. Being that they are from Zingerman's Roadhouse, the king of BBQ here in Ann Arbor, there's a 99.9 percent chance that they are going to be mouthwatering and a perfect complement to all the other cookout possibilities that this share has to offer. And what's a BBQ without the baked beans???

Since we keep talking about cookouts and BBQ, let's cut to the chase and get to the showcase menu item with 4-pack of **Beef Burgers** that have been grass-fed from [Webbed Foot Pines](#) OR a 4-pack of **Tempeh Burgers** from [The Brinery](#) that are vegan and gluten-free. Each share will get four of each patty depending on what you signed up for. No directions or guidelines here as burgers are pretty straight forward. So get your favorite condiments out, cheese or no cheese and get ready to grill in the cool summer breeze. Also, as a side note, we will have extra beef and tempeh burger patties for sale on our market table tomorrow if you need more!

What's a burger without a bun? No fun. So let's put some fun back in the bun for these tasty burgers with a 6-pack of **Challah Hamburger Buns** from [Zingerman's Bakehouse](#). These soft bread buns are composed of organic wheat flour, malted barley, water, egg yolk, honey, corn oil, sea salt and yeast. They are the perfect dance partner for those lip-smacking chargrilled burgers and are great lightly toasted on the grill just before serving.

Can't have a burger without a pickle, right? Well, we are in luck with **Dilly Dally Pickle Spears** from [The Brinery](#) that are vegan and gluten-free. These small batch pickles are the first batch of the season and are made with locally grown cucumbers. These fresh cucumbers sit in a brine of filtered water, sea salt, garlic, flowering dill, dill seed, yellow and black mustard seed, and coriander seeds. These dill spears are the real deal, clean and crisp. The Brinery gave me a jar of them at last week's Immune Booster hand out, and I ate almost the whole jar during the handout because I am a pickle freak! Sorry - no peter piper picked a peck of peppers here, just Dilly Dally Pickle to fancy your tickle. Whoot Whoot!

Who needs a nice and sweet frozen treat to beat the summer heat? Me! Me! Me! So let's see.... **Michigan Strawberry Ice Cream** from [Go! Ice Cream](#) should do the trick! This intensely rich ice cream is composed of Michigan-

grown strawberries, cream, milk, sugar, tapioca starch, balsamic vinegar, milk powder and sea salt. A perfect way to cap off this 4th of July cookout bash with a tasty ice cream from an amazing local business. If this is your first rodeo with Go! Ice Cream then you're about to see what all the buzz is about. Rob Hess, owner operator is a master chef of ice cream and sweet treats, and he has some serious levels to his game where no detail is missed. He is currently open four days a week and serves up the best ice cream around, so head on over for round two and tell them that Ryan from the Immune Booster sent you.

To put the sparkle on top of this fantastic Independence Day share, we have a 5-pack of **Sparklers** to bring out the kid in you on the 4th of July. Deb said NO to ending the share with a BANG! so bottle rockets or anything that flies and explodes are out of the question. I'll leave it to the kid in you to dig out your secret stash or sneak off to the firework stand for those this time around. Ha!

As the Immune Booster prepares to land at your BBQ feast, we are grateful you opted to fly with us for this Independence Day share. We hope you enjoy the fruits of all our farmers' hard work and the steadfast dedication of our local chefs and artisans who made the prepared foods come together so nicely this week. We hope you enjoy this bounty with family, friends and loved ones and have a safe and happy 4th of July weekend. We look forward to seeing you all tomorrow morning at the pickup where we will be there to hand you your share with a smile.

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 4 regarding Tantre Farm's Immune Booster CSA Share, Week 67 for pick up on July 10. **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.*

Tantre Farm

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