



# Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 64) Share June 19, 2021

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Hello Fellow Locavores,

Welcome to the Immune Booster Week 64 Newsletter. Wakey, wakey, rise and shine! This week's theme is all about breakfast, the most important meal of the day. We are loading you up with a beautiful spread of fresh-picked, in-season fruits and veggies that complement breakfast, as well as some healthy and local breakfast staples that will see you through a few delicious rounds, and a Father's Day breakfast in bed for dad. The result is a box full of rainbow colors and endless amounts of creative ideas just waiting to be discovered by you. So let's dive into this share of plenty and see what awaits you in this unique and vibrant share.

Rising and shining, we get things going with some lean, mean and ever-so-healthy leafy greens, with **Spinach** from [Tantre Farm](#). Spinach is a superfood packed with an array of essential vitamins and minerals in a low-calorie package. This rich, forest-green, leafy green is important for skin, hair and bone health, and is a perfect veggie to incorporate into your morning meal. Try it mixed into an omelet or wilted in a pot with a splash of water, pressed and served as a side. We are giving you a generous serving to really boost your immune system, so there will be plenty for you to make an afternoon salad or two in addition to your breakfast helpings.

Next up, we have some cool and crisp **Lettuce** from [Tantre Farm](#). This lettuce is great for rehydrating your body as well as upping your iron levels and delivering a good dose of vitamin C. These robust heads of lettuce are in peak form and would be great for blending into smoothies for a milder taste than kale or spinach. Alternatively, you could make breakfast wraps out of the lettuce leaves and stuff them with your favorite fillings. Like the spinach, there is plenty to go around, so maybe pivot to brunch and have a crisp salad to go with your Eggs Benedict. Hey, just an idea... a really good one!

Topping off the leafy greens in this breakfast share, we can't forget our trusty Microgreens because they are laden with a surplus of immune boosting

properties to get your day kick-started. This week we have **Broccoli or Kale Microgreens** from [Garden Works Organic Farm](#). In your share, you will get one or the other of these two fine microgreens, both equally as impressive in taste and nutrition. Microgreens are by far the most densely packed produce item featured in this share and they deliver a serious dose of essential nutrients. Sprinkle them on top of your scrambled eggs or omelets, toss them in your breakfast burrito or lettuce wrap, or finish off your brunch salad with a splash of wholesome goodness - Your immune system will be glad you did!

Nothing says breakfast like a pungent allium to wake you up, and **Green Garlic** from [Tantre Farm](#) definitely fits the bill. To most folks, green garlic is a new frontier in the allium world as we are all familiar with the garlic bulb, scape or clove. In this share, you will get what appears to be green onions with a small bulb on the end, but if you look at the anatomy of the plant the green leaves of the garlic are flat, not round and hollow like a green onion. The greens and the bulb are all edible, cooked or minced and served raw. They also pack a serious dose of sulfur, which is really good at turning away free radicals in our inner economy. Add them to the skillet for a quick sauté before you crack your eggs or other ingredients for that all familiar and delicious roasted garlic taste in your dishes. I also like to clip the green garlic greens onto salads, soups, pastas and sandwiches for a nice dash of spice and a good dose of free radical fighters.

Next up from [Tantre Farm](#), we have what appears to be the last run of tasty **Asparagus** for this 2021 season. Asparagus is a perennial that generally produces from Mother's Day to Father's Day here in Michigan. It is a majestic month-of-May to mid-June crop and its growing behavior is absolutely amazing. The spears drastically emerge in the warmer days at a rate of up to 7 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 or steeped in water for a few minutes and served with any savory breakfast dishes. So make the most of this short-lived asparagus season, kick those carcinogens to the curb, and give your taste buds a treat.

Moving right along with our breakfast theme, we offer an awesome **Mushroom Mix** from [Detroit Mushroom Company](#). Your mix of mushrooms will contain any of the following mushrooms varieties: Lion's Mane (white and resembles a lion's shaggy mane, hence the name), Golden Chestnut mushrooms (long and skinny beige stems with bright golden caps), Shimofuri mushrooms (tend to be girthy and larger than all the other varieties with thick white stems and blueish-brown caps), Blue Oyster Mushrooms (tight clusters with small bluish-grey caps) or Yellow Oyster Mushrooms (tight clusters with canary yellow caps). 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 amazing in omelets, quiches or sauteed on their own or with a little bit of that green garlic and served as a side to any of your favorite breakfast creations. A culinary winner whichever way you choose.

Stepping away from the savory produce, we pivot to some mouth-watering, sugar-laden, summer sun-ripened **Strawberries** from [Tantre Farm](#). These deep red strawberries are rich in vitamin C, antioxidants and plant compounds

that are really good at keeping your heart healthy and your taste buds happy. If you can refrain from eating them on the way home after picking up your share, they would pair outstandingly well in a homemade parfait with the blueberries, granola and yogurt yet to come in this Immune Booster Box breakdown. So get ready to partake in a parfait that will be beyond great for a Father's Day date. Hooray!

Back by popular demand we round out the produce in this week's share with **Frozen Blueberries** from [Joe's Blueberries](#). Blueberries are the king of antioxidant-rich foods and have far reaching health benefits by reducing damage to our DNA, helping fight off free radicals and lowering blood pressure. They are also packed with iron, calcium and magnesium among many other vital vitamins and minerals that keep our immune system's engine running. These blueberries will go hand-in-hand with the parfait, pancake mix and maple syrup yet to come in this newsletter. This share just keeps getting better and better!

Keeping things rolling right along, we roll right into **One Dozen Local Eggs** from [Webbed Foot Pines](#), cluck cluck, bok bok. These free-range eggs have a high protein content, omega-3s and are a great source of choline, an essential nutrient that supports cell growth and metabolism. Father's Day morning never looked so good with all these fresh ingredients to whip up a beautiful cooked breakfast - lean and mean omelets, scrambled eggs, hard boiled eggs or get naughty and do some deviled eggs for brunch, ohhh yaaaa.

Bring on the pancakes!! Your wish is our command, with a **Standard Pancake Mix** from [Westwind Mill](#). This pancake mix is composed of three simple ingredients - unbleached flour, baking powder and sea salt. The unbleached pastry flour is milled just west of Flint on a two-hundred-year-old old mill at Westwind Mills. They use a certified organic soft white wheat grown by DKB Farms in Columbiaville, MI, just over an hour north of Ann Arbor. The aluminum-free baking powder and sea salt is sourced from Frontier Co-op. Together, the ingredients are combined to create a basic yet clean and pure pancake mix that supports sustainable and fair-trade practices. So get your hot cakes on, infuse them with strawberries and/or blueberries and taste the local difference in this premier pancake mix.

We can't enjoy the pancakes without the maple syrup, right? We are elated to feature a fourth-generation **Organic Maple Syrup** from [Maple Dale Farm](#) in Atlanta, MI this week. A perfect fit to our Immune Booster project, Maple Dale Farm values good stewardship of the land and best practices to produce their top-quality organic syrup. So pour this amber delight across those hot cakes happy in the knowledge that you supported an eco-friendly, local operation.

Breakfast just got brighter with the refreshing taste of **Hiday Plain Yogurt** from [Hiday Farm](#) that is vegetarian and gluten-free. Hiday Farm is a grass-based, 155-acre dairy farm located in Burlington, MI. Dan Hiday, the owner and operator of this farm oversees the process from beginning to end. He tends to the cattle as well as processing this high-quality yogurt that boasts a rich and creamy taste. The key is in straining the yogurt in small batches for up to three hours at a time. The end result is a probiotic-packed yogurt that keeps your intestines healthy, keeps osteoporosis at bay and is packed with calcium, vitamin B and protein. This yogurt is great for parfaits, mixing into curries or perfect for blending into my all-time favorite smoothie drink, the mango lassi. If you have never had a mango lassi, now is the time!

A perfect sidekick to the yogurt and fruits featured in this share, we have **Strawberry Ginger Granola** from [Harvest Kitchen](#). Vegetarian and gluten-free, this granola is composed of Ferris Farm organic oats, almonds, Tantre Farm dehydrated strawberries, sunflower seeds, coconut, honey, canola oil, ginger and pink salt. A tasty granola that is one of my favorite additions to Harvest Kitchen's granola line, this is a great snack right out of the container, an added touch of crunchy sweetness to any cereal with your preferred milk, or the yogurt parfait that will be a great treat for the Father's Day breakfast feast.

For all the pop tart fans out there, we really outdid ourselves this week with a two-pack of **Raspberry Patti Pockets** from [Zingerman's Bakehouse](#). These fresh and local, flaky all-butter hand pies are composed of unbleached Michigan organic wheat flour, butter, local eggs, water, confectioner sugar and sea salt. The sweet inner filling is packed with locally grown raspberry preserves and garnished with a drizzle of raspberry glaze. They are best served slightly heated up with a nice hot tea or coffee and are amazingly delicious on an entirely new level. You will never look at pop tarts the same. You will undoubtedly want more and luckily these tasty Patti Pockets are always on hand at Zingerman's Bakehouse, so if you need another round, head on over and tell them that Ryan from the Immune Booster sent you.

Closing out this week's share, we feature a **Strawberry Kombucha** from [Urbanrest Brewing Company](#) that is vegan and gluten-free. This fine kombucha is composed of fair trade organic black tea from Arbor Teas, organic Michigan beet sugar, filtered water and scoby culture, all re-fermented with Michigan grown organic strawberries. This strawberry kombucha has been a popular hit on our market table at the Immune Booster pick-up for many weeks now and I've been patiently waiting for strawberry season to arrive to feature it in our share. The time is now! This kombucha is in-season and all the reason to feature a creative way to incorporate strawberries. We will have plenty of extras for sale at the market table so stock up on a few more for your entire family. This is a healthy elixir of pre and probiotics and a tasty thirst-quencher, so drink up buttercup and give yourself a nice dose of immune-boosting properties to boot!

As the breakfast share breakdown comes to a close, we wish you well for a happy Father's Day and a fun-filled Summer Solstice this coming Sunday. We hope you enjoy this splendid share of in-season produce and local artisanal goods curated for you this week. We would love to hear your feedback or see your creative dishes made from the ingredients in your share, so send us an email or post a picture on social media. Thank you for signing up and supporting our local farms and businesses. We look forward to seeing you all on Saturday morning at the pick-up locations. Be well, eat 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 June 20 regarding Tantre Farm's Immune Booster CSA Share, Week 65 for pick up on June 26. **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).*

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