



# Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 67) Share – July 10, 2021

Hello Fellow Locavores,

Welcome to the Immune Booster CSA Week 67 Newsletter. This week we have been busy bees out in the Tantre fields planting, weeding, cultivating, harvesting, washing and packing up the Summer CSA's, wholesale, restaurant and market orders. To cap off the week we pack this Immune Booster CSA share every Friday afternoon at the Washtenaw Food Hub where many of you pick up Saturday morning. Dialing into our share this week, we have a well-balanced mix of fresh produce, prepared foods and a fan-favorite Michigan Cherry Chocolate Bar to close out the share. So let's get to the finer details and break down everything that is coming home with you this Saturday.

Kicking things off, we get things poppin' with a colorful dose of **Rainbow Swiss Chard** by [Tantre Farm](#). Chard can be consumed raw in salads or used as a wrap in place of a processed bun. It can also be cooked down into a wilted salad or sauteed with minced garlic and lemon for a tasty side dish. Both the stems and leafy greens are edible, and chard packs a serious dose of vitamins A, K and C so this green is not just colorful, it's super good for you.

Back by popular demand, we have fresh, soil-grown **Pea OR Sunflower Shoots** from [Garden Works Organic Farm](#). In your share you will get one or the other of these two nutritious varieties. These superfood shoots should be consumed raw for optimal taste and nutritional benefits. Perfect for salads, burgers, wraps and sandwiches, I often often used them as a side breakfast salad with scrambled eggs or tossed on a quiche to fill the niche, sprinkled on the hash but not just a dash, these shoots are sure to please and loaded with chemoprotective agents that keep your heart beating with ease.

Rolling right along, we roll right into some **White Hakurei Turnips** from [Tantre Farm](#). These beautiful white globes of sweetness are packed with omega-3 fatty acids and protein. The white tubers are amazing sliced and then pan fried in olive oil and roasted to a crisp texture. They are also perfect for making a quick pickle or simply slicing them up and serving them raw on salads. So turn-it-up and add them to pretty much any dish that suits your fancy.

Summer wouldn't be summer without fresh **Cucumbers** from [Tantre Farm](#).

These crisp and crunchy water-laden veggies are packed with disease-preventing phytonutrients, as well as anti-inflammatory and anti-cancer properties. It has recently been discovered that the seeds are also a great source of minerals and calcium. Sounds like a win-win all around, so try a cool cucumber and tahini salad with a lemon twist, add them to a sandwich or wrap, soups or pasta dishes. The mighty cucumber can be consumed in a myriad of creative ways.

Bring on the **Broccoli!** ...And that we shall, from [Tantre Farm](#). Some of you will receive a regular head of broccoli and others may receive De Cicco, a traditional Italian heirloom variety producing small heads or florets. Broccoli originates from the mustard family and can be sourced way back in history to the Roman Empire. Broccoli has a unique sulfur compound called sulforaphane which protects the body from diabetes, cancer and osteoarthritis. It is also high in fiber, potassium, niacin and a plethora of vitamins. Another veggie that tastes good cooked or raw, Broccoli is a seriously healthy, immune boosting vegetable so make sure you find a way to fall in love with it. A delicious pan of roasted broccoli or a hearty toss of a few florets in a salad is a good start!

The summer hits just keep coming with **Summer Squash** from [Tantre Farm](#). In your share you may get a mix of colorful summer squash that is great for the BBQ grill, baked or sauteed up as a side dish to any meal. Summer squash varieties are water laden and a great way to hydrate on these hot summer days. They also boast a solid line-up of vitamins and trace elements for a nutritional power-packed veggie. So get a taste of summer and squash it up.

Next up, we bring on the beans with **Fava Beans** from [Tantre Farm](#). These fava beans are quite the novelty as many of the fava beans grown never make it to market as a fresh produce item. Generally they are dehydrated and sold in bulk bins or pre-packaged and placed on grocery store shelves. These fava beans are freshly picked off the plants at the height of their growing season. Soon after we picked the beans, the remaining plants were tilled into the soil. They served as a production crop as well as a cover crop that helped build the soil for a future crop to follow in its place. Fava beans are 26 percent protein, 58 percent carbohydrates, 2 percent fat and the rest is a smorgasbord of vital vitamins and trace elements. At this stage, I would suggest you discard the pods and only eat the beans inside. Even if the pods appear brown, wilted or in a mild state of decay, rest assured the ripe bean inside is happily awaiting your tender fingers' arrival to pluck them out. Steam them, stir fry them, toss them into soups or pastas or stews. However you choose, just can't lose with these fava's buttery texture and creamy taste.

Summertime when the living's easy and the **Summer Onions** from [Tantre Farm](#) are on the breezy. These fresh-picked allium bulbs are good for your heart, contain cancer-fighting compounds and increase bone density. They would serve up best roasted or stir fried with the hakurei turnips, rainbow swiss chard, summer squash and fava beans for a colorful melody of in-season produce to pair with the Juicy Kitchen Salad or to pair up with the Ginger Deli Marinara that is coming up.

Moving on from the produce, we get things baking on these sweltering days with a fresh loaf of vegan **Detroit Street Seeded Sourdough Bread** from [Zingerman's Bakehouse](#). This naturally leavened large round sourdough bread is

composed of organic wheat, malted barley, water, sea salt and then garnished with poppy, sesame and fennel seeds. A tasty base for a superior sandwich flavor, this bread pairs beautifully with the following cheese and prepared foods.

Cheese? Well then, yes please to **Sharon Hollow Garlic and Chive Cheese** from [Zingerman's Creamery](#) that is vegetarian and gluten-free. This fresh, delicately flaky cheese is composed of cow's milk cheese curds, garlic-infused fromage blanc and fresh chopped chives. It is made by gently hand-ladling cow's milk curd into perforated molds, allowing the whey to drain away slowly and impart a balanced flavor to the finished round. The layers of cow's milk curd are alternated with layers of a garlic-infused mixture of fromage blanc and freshly chopped chives. The end result is a very delicate and flavorful cheese that goes well on the roasted veggies featured above, with your favorite crackers or the sourdough bread in this share. Yummy!

Time for a hearty salad, so let's head on over to our comrades at [Juicy Kitchen](#) for a bellissimo **Chopped Italian Salad**. This generous portion of salad is composed of romaine lettuce, radical radicchio, cherry tomatoes, zesty red onions, black olives, pepperoncini peppers and Italian dressing. Served on the side, we have house-made whole wheat focaccia croutons and parmesan cheese. This salad is the perfect elixir to combat the heat and cool you down with a reload of vital nutrients and is enough to serve two adults. Bon appetit!

So let's see... We've got the fresh produce covered, a fresh baked sourdough loaf, cheese and a salad. What to pair next? How about a **Summer Veggie Kabob with Marinara Sauce** from [Ginger Deli!](#) This colorful vegan and gluten-free dish is composed of quite the motherload of immune boosting properties and has squash, zucchini, agaricus mushroom, rainbow tomato, yellow pepper, red pepper, white onion, lentils and house-made marinara sauce that contains tomato sauce, olive oil, tamarin, sea salt, black pepper, maple syrup and fried shallot. This dish has depth in flavor and color and is super tasty with a generous portion to feed a small family. Mama Mia!!

Now for the pasta to go with our top shelf marinara sauce... We present **Green Pea and Wild Garlic Pasta** from [Al Dente Pasta](#) Company that is vegan and gluten-free. Um, yessss please! This pasta is small batch made from fresh green peas and wild garlic and is high in protein, kosher, non-GMO and certified organic to boot. It is minimally processed leaving all the nutrition intact and a perfect dance partner for the Summer Veggie Kabob and Marinara Sauce. My mouth is watering!

And if your mouth isn't watering yet, it will most surely be with our final featured item in this week's share. Ending on a delicately sweet note, we have a **Michigan Cherry Chocolate Bar** from Dexter's own [Mindó Chocolate Makers](#). Mindó's organic cocoa beans are grown in the cloud forest of Ecuador by a small cooperative of farmers that resist the hybrid and deforestation trend of industrial cocoa bean farming. Their special connection to the magnificent, ancient, cocoa trees produces one of the finest cocoa beans in the world: the heirloom Arriba Nacional. The beans are shipped to our friends in Dexter, MI and locally crafted into this pure, nutritious and delicious chocolate. Loaded with antioxidants and wholesome fats, you will be pleased to know that cocoa beans are one of the healthiest foods you can possibly eat. Add some Michigan-grown cherries to this tasty chocolate and press it into a mold and

the end result is a Michigan Cherry Chocolate Bar that is lip-smackingly delicious!

As we close out another Immune Booster CSA share, we would like to thank you all for your continued support as we slowly, but surely emerge from the pandemic. No one knows what the future holds, but we intend to keep the local food narrative in full speed ahead. We will continue to support as many of our local businesses and farms as possible, whilst guiding our patrons to a seasonal, local and healthful diet of real and wholesome food. Many hands make light work and when connecting our hands in a circle of trusted and like-minded local businesses, we become stronger together. As the weeks roll on, our aim is to continue on the trajectory of growth and diversity, pulling new businesses and farms into our orbit and curating adventurous and attractive menus to pique your interests. We are grateful that you share in our passion for food and community, where we cultivate relationships and ideas and good will. I hope you enjoyed this Immune Booster ride and look out for next week's menu of local delights this Sunday.

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 11 regarding Tantre Farm's Immune Booster CSA Share, Week 68 for pick up on July 17. **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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