



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 68) Share – July 17, 2021

Hello Fellow Locavores,

Welcome to the Immune Booster Week 68 Newsletter, the place to discover where the food in your share comes from, the nutrition it provides, and how to make ordinary into extraordinary with your fresh, always local and in-season produce. The rain gods have certainly been generous this past week, and the Tantre Farm perennial and annual crops have been responding well with abundance... along with the mosquitoes! So things are a-buzz here as the days blend into weeks and summer rolls along, with the Tantre crew continually planting, weeding, cultivating, harvesting, packing for our shares every Saturday. Along with the farm work, we search high and low for the best in variety and quality from our local world of cuisine to feature in the Immune Booster project each week. Our partnerships are growing and in turn connecting us to other local businesses that further diversify the offerings available in each week's share. Buying this share invests in our local food economy from our neighborhood farms to restaurant tables, reduces fossil fuels from imported food, and ultimately brings people together for a sense of community where we collaborate, cultivate shared visions, and raise the bar on what local food can really be. So buckle up! It's time to take a ride in the passenger seat of this week's Immune Booster CSA Share.

Opening up the share this week, you will be greeted with a fresh bunch of **Red Russian Kale** from [Tantre Farm](#). With beautiful purple stems and mint green foliage, this kale packs a health boost and is full of vitamin K and C, copper and calcium. Perfect for a wilted salad or crispy kale chips, you can also incorporate this leafy green into smoothies, soups, salads, stews or juice presses. So get your chlorophyll on, kale it up and remember – both the stems and greens are edible!

Somewhere in the share, you will find a box of carefully packed **Pea or Sunflower Shoots** from [Garden Works Organic Farm](#), located right here on the north side of Ann Arbor. Shoots or baby plants of any type are densely concentrated in life-nourishing nutrients, minerals, vitamins and antioxidants. In your share you will get either pea or sunflower shoots. Both varieties should be consumed raw in salads, wraps, as pasta toppers or on homemade whoppers. So shoot for the stars and get your boot, shoot, and boogie on with these soil-grown shoots.

Serving up a treat, we get right into the heart of summer with **Sweet Corn** from [Goetz Greenhouse and Family Farm](#). This sweet corn is grown about 20 minutes south of Ann Arbor and is packed with lutein to keep those eyes healthy and focused on the grill that's awaiting their arrival. Corn is best BBQed on the grill or gently boiled to perfection, a little salt, a little butter and your trucking along right down to the end of the cob. Yummy!

Continuing through the fields at [Goetz Greenhouse and Family Farm](#), we are keen to feature another summer highlight with **Green Beans**. Green beans are fantastic sources of bone-healthy nutrients, including folate, calcium and vitamin K. Deliciously tasty when gently boiled, steamed, grilled or sauteed, they pair perfectly with any of the prepared food dishes we have included in this week's share.

Cooling things down from [Goetz Greenhouse and Family Farm](#), we have the super-hydrating, potassium rich and super crisp **Cucumber**. A last-minute addition to the menu, we are happy to help our great friends, the Goetz family, move their surplus of fine gherkins. In your share you will get a few slicers and a few pickler cucumbers. Both can be sliced and consumed as normal, or you can test your ability and slice the slicers and pickle the picklers. My vote is to just eat a few on the way home from picking up your share and using what's left over in a cool cucumber summer salad.

Heading back up to [Tantre Farm](#) we dig up another round of late spring **Orange Carrots**. This versatile rooting vegetable packs a lot of sugar and beta carotene. Once you crunch you can't stop the munch. These carrots are sweet and crisp from the summer sun and are great served sliced or shredded and added to fresh salads, as fresh dipping snacks, or steamed with a touch of butter and honey. Yum!

This is the season for **Fresh Garlic Bulbs** from [Tantre Farm](#), and we have a true health elixir with these fresh out of the ground tubers. This pungent gem is well known globally and widely used in medicinal approaches to keep your immune system clean and clear of free radicals, common colds and ailments. Garlic is best consumed daily to keep that immune system running like a champ and can be minced and mixed into any savory cooked dish. Garlic made its way from central Asia on its own world tour beginning around the 4th millennium BC. Why is it so popular? Because it tastes good and it is a nutritional superstar. Garlic has profound beneficial effects on maintaining a healthy heart thus reducing blood pressure and lowering cholesterol. Be sure to incorporate garlic into your home cooking with some of the other ingredients featured in this share.

Rounding out the fresh produce for this week, we have **Red Tropea Onions** and **Red Norland Potatoes** from [Tantre Farm](#). Both are loaded with antioxidants, pre and probiotics to keep that immune system humming right along. Why not combine them into a tasty hash? Or try your hand at making a delicious potato salad. One thing for certain is that these fresh plucked from the earth onions and potatoes are at their peak, pungent and packed with flavor.

We always tend to break bread to get things going in the prepared foods menu breakdown, and nothing sounds better than a fresh-out-of-the-oven **Original Sourdough Loaf** from [Raterman Bread](#). This bread is composed of a wild collected yeast, flour, salt and water. After mixing the ingredients and a two-day ferment, the dough is ready to be sliced and weighed out, scored and

baked to perfection. Freshly baked at The Food Hub late Friday evening and handed to you with a smile first thing Saturday morning. Boom!

Since we have the bread ready, we might as well heat up some **Masala Tofu Curry** from [Earthen Jar](#) in downtown Ann Arbor. This super savory vegan and gluten-free dish is composed of tofu, tomatoes, canola oil, salt, turmeric, ginger, garlic, cayenne pepper and mixed Indian spices. This slow-simmered and well-balanced masala curry dish is best served with a side of rice or potatoes and a good dose of steamed carrots and green beans from this share to complete a nutritious and mighty delicious meal.

Feeling the rhythm of the beat, we get things pumping with a **Roasted Beet Salad** from [Exotic Bakery](#). This savory salad is composed of locally grown produce that includes roasted red beets, chopped red onion, and minced parsley and garlic. Feta cheese chunks, lemon drizzle and a light dose of canola oil and olive oil with a dash of salt and pepper makes this in-season dish hum with delight.

Get that Original Sourdough Loaf ready for round two because we have a splendid **Chicken Lemon Rice Soup** that is gluten-free from [Juicy Kitchen](#) on the northwest side of Ann Arbor. This savory soup is full of colorful in season flavors and has a nice rich and creamy texture with a citrus undertone. It is composed of local Miller Chicken, long grain rice, carrot, celery, green onion, garlic, lemon, egg, parsley, extra virgin olive oil, salt and pepper. I had the pleasure of sampling this soup this week and I must say it was super tasty, and the container was enough to split for two portions with bread and a side salad.

Switching back to the salads, we pivot to a seriously popular dish by [Ginger Deli](#) that is both savory and sweet - a southeast Asian **Kohlrabi Salad** that is vegan and gluten-free. This super tasty salad is composed of Tantre Farm kohlrabi, green papaya, bean sprouts, carrot, mint, mango, red beets, shallot, crushed peanut (in separate container), sweet & tangy dressing on the side that is composed of apple vinegar, lime, minced garlic, red pepper flakes and maple syrup. This has become an in-demand staple at Ginger Deli and you will clearly see why. If you find yourself wanting more, then you're in luck because Ginger Deli sells it every day of the week at their retail location in downtown Ann Arbor. Head on over and pick up round two with a Bahn Mi sandwich while you're at it and tell the staff that Ryan sent you.

Moving on from the savory, we switch to a delicately sweet and healthy snack with **Mary's Sweetened Granola** from [Harvest Kitchen](#). Composed of locally grown Ferris Farm oats, almonds, cashews, sunflower seeds, coconut, cinnamon, Lesser Farms honey and canola oil, this versatile granola can be consumed as a cold or hot cereal with your favorite milk, added to cookies or crushed onto cakes for a little boost of nutrition.

Closing out the share this week, we have a super sweet treat to end things on the sweetest note with a **Half Moon Whoopie Pie** from [Big City Small World Bakery](#) in downtown Ann Arbor. This is our first featured item from Big City Small World Bakery, and we look forward to trying out many more of their exceptional goods in future shares to come. For their debut, we chose to kick things off with a bang with this tasty vegan and gluten-free Whoopie Pie. The cake is composed of tapioca, lentil, rice, sorghum, cane sugar, cocoa, apples, canola oil, vanilla, vinegar, and salt. The frosting is a light and fluffy mix of palm oil, cane sugar and vanilla. The combined result is simply delightful and a treat to the taste buds. It's a safe bet that you will want to pay a visit to this small

residential bakery. Big City Small World offers many European-style pastries that come in an array of traditional, vegan and gluten-free baked recipes. My personal favorites are the cherry turnovers and scones, and mouth-watering raspberry ding dongs... Just a few little tips!

As we descend into the sunset on this share of plenty, we are grateful you came along for the ride as we shared the culinary adventure that awaits your pick-up Saturday morning. The height-of-summer vegetables are on the horizon, and we have some amazing in-season produce items coming to the share over the next couple of months, not forgetting the wonderful array of prepared foods that will follow suit with the in-season narrative. Time to unbuckle, pull up a plate and brim with delight as you contribute to a healthier you, community, and planet.

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 18 regarding Tantre Farm's Immune Booster CSA Share, Week 69 for pick up on July 24. **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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