



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 71) Share – August 7, 2021

Hello Fellow Locavores,

Welcome to the Week 71 Immune Booster Newsletter. I hope everyone is enjoying this beautiful summer weather and getting out and about hiking, biking, kayaking down the Huron River, playing in the garden or whatever it is you like to do to catch a fresh breath of air out in nature. Working at Tantre Farm brings about a world of interest in the natural environment where we witness the annual migrations of birds and insects, crop rotations and a creative think tank of how to grow food more effectively. The challenges are many and the days are sometimes long but like any good thing, it takes perseverance, grit and an open mind. Set goals, figure out the path to them and then execute. This is how we do it on the farm and it's a group effort where public forums are held, the best ideas are drawn upon and away we go. Many hands make light work, and these many hands have joined together this week for this outstanding share. Not only at the farm but within our local community. So let's open this share of plenty to see what these hands have collectively pulled together.

Sprinting out of the gate, we get things up and running with **Green Curly Kale** from [Tantre Farm](#). This lean, green curly dream of kale is a nutritional superstar, packed with vitamins A and K, calcium, potassium, copper and more. It's also great for digestive health, fighting off free-radicals and warding off Type 2 diabetes. This curly kale can be consumed raw or wilted in salads, soups, pastas or smoothies. My favorite way to consume kale in general is to take a couple leaves at a time, dip them in boiling water for about 30 seconds and then clip them with scissors into bite sized pieces into a bowl. Then mix with whatever topping and seasonings you prefer and away you go with a super nutritious and mighty delicious wilted salad.

Next up, we shoot for the stars with **Sunflower Shoots** from [Garden Works Organic Farm](#). These roasted, nutty-flavored shoots are grown about a mile away from where you pick up your Immune Booster share and are another superfood with a vast amount of nutrients on offer. Rich in vitamins A, D and B complex as well as amino acids, iron and potassium to name a few, these shoots deliver all the essential elements our anatomy so desires. They are best consumed raw and within a few days of picking up your share. So gobble up your shoots like you just don't care, because they are really good for you.

Who's ready for some **Purple Green Beans** from [Tantre Farm](#)? Count me in please! These lean, mean, purple beans become green once they get steamed. These tricksters are purple off the plant and served raw but once they are cooked become green. Magic! Packed with a good dose of vitamins, folic acid and fiber, these beans are perfect for that green bean casserole that grandma used to make to take to a Great Lake, so go ahead and get one ready to bake. Yummy!

Rolling right along, we roll into some **Summer Onions** from [Tantre Farm](#). This week, it's a lottery on which type of onions you may get in your share. We are currently harvesting roughly 12 varieties of onions out of the ground each day, so whichever ones you get, it will be a pleasant surprise! All varieties are loaded with antioxidants that fight inflammation, decrease triglycerides and reduce cholesterol levels. So nothing to cry over here, just some pungent fresh picked onions for your sandwiches, wraps, soups, salads or any other dish you choose to add them to.

Pivoting to another summer delight, we have **Cherry Tomatoes** from [Tantre Farm](#). A mix of colorful round globes, each unique in its own nutritional make-up but one important note is that all varieties in your share pack a key core antioxidant called lycopene which protects us against heart disease and cancer. Sounds like a winner to me. These naturally sugar laden beauties are perfect for summer salads, as hand to mouth snacks or for the adventurous, quick blanched, peel the skin off and brine them similar to a quick pickle.

Packing a pop of mild heat, we skip to the beat of **Shishito Peppers** from [Tantre Farm](#). Shishito peppers come from the 'land of the rising sun' also known as Japan. Out at Tantre we grow hundreds of pounds of these tasty peppers every year because they are great for blistering before consumption. You can blister these peppers on a BBQ or in a skillet with a little bit of oil. The dark green peppers will develop a dull military green color when blistered and become soft once they are fully cooked with brown or blackening on them where they had contact with the grill or pan. You can eat them raw if you prefer, but the taste for most folks raw is an acquired taste. So blister away on a hot summer day and indulge in these antioxidant laden peppers.

Nothing says summer like fresh-picked **Watermelon** from [Tantre Farm](#). In your share you will get one watermelon that could have either yellow inner flesh or red. Rest assured both color variations are bursting with a hydrating sweet sugar water, antioxidants and amino acids, the perfect remedy for the enduring hot summer days ahead. So take a hike or float down the river and bring the melon with you for a cool and refreshing summery treat.

Rounding out our produce in this week's share, and back by popular demand, we lassoed a **Mushroom Mix** from [Detroit Mushroom Company](#). In the mix you may find any of the following in your share: Lion's Mane that is white and resembles a lion's shaggy mane, Golden Chestnut mushrooms that have long and skinny beige colored stems and a bright golden cap, Shimofuri mushrooms that tend to be girthy and larger than all the other varieties with thick white stems and a blueish-brown cap, Blue Oyster Mushrooms in tight clusters with smaller bluish-grey caps or Yellow Oyster Mushrooms that are also in tight clusters with a canary yellow cap. These mushrooms are packed with fiber, protein and antioxidants, and should always be cooked before consumption. Best sauteed with other veggies or meat, and spectacular in omelettes or simply fried up with the onion above and added as a side to any dish. As a side note, Netflix has recently just added a documentary called

Fantastic Fungi to their library. This documentary is absolutely amazing and well worth a watch to learn more about our world and the interactions and roles fungi operate within this beautiful planet.

Cruising right along into the prepared foods, we get things cracking with a **Rustic Italian Loaf** of bread from [Zingerman's Bakehouse](#). This classic Italian organic white bread is composed of Michigan grown organic whole wheat flour, malted barley, water, sea salt and yeast. This versatile loaf has a savory, thin, crispy, golden crust and a soft inner crumb that has a natural mild sweetness from the 11 hours it took to ferment before baking. It's great for sandwiches hot or cold, dipping in soups, stews or pastas or just simply toasted with butter. Yes please!

Speaking of soup, we have a summer delight in the form of a **Tomato Bisque Soup** that is vegetarian and gluten-free from [EAT](#). This super rich and hearty soup is composed of a variety of local veggies that include tomatoes, in house-made, vegetable stock, onions, red bell pepper, garlic, cream, salt, pepper, assorted herbs and spices. Like you, I can't wait to dip some of that Rustic Italian Loaf in this tasty soup and wipe the bowl clean.

Can't have soup without a salad right??? This week we feature a different kind of salad in the form of a **Grilled Vegetable Salad** from [Ginger Deli](#). This vegetarian and gluten-free salad begins with charcoal grilled Tantre farm eggplant, Tantre Farm rainbow cherry tomatoes, Tantre Farm Japanese Shishito peppers, baby arugula, olive oil, sea salt, fried garlic, shallot, honey, mustard, black pepper, lime and fresh basil. There's a lot of flavors going on in this grilled veggie salad and I found it to be rather tasty indeed when sampling it earlier this week.

Summer is the time for salads so we are laying them on heavy this week with another mouth-watering savory salad from [Miss Kim](#). **Mushroom Japchae Noodle Salad with Julienned Vegetables** is vegan, gluten-free, wonderfully colorful and full of flavor, with a diverse line-up of fresh ingredients including potato noodles, button mushrooms, shiitake mushrooms, carrots, bell peppers, ginger, and scallions. Blended with rice vinegar, canola oil, tamari soy sauce, plum syrup, sesame seeds and mild spice, this dish is a sure fire winner and will leave you wanting more, that's for sure. But you're in luck, this is a menu staple at Miss Kim and the restaurant is now open for limited dining or take out. Head on over for second helpings or to try the many other delightful dishes this beautiful restaurant has to offer. There is also outdoor patio seating so who knows, maybe I'll see you down there on one of these sunny afternoons!

Next, a little comfort food to get you through the summer-time sun with a little fun. Step right up and turn that fun into yum with a 12 pack of [Srodek's Potato and Bacon Pierogies](#). These stuffed dumplings of naughty delight will surely brighten your day and are super easy to prepare with a quick saute in the frying pan. Feature as an appetizer, a main, or as a side - these pierogies are versatile and pretty much pair with any other dish. I like to eat mine with steamed veggies and a splash of sauerkraut. A simple meal that's quick, easy and tasty.

Stepping up for a date with the pierogies on your plate, we have **Fair N By Sauerkraut** from [The Brinery](#). With its irresistible crunch and tangy flavor, this vegan and gluten-free kraut is born from three ingredients; green cabbage, filtered water and sea salt. Simple yet delicious and extremely gut nutritious because it's packed with pro and prebiotics. Versatile and easily paired to pretty much any dish, this sauerkraut is a great gateway into traditionally fermented

foods. Once you get a taste for The Brinery's fine products you will be in luck because we sell their lineup every week on our market table at pickup.

For our final featured item in this week's share, we bring you a super tasty beverage to wash all this beautiful food down. **Otto's CBD Cider** from [Almar Orchards & Cider](#) has proven to be a popular hit at our weekly market table, and we understand why! All flavors are simply delicious, and in your share you will get one twelve-ounce bottle of one of the following flavors: Apple, Pear and Rhubarb or Cranberry and Orange. All are vegetarian and gluten-free and composed of filtered water, organic juice concentrate, citric acid, natural hop flavor, hemp extract (CBD). As per usual, we will have all three flavors available for purchase on our market table at The Washtenaw Food Hub pick-up, so if you're looking for a few more to share with the family, rest assured we will have them there for you.

So there you have it, a long-winded yet educational food ride. In case you hadn't already guessed, I'm passionate about our food in these shares - where it comes from, who grew it, who cooked it and how they did it. I hope the information I share with you detailing the journeys of food from the farmers' fields to your table via this Immune Booster CSA Newsletter brings you power and reassurance in the knowledge that you are supporting a healthier community and planet, as well as a healthier lifestyle for you and your loved ones. I also hope to have sparked some further interest in sourcing local food not only from us, but from all the local talent we are blessed with here in the south-east corner of Michigan. Follow us on Instagram [@immuneboosterbytantrefarm](#) or [@tantrefarm](#) to learn more. We are also active on Facebook with regular posts of photos and blurbs detailing life on the farm and what is happening in the weekly Immune Booster CSA shares. We look forward to seeing your smiling eyes on Saturday morning.

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>

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Don't forget to keep an eye out for our next email on August 8 regarding Tantre Farm's Immune Booster CSA Share, Week 72, for pick up on August 14. ***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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