



# Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 72) Share – August 14, 2021

Hello fellow Locavores,

Welcome to Week #72 of the Immune Booster CSA by Tantre Farm. Ryan is off exploring the northern part of the state with his family, so the newsletter will take on a slightly different flavor while Deb takes the editor's chair once again. Please enjoy the newsletter with some recipes etc., and let us know if you need any help in finding any other creative ways to use the following items.

## THIS WEEK'S SHARE

**GARLIC** from [Tantre Farm](#): a bulb of several papery white cloves; believed to help in fighting infections, cancer prevention, bolstering the immune system, lowering blood pressure and preventing heart disease, used as an expectorant or decongestant, and at least some people believe that it can ward off vampires and insects.

*Cooking tip:* to mellow garlic's strong flavor opt for longer cooking; to enjoy its more pungent flavors and increased medicinal benefit, use it raw or with minimal cooking.

**-How to use:** minced raw in salad dressings, sauteed and added to stir-fries, meats, vegetables; make garlic butter with 1/2 cup of softened butter mashed with four minced cloves of garlic; try roasting garlic by cutting off tops of garlic bulb, so cloves are exposed, brush with olive oil and bake for 1 hour at 350 degrees, squeeze garlic out of skins and spread on a good, crusty bread.

**-How to store:** garlic can be stored in an open, breathable basket in a cool, dark place for many months.

**RED CURLY KALE** from [Tantre Farm](#): well-ruffled green leaves with red stems; this kale has a mild, cabbage flavor and are interchangeable with broccoli, mustard greens, and other hearty greens in recipes; highest protein content of all the cultivated vegetables; very high in calcium, iron, vitamins A and C, and good source of fiber and folic acid.

**-How to use:** for salads, soups, light cooking, and "kale chips".

**-How to store:** keep in plastic bag or damp towel in refrigerator for up to 1 week.

**BROCCOLI MICROGREENS** from [Garden Works Organic Farm](#): These baby plants

are not only tasty, but are also full of powerful antioxidants, an outstanding dose of vitamin E, as well as iron and zinc. The sooner you consume them the better for maximum, immune boosting health benefits. They respire quickly and have a relatively short shelf life in the fridge. Thanks to Rob for providing this organic produce from Garden Works in Ann Arbor. You can find more of Rob's product at the Ann Arbor Farmers Market and Argus Farm Stop.

**-How to use:** delicious flavor when juiced, toss in fresh salad, add to sandwiches, saute, steam, braise, or add to crepes, quiche, lasagna, and soups.

**-How to store:** refrigerate with a damp towel/bag for up to 1 week.

**GREEN BELL PEPPERS** from [Tantre Farm](#): large green, blocky cells with fruity, sweet flavor; excellent source of vitamin C, fair amount of vitamin A, and some calcium, phosphorus, iron, thiamin, riboflavin, and niacin.

**How to use:** eat raw for best nutrient retention; can be added to soups, stews, omelets, quiches, stir-fries, etc.; excellent stuffed.

**How to store:** refrigerate unwashed in hydrator drawer for 1-2 weeks; can be easily frozen by washing, chopping, and placing in freezer bags; can also be dehydrated or dried.

POTATO-CHEESE STUFFED PEPPERS (from Mother Earth's Hassle-Free Vegetable Cookbook)

6 green peppers

Boiling water

1 1/2 tsp salt

3 Tbsp finely chopped onion

1/4 tsp minced garlic

3 cups diced cooked potatoes

1 cup diced Cheddar cheese

1/2 cup chopped celery

1/4 tsp pepper

1/2 cup soft bread crumbs

3 Tbsp butter

Wash peppers and cut thin slice from stem end to remove seeds. Place peppers in saucepan with boiling water to cover and 1 teaspoon salt. Cover, bring to boil, boil 5 minutes. Remove from water and invert to drain well. Cook onion and garlic in 2 tablespoons butter until tender. Add potatoes, cheese, celery, 1/2 teaspoon salt, and pepper. Mix well and spoon into peppers. Mix breadcrumbs and 1 tablespoon butter. Sprinkle over tops of peppers. Place in casserole. Cover and bake at 350 degrees for 30 minutes. Uncover and bake 10 minutes longer to brown bread crumbs.

**POTATOES MIX (Yukon Gold & Red Norland)** from [Tantre Farm](#): These potatoes are a good source of antioxidants, which may reduce the risk of chronic diseases like heart disease, diabetes and certain cancers. You will receive Yukon Gold (yellowish brown skin with yellow dry flesh and pink eyes; long

storage and good tasting; perfect baked, boiled, mashed or fried) and Red Norland (smooth, red skin and white flesh; great baked, boiled, or roasted).

**-How to use:** good baked, boiled, roasted or in potato salads

**-How to store:** keep in cool, dark place in paper bag

**SUMMER SQUASH or ZUCCHINI** from [Tantre Farm](#): You will receive some variety of Green or Yellow Zucchini (gourmet golden or green zucchini with uniform, cylindrical fruits), Safari (green zucchini with attractive white stripes) , or Zephyr Summer Squash (distinctive, slender fruits are yellow with faint white stripes and light-green blossom ends with a nutty flavor).

**-How to use:** use in salads, dips, grilled, casseroles, stuffed, or mashed with butter and seasonings.

**-How to store:** store in plastic bag in refrigerator for up to 1 week.

ZUCCHINI AND TOMATOES WITH PASTA (from Farm-Fresh Recipes by Janet Majure) Serves 4

16 oz medium-sized pasta

6 Tbsp olive oil

2 garlic cloves, crushed

2 medium zucchinis (or summer squash), halved lengthwise, 1/4-inch slices

2 fresh tomatoes, diced

1/2 tsp crushed red pepper flakes

1/4 cup chopped fresh basil

1 (6 oz) can sliced black olives

Salt and pepper, to taste

Cook pasta, drain and keep hot. Meanwhile, heat oil in skillet over medium heat. Saute garlic and zucchini until tender, about 3-5 minutes. Add tomatoes, pepper flakes, basil, and olives; season with salt and pepper. Simmer 10 minutes. Toss with hot pasta.

**SLICER TOMATOES** from [Tantre Farm](#): You will receive Geronimo (newer variety but already one of the most widely used beefsteak varieties; fruits are very large, firm, nice red color and good taste)

**-How to use:** saute, bake, broil, or grill; eat raw in salads or add to soups, stews, or sauces.

**-How to store:** keep at room temperature for up to 1 week.

**WATERMELON** from [Tantre Farm](#): You will receive 2 watermelons, Mini Love (sweet and firm, oval-round fruits avg. 5-7 lb and distinctive, bright green rind with dark green stripes and dense, bright red flesh) and Early Moonbeam (3-7 pound oval fruit with attractive light green skin and dark green streaks; sweet, lemon-yellow flesh).

**-How to use:** slice, dice and serve as drinks, salads, or salsa.

**-How to store:** if melon seems not quite ripe, store at room temperature until sweet smell is coming from the soft, stem end; then store in the refrigerator.

WATERMELON LEMONADE WITH BERRIES (from Rolling Prairie Cookbook by Nancy O'Connor) Serves 2

2 cups seeded, cold watermelon chunks

1/2 cup frozen raspberries or strawberries

1/2 cup chilled lemonade

1-2 Tbsp sugar or honey (to taste)

8-10 ice cubes

Place all ingredients in a blender until well-blended. Pour into large, frosty mugs.

**MULTIGRAIN SOURDOUGH LOAF** from [Raterman Bread](#). This savory sourdough bread is provided by Washtenaw Food Hub kitchen tenant, Nick Raterman of Raterman Bread, using nonGMO flour, water, salt, Cracked rye, Cracked wheat, Pumpkin seeds, Sunflower seeds, Flax seeds, Red quinoa Oats. The sourdough is a prebiotic and probiotic and is made fresh with no preservatives or additives by fermentation of dough with naturally occurring lactobacilli and yeast making it more nutritious and easier to digest. Other varieties and sizes are available at the Saturday Ann Arbor Farmers Market and Argus and Agricole Farm Stops. Thanks to Nick for these delicious loaves of nutrition, and you can reach him at [Nick.Raterman@gmail.com](mailto:Nick.Raterman@gmail.com) or on <https://www.facebook.com/RatermanBread>.

**-How to use:** good as toast or sandwiches, use as a bread bowl for soup, make homemade croutons or stuffing, or simply slice a piece with butter.

**-How to store:** lasts for 4 to 5 days at room temperature

**BLACK BEAN QUINOA SALAD** from [Juicy Kitchen](#): (vegan & gluten-free) This flavorful, nutritious salad from Juicy Kitchen has the following ingredients: *Black Beans, Organic Quinoa, Organic Corn, Roasted Poblano Pepper, Carrots, Cherry Tomatoes, Cilantro, Olive Oil, Chives, Lemon Juice, Coriander, Cumin, Salt, Pepper*. You can find more of their tasty dishes by going to their website: <https://www.juicykitchen-a2.com/>. Thanks to all the kitchen staff at Juicy Kitchen. They sell their food with an online menu or at their location on Maple Rd, at White Lotus Farms, and through our Immune Booster CSA's!

**-How to use:** Eat salad with breakfast, lunch, or supper.

**-How to store:** Keep in the refrigerator for 2 to 3 days.

**VEGETABLE RICE SOUP** from [Ginger Deli](#): (vegan & gluten-free) Packed with flavor and nutrition, this soup from Ginger Deli has *Carrots, Leeks, Celery, King Mushrooms, Onion, Ginger, Winter Squash, Tante Daikon Radish, Toasted Rice, Sea Salt, Apple Vinegar, Rock Sugar, Shallots, Parsley*. Ginger Deli is a tenant at the Washtenaw Food Hub producing Vietnamese cuisine with colorful flavors and a dash of style. Usually found with prepared sandwiches, pho soup, etc. at University of Michigan hospital and Argus Farm Stops in Ann Arbor, and Agricole Farm Stop in Chelsea. Also, you can thank Te Phan in person if you check out his new location on Liberty for a soup and sandwich!

**-How to use:** Reheat in sauce pan for about 7 to 10 minutes.

**-How to store:** Keep in the refrigerator for up to a week.

**MOROCCAN TOFU BOWL** from [Fresh Forage](#): This vegan & gluten-free dish

contains nuts. Ingredients include: Brown Rice, Tofu, Moroccan Sauce, Sweet Potatoes, Plantains, Cauliflower, Chick Peas, Green Onion, Cilantro, Cashews. Fresh Forage is a local foods business that provides artistic, colorful dishes using local, farm-fresh ingredients, and we are grateful to the Fresh Forage kitchen staff for providing this dish. Their products are available at their restaurant on Jackson Road in Ann Arbor.

**-How to use:** Enjoy just as is!

**-How to store:** May store for 2 to 3 days or more.

**TOWNIE BROWNIE** from [Zingerman's Bakehouse](#): This treat uses ancient grains commonly used in South America--amaranth and quinoa. It's packed with protein, spiked with chocolate chunks and best of all, it's wheat free! Ingredients include chocolate, eggs, sugar, butter, quinoa, amaranth, sea salt, vanilla extract. Thanks to all the kitchen staff at Zingerman's Bakehouse! There are many locations for Zingerman's treats.

**-How to use:** great for a snack and of course as a dessert!

**-How to store:** Store for up to a week or put in the freezer for later enjoyment or with ice cream.

**ROSE GERANIUM BAR SOAP** from [Tiani Body Care](#): Of course, it's only right to round out the share with this plant-based, long lasting 4.25 oz. bar of soap, which is safe on sensitive skin. This vegan soap includes Michigan Cold-Pressed Non-GMO Sunflower Seed Oil, Coconut Oil, Shea Butter, Michigan Cold-Pressed Non-GMO Canola Oil, Geranium Oil, Rose Oil, Rose Clay Powder, Beet Root Powder. So load on the soap on the last of these hot summer days and enjoy!

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>. Please always keep in mind many more combination of recipes can be found by typing any combination of vegetables into your preferred search engine with the word "recipe" after that, and it is amazing what concoctions can be created in your very own kitchen!

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 August 15 regarding Tantre Farm's Immune Booster CSA Share, Week 73, for pick up on August 21. **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.**

Hope you are enjoying these last days of summer!

Deb and Richard  
Owners of Tantre Farm

[www.tantrefarm.com](http://www.tantrefarm.com)

*\*\*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 and Zoe with questions or comments at [immuneboosterbytantre@gmail.com](mailto:immuneboosterbytantre@gmail.com).*

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