



# Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 75) Share - September 4, 2021

**Hello Fellow Locavores,**

Welcome to the Immune Booster Week 75 Newsletter where we will dive right into this Labor Day box of local, healthy and tasty food. About 90 percent of everything in this week's share came from within a 40-mile radius of Ann Arbor, from the in-season, farm-fresh produce to the diverse and carefully crafted prepared foods. We are blessed with a reservoir of talented food producers on every level, from the dirt up and across the board of eclectic dining here in south-east Michigan. Our intention is to highlight and partner with as many locally grown and/or sourced businesses as the weeks roll by.

To mark the Labor Day occasion, we loaded up this Immune Booster share with a serious picnic feast for one last summer hurrah and to give you a well-deserved treat because, let's be honest, there's been a lot of laboring and stress to deal with this past year! So let's pull the curtain back and see what treats we have in store...

Opening up the share box, you will be greeted by a robust bunch of **Green Curly Kale** from [Tantre Farm](#) that is packed with vitamin A and C as well as omega-3 fatty acids. Not a fresh kale salad fan? Don't worry, there's plenty of other ways to consume this super healthy, leafy green. Blend it into a smoothie, toss it on a pizza, bake it into kale chips or simply wilt it in boiling water for 30 seconds, chop it up and add your favorite veggie toppings for a savory salad that would pair well with the rest of the prepared food in this share.

Next up, we have young and tender **Pea Shoots** from [Garden Works Organic Farm](#). These organic shoots are soil-grown in a greenhouse just a mile away from the Washtenaw Food Hub where the folks from Ann Arbor will pick up their share. These shoots are naturally laden with a diverse concoction of vital nutrients, fiber, and protein that our inner economy craves. So toss them into those pitas wraps or splash them on the salad above for an extra healthy immune boost.

Sliding into the share next, we have a mix of **Red and Green Sweet Peppers** from [Tantre Farm](#). In your share, you will receive several semi-red and green

mixed peppers for your Labor Day festivities. These juicy bell peppers are packed with vitamin B6 and vitamin E, and are so versatile for your culinary creations. Stir-fry, roast, grill or slice and serve raw. They are guaranteed to taste delicious! A few of these beauties will be heading towards my chicken shawarma DIY that is still to come in this Immune Booster share breakdown.

Rolling right along we roll right into some beefsteak-style **Tomatoes** from [Tantre Farm](#). These dense, slicer tomatoes are a perfect player in this share, adding color, flavor and texture to your fresh salads and pita wraps. These summer, sun-ripened beauties are packed with an antioxidant called lycopene. This particular substance helps protect us from harmful UV rays, improves eye and heart health, cleanses the lungs and opens up your blood vessels. It all sounds like a win-win to me, so get your tomato on!

I'm super stoked on the next produce item featured in this week's share - **Celery** from [Tantre Farm](#). A rather difficult crop to grow, celery is a bit of a wild card every year in its inconsistency. This year our celery has found its feet and so we are excited to share it with you! Celery is packed with fiber that benefits the digestive and cardiovascular systems. It also has been proven to improve memory as well as your blood sugar levels. This somewhat zesty celery is perfect for slicing up and dipping in your favorite condiments such as peanut butter or ranch dressing. Other uses that suit celery quite well are potato salads, stir-fries and soups. Did you know that celery actually takes more calories to digest than are consumed? Bizarre...

We can't have a picnic without **Purple Carrots** from [Tantre Farm](#). These fresh-picked carrots are perfect for slicing up and serving with that celery and your favorite condiments. The purple flesh in these carrots contain powerful antioxidants called anthocyanins that improve your heart health, reduce inflammation and ward off free radicals. So be a bunny and dig into these crunchy and tasty carrots... you'll be glad you did!

Rounding out the fresh produce in this week's share, we finish things off on a sweet note with a **Red Watermelon** from [Tantre Farm](#). This water-laden beauty is 92 percent water on average and sooo good for hydration. Red watermelon is nutrient-rich and offers a steady dose of vitamin A and C to keep your immune system happy and healthy as we start the new school year. We will have extras for sale at both pick-up locations, so get your summer fill while you still can!

Starting the prepared food menu this week, we have fresh-baked **Pita Bread** from Boulangerie Shorook Bakery that should be taking cover under your kale in the top of the share box. This 10-pack of pitas is composed of enriched flour, water, sugar, yeast and salt and is best served warmed and filled with any of the other prepared foods and fresh produce in this share. Well, we made that pretty easy for you! So wrap up a bunch of lunch, shawarma style, and taste the 'local' difference.

Well, we can't have the pitas without the hummus now, can we? Of course not! So we have a splendid **Sun-Dried Tomato Hummus** that is vegan and gluten-free from [Juicy Kitchen](#). One of my favorite prepared food items ever featured, this hummus is a great spread to add to your pitas for the beginnings of a delicious shawarma, or for dipping your celery, carrots, peppers or kale chips we

discussed earlier. This fine hummus is composed of chickpeas, sun-dried tomatoes, tahini, garlic, extra virgin olive oil, lemon juice, salt and pepper. This hummus is available for purchase at the Juicy Kitchen Cafe or over at Argus, so if you need round two like I do, you know where to go!

Time to pack up the pita with a fresh, hand-chopped **Tabbouleh Baladi Salad** from [Exotic Bakery](#). This simple vegan salad is composed of parsley, onions, tomatoes, red and green cabbage, mint, red peppers, pomegranate molasses, bulgar wheat, secret mild spices and olive oil. Finely minced and full of flavor, this salad was crafted in layers that add depth to your pita wrap and a smile to your face. If you don't want it in your pita, no problem! This health-kick salad is a perfect candidate for the warm sunny afternoons ahead so get that fork ready for some fun in the sun.

Picking up the pace now, we get right into the heart of the share with **Chicken and Vegetable Kebabs with Vermicelli Noodles** from [Ginger Deli](#). These char-grilled chicken and veggie kebabs are gluten-free and composed of organic Halal chicken thighs, Greek yogurt, garlic, Tantre Farm eggplant, zucchini and bell peppers, paprika, fresh thyme, lime, cinnamon, green leaf lettuce, pickled shredded carrot, cherry tomatoes, cilantro, vermicelli noodles, and sweet & tangy sauce. The savory smoky flavor along with the marinade and tender kebabs are mouth-wateringly delicious and a must for those pita wraps.

Next up, we have a side salad that is not so ordinary but tastes rather extraordinary... **Tahini Sweet Potato Salad with Lemon-Garlic Dressing** from [EAT](#) is a sweet and savory salad that has a taste and texture that says 'keep on eating me'. Vegan and gluten-free, it is composed of simple ingredients that pack a punch full of mouth-watering flavors, including sweet potatoes, scallion, cilantro, garlic olive oil, tahini, lemon juice, salt and pepper. So give it a whirl and enjoy this side salad with the rest of the fixings. You will be glad you did.

Passing the buck, and we are in luck with **Dilly Dally Pickle Spears** from [The Brinery](#). These small-batch pickles are made with locally-grown cucumbers and fresh dill seed from Green Things Collective. Fresh cucumbers sit in a brine of filtered water, sea salt, garlic, flowering dill, dill seed, yellow and black mustard seed, and coriander seeds. These dill spears are the real deal, clean and crisp and full of flavor and crunch. The Brinery kindly gave me a jar at last week's Immune Booster pick-up, and I ate almost the whole jar in one sitting because I am a pickle freak! Sorry - no peter piper picked a peck of peppers here, just Dilly Dally Pickle to fancy your tickle. Whoot Whoot!

Rolling into our last stop on this Labor Day feast from Michigan's south-east, we close things out with a sweet treat in the form of a two-pack of vegan **Almondinger Cookies** from [Zingerman's Bakehouse](#). These cookies contain Muscovado sugar, organic soft white whole wheat, virgin unrefined coconut oil, almond butter, water, organic wheat flour, almonds, sweetened coconut flakes, vanilla extract, baking powder, sea salt and baking soda. These sweeties could be the perfect snack for the road home from pick-up this Saturday.

So there you have it! Another week passes us by as the days get slightly shorter and the fall gets slightly closer to our neighborhoods. We still have a window of

time over the next few weeks to get out and enjoy some end-of-summer adventures. Maybe this share will join you floating down the Huron River, or on a beach blanket somewhere along the 3,288 miles of freshwater coastline we have here in Michigan or simply as you relax in the backyard. No matter what the occasion, this Immune Booster share will fit the bill. On behalf of Tantre Farm and all of the talented vendors that contribute to our project, we are grateful to you for signing up for this share, and by doing so, supporting our local food mission and boosting our local economy. We look forward to seeing you at the pick-ups this weekend.

**U-PICK RASPBERRIES ARE READY:** We have fall raspberries ready for picking at our Honey Bee U-pick site on 5700 Scio Church Road for \$4/pint, which might go nicely with a Labor Day picnic! Already picked raspberries sell out quickly, but they are there as well sometimes for \$6/pint, along with other Tantre Farm produce, which right now includes watermelon, tomatoes, and sweet corn this weekend. Currently, we are open on Wednesdays, Saturdays, and Sundays from 8 to 5 PM. Please pay attention to our website <https://www.tantrefarm.com/tantre-farm-raspberry-u-pick> for updated times and days, since this is a small patch with limited staff, so we let the berries tell us when we should be open, and they are ripe now!

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 September 5 regarding Tantre Farm's Immune Booster CSA Share, Week 76, for pick up on September 11. ***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 and Zoe with questions or comments at [immuneboosterbytantrefarm@gmail.com](mailto:immuneboosterbytantrefarm@gmail.com).*

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