



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 76) Share - September 11, 2021

Hello Fellow Locavores,

Welcome to the Immune Booster Week 76 Newsletter. This week we have a share full of fresh, in-season produce and some tasty prepared foods from esteemed local restaurants. Each week we aim to diversify the share and spread the love, alternating amongst our pool of amazing vendors to keep it interesting for all involved. As we descend into the fall, we have much to look forward to with summer crops fading away and new, exciting produce items filling the share as our fall and winter crops start to peak. With the change in seasonal produce, we will also see an ebb and flow in our prepared food items, thanks to an influx of local businesses that are new to the Immune Booster share, who support our 'in-season and local' narrative and align with our mission to raise the bar and promote the treasures of our local food economy. It's an exciting time! With that said, let's dive right into this share of plenty and break down what's coming home with you this Saturday afternoon.

Kicking things off this week, we get things going with some zesty, peppery **Arugula** from [Tantre Farm](#) that will put a little pep in our step. Arugula is in the Brassica family, originating from the Mediterranean region. Packed with vitamin A and K, arugula is extremely good for our heart especially as we age. It also helps cleanse the liver and ward off osteoporosis. Time for a fresh arugula salad, incorporating the other veggies in this share. Don't like it raw? Then clip your arugula leaves with scissors, saute with garlic, crack a few eggs and you're in the omelette business. Boom!

Time to get the pea shoot, boot and boogie on, with **Pea Shoots** from [Garden Works Organic Farm](#). These pea shoots are packed with powerful antioxidants that keep your inner economy flowing in the healthy direction. They are versatile in the kitchen and can be added to sandwiches, wraps, salads or that omelette I mentioned above to add a clean, crisp taste and texture, as well as a mountain of nutrition. So pile them on high, they're incredibly good for you.

Rolling right along with our Immune Booster song, we roll right in with a **Savoy Cabbage** from [Tantre Farm](#). This crinkly leaf cabbage has a distinct leaf that starts out almost white at its core and fades to forest green as the leaves

stretch out to the sky. Full of vitamin C and K, this cabbage is great for your heart health, cleanses the liver and improves digestion. So whether you serve it up as a butter-braised cabbage dish with bacon and garlic or roasted with some of your other favorite veggies, this savoy cabbage is gonna steal the show for your evening supper. Whoot whoot!

Need a little sweet to calm the arugula heat? Then look no further than **Sweet Corn** from [Tantre Farm](#). This summertime favorite is a staple to our share this time of year, so we will gladly load you up with plenty of ears to go around. Sweet corn is packed with vitamin B6, niacin and potassium which reduce high cholesterol and triglyceride levels in our bodies. So get your corn on the grill, gently boil it on the stove top or make it into a delicious sweet corn stuffing... the latter I just recently tried for the first time, Southern-style in Nashville, Tennessee. It was out of this world!

Next up, we have an allium for the ages with pungent fresh **Garlic** from [Tantre Farm](#). This heart-healthy, immune-supportive, anti-inflammatory is packed with all sorts of compounds that improve our health on so many different levels. Even the Egyptians knew this more than 5000 years ago and the magic of garlic has since spread throughout the world. Garlic is a great addition to any savory meal and can be steamed as whole cloves, minced and sauteed, and added to any savory baked dishes, soups, stews or however you choose. You just can't lose with this ultimate immune booster superfood. So incorporate garlic into your diet as frequently as possible and feel the benefits.

For another little pep in your step, look no further than **Sweet Bell Peppers and Shishito Peppers** from [Tantre Farm](#). In your share, you will receive the last of this summer's peppers as our sun fades away to the south and the peppers fade away until next year. The sweet bell peppers are juicy and great for our gut health and eye health. These peppers can be consumed in a myriad of ways - raw and sliced on that arugula salad, stir fried, added to spaghetti marinara or however you choose. The Shishito peppers are a native to East Asia and are best consumed sauteed or blistered in a pan or on the grill. Eat them raw and they can taste acidic or bitter, but give them some intense heat from the grill or pan and their true flavors are unleashed. Once cooked, they are great for adding flavor to pasta dishes, burritos, tacos or nachos. Yes please!

Bring on the beans with **Purple Green Beans** from [Tantre Farm](#). Purple, with a hint of a green hue to them, these beauties will be fully green when cooked. Rest assured these hearty green beans are packed with vitamin K and a serious dose of calcium to keep those bones strong. The purple color in these beans contains anthocyanins - a powerful antioxidant that improves cholesterol levels and fights against oxidative stress which contributes to heart disease. So steam up these fine beans, stir fry, gently boil or for the extra ambitious, weave them into a tasty green bean casserole.

Rounding out the produce in this week's share we have a wonderful **Potato Mix** from [Tantre Farm](#). In your share, you will see two or three varieties of potatoes, all unique in the shape and color, as well as nutritional make up. If you can refrain from peeling these fresh out-of-the-ground spuds, your immune system will surely thank you because in the pigment of the skin lies some of the most beneficial compounds these taters have to offer. So take advantage of these superfood spuds that surely aren't duds, and work them into mashed

potatoes, roast them in the oven or on a grill, fry them up and toss them into the arugula salad for a unique twist.

Kicking things off with the prepared food this week, we are happy to feature [Raterman Bread's](#) **Original Sourdough Loaf**. Simply composed of organic wheat flour, water and salt, this bread gets its full flavor and perfect texture from wild collected yeast and the process of sitting for a whole day and a half as it ferments away and builds up its pro and prebiotic levels that are oh so good for our gut. Slice away on a late summer day with this no filler, real dealer Original Sourdough Loaf.

We can't have bread without any soup now, can we? No worries - we've got you covered with a beautifully layered **Lemongrass Vegetable Stew** from [Ginger Deli](#) that is vegan and gluten-free. This unique and tasty dish is composed of carrots, potatoes, yellow pepper, tofu, lemongrass, garlic, white onion, leeks, tomato paste, sea salt, maple syrup, black pepper, paprika, chili powder, star anise, cinnamon, annatto seed, coconut juice, fresh basil, cilantro and lime. Quite the mother-load of ingredients here because that's what Ginger Deli does in the kitchen. They leave no stone unturned, and they take tremendous pride in offering the best flavor and experience with their fine and creative dishes.

Moving along, we have a tasty and innovative **Rice Pallao** from [Earthen Jar](#). Sim, the head chef at Earthen Jar has brought some of his home cooking from India into our share this week with this fine vegan and gluten-free rice dish. Composed of basmati rice, peas, onion, canola oil, salt, and mixed Indian spices, this rice dish would best be served as a side to the Cashew Tofu and Veggie Stir Fry that is coming up next. Add a DIY salad to complete a fantastic three course meal.

Let's spin the globe now to another region, and where it stops is a Southeast Asian paradise called Thailand. This week we feature the now infamous pop-up queen, [Basil Babe](#) with a **Cashew Tofu and Veggie Stir Fry**. This creative and colorful dish is vegan and gluten-free but does contain nuts. Composed of fried tofu, water chestnuts, bamboo shoots, carrots, onions, bell peppers, cashews, garlic and chili sauce, this delightful dish will most certainly leave you wanting more, so go on then and seek out Basil Babe at her various pop-ups around town such as The Grotto, Cultivate Coffee and Tap House or York. Basil Babe's menus change each week, all offering unique and tasty dishes from her home country.

Next up, we have a super tasty and super local **Michigan Peach Jam** from [Miss Kim's Jams](#). This spritely sun-colored jam is composed of Michigan peaches, sugar, citric acid and pectin. Perfect for spreading on that Original Sourdough Loaf after it's been toasted, as well as PB&Js for the kiddos. One thing that's for certain is it will get gobbled up quick because it's full of summer sun, sweet and in-season. If you need round two, Miss Kim is in the Kerrytown Market each week as well as the Friday Dixboro Farmers Market. So seek her out and tell her Ryan from the Immune Booster sent you.

Our final featured item for those fall-like days ahead is a tube of **Peppermint Sage Lip Balm** from [Tiani Body Care](#). This locally made and fine-crafted lip balm is composed of beeswax, sunflower oil, coconut oil, shea butter, lanolin,

cocoa butter, rice bran extract, rosemary extract, sunflower extract, vitamin E, sage oil, peppermint oil and spearmint leaf oil. Soften up those wind-chapped lips with this fine balm and know that you supported a local, quality-focused business along the way. As a side note, Tiani Body Care is opening up a retail store in Dexter in a few weeks, so be sure to head on over and show your support. You will find fine plant-based lotions, soaps, hand salves and balms, all wonderfully scented with creative essential oil blends. Mmm!

As the Immune Booster train rolls to a stop, we would like to thank you all for turning out to support Tantre Farm and the vendors who provided their honest work in making this share come together this week. It has and always will be a collective effort where we join hands with our local farms, bakers, artisan makers and restaurant delicatessens to support our local food economy. By voting with your money to buy this share, we will continue to source and inspire our local food system thus growing our community of friends and family. It's good for all involved and I'm grateful to be a part of this earth-friendly mission, reducing our carbon footprint one box at a time. I hope this newsletter has brightened your day and served you as an educational whereabouts of the food you are picking up this Saturday.

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! 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 12 regarding Tantre Farm's Immune Booster CSA Share, Week 77, for pick up on September 18. **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 immuneboosterbytantre@gmail.com.

Tantre Farm

2510 Hayes Road, Chelsea
MI 48118 United States



You received this email because you signed up on our website or made a purchase from us.

[Unsubscribe](#)

mailer lite