



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 77) Share - September 18, 2021

Hello Fellow Locavores,

Welcome to the Immune Booster Week 77 Newsletter and thank you for signing up for this week's share. As the summer sun begins to wane farther to the south and the last of the warmer days slip away, we start to prepare ourselves for the new fall season. Our local farms continue to offer an abundance of fresh produce, which will reach far into the depths of November if 'old man winter' plays nice! In every weekly share, we strive to highlight the 'in-season' narrative and as you will see, there are glimpses of fall within this share with offerings of raspberries and acorn squash. Along with the fresh produce, we have a mix of in-season prepared foods too. This share was designed to be a mix and match D.I.Y. affair - no theme, just a lot of delicious, local food for any occasion. So let's reach into all corners of the culinary world and see what this week's share will bring you...

In keeping with our Immune Booster name, we might as well kick things off with a serious dose of immune boosting properties that can be found in **Lacinato Kale** from [Tantre Farm](#). This dark forest-green and flat-bladed kale is choc full of all the essential, vital, trace elements and vitamins that our anatomy needs. This kale is perfect for wilted salads, smoothies, oven-roasted kale chips, added to soups, pastas or stews. Chizo, a senior farmer at Tantre Farm, loves to make a wilted kale salad for his Tuesday lunches and he uses any variety of wilted kale along with fresh cooked, cold, green beans, almonds, shredded red beets and fried potatoes. The salad is tossed in a house-made vinaigrette, splashed with a little soy sauce and stirred a couple times and it is DYNAMITE! It's my new favorite salad.

Need a little sprinkle of **Sunflower Shoots** from [Garden Works Organic Farm](#) to top off that salad above? Then no worries, we have got you covered with their delicious, roasted, nutty flavor. Versatile in their use, they can be sprinkled on just about any dish to add a different element of texture and taste, or simply picked as a snack right out of the container. Sunflower shoots are rich in biophotons, the smallest units of light, which are stored in the tissue of young plants. The sun's light energy is transferred to you as you consume the plant.

Also rich in essential amino acids, antioxidants, vitamins C and E, selenium, magnesium and zinc, these tiny shoots pack one heck of a health boost!

Moving on down the line, we have **Orange Carrots** from [Tantre Farm](#). Once you crunch you can't stop the munch! These carrots are sweet and crisp from the summer sun and packed with beta carotene that makes me feel so healthy and lean. These carrots are fresh out of the ground Friday and in your share box on the way with you Saturday. Delicious raw or cooked, you can slice and dip into your favorite condiments, or steam with a touch of butter and a drop of honey - you can't go wrong.

With a nod to the incoming fall season, it feels fitting to include a hearty **Acorn Squash** from [Tantre Farm](#) into this week's share. Rich in vitamins A and C as well as potassium and dietary fiber, these beautiful forest green globes once cut open expose bright orange flesh that is delicious roasted on a baking sheet and sprinkled with nutmeg, brown sugar and a dash of salt. Alternatively, they can be cubed and tossed into soups, salads, pastas or stews. My favorite way to consume any winter squash is to cut them in half, clean out the seeds and roast them on a baking tray with a little seasoning. About 20 minutes before they finish roasting, pull them out of the oven and add a jambalaya-like filling into the bowl of the squash. Toss the filled squash boat back in the oven to finish cooking. 20 minutes later a half globe of super hearty goodness is ready to quench those eager taste buds.

Rolling right along, we have some spheres that may bring tears - **Yellow Onions** from [Goetz Greenhouse and Family Farm](#). These orange-to-grapefruit sized beauties are robust, filled with zest and great for reducing high blood pressure and improving gut health. These onions are so versatile, they can be used in endlessly different ways. Grill them, sauté them, slice and dice them, sandwiches, soups, stews... Any way you choose, you just can't lose.

Next up we have some pastel **Pink Beauty Radishes** from [Tantre Farm](#). These fine little tubers go from seed in the ground to sliced on your salad in roughly 26 days. Pretty amazing turnaround for these calcium and potassium rich tubers. They have a crisp texture for that extra crunch with a mild sweetness and a light zest. Not a fan of raw sliced radishes? Try steaming them whole. They will be much milder, softer and a nice addition to any savory dish, including soups and stews. Or get radical with your radishes and use them up in a quick pickle. The possibilities are endless.

Need a few spuds that sure aren't duds? No problem, we got that covered for you too with **Adirondack Blue Potatoes and Crimson King Red Potatoes** from [Tantre Farm](#). As you can see in the names of the potatoes you will be getting a mix of blue and red taters that would make for some colorful purple mash potatoes if you're so inclined. No mash, no problem. These superfood spuds can be cooked in endless ways as well as adding a serious dose of color to your plates with the red and blue pigment in their flesh. So get your colorful french fries on for the kids or the kid in you, hashbrowns that turn up frowns or twice baked and stuffed. Man, I'm getting hungry!

Rounding out this week's fresh produce, we end on a juicy, sweet note with heart-healthy **Red Raspberries** from [Tantre Farm](#). I spent all Friday morning hand-picking each and every one of these berries just for this share. Of course,

I had to try a couple just to make sure they were ripe enough for you, ha! These raspberries are packed with omega-3 fatty acids and a proven winner to lower blood pressure. These raspberries are at their peak and will go soft if they are not consumed within a day or two, so eat them up quickly - I guarantee it won't be a problem. Yummy!

Time to break into the prepared foods and break some bread with a delicate and delightful **French Table Loaf** from [Avalon International Breads](#). Composed of Michigan organic wheat flour, water, sea salt and yeast, this bread is great for any occasion and complements all the other prepared food in this share. So wipe that salad bowl clean, dip it into the tasty soup that is yet to come, make it into French toast or a panini. Now we are talking!

Speaking of soup, we have a beautiful **Italian Wedding Soup** from [Ginger Deli](#) that is in-season and full of flavor as well as nourishment. It is composed of house-made chicken broth that includes onions, carrots, celery, ginger, bay leaves, coriander seeds, cinnamon, black cardamom, sea salt, chicken breast, orzo pasta, Tantre Farm Swiss chard, Tantre Farm Kale, Tantre Farm collard greens and escarole. The Meatballs in the soup are composed of organic chicken thighs, onion, garlic, thyme, sea salt, black pepper, breadcrumbs, egg, parmesan cheese and parsley. As you can see here it has a little bit of everything in this fine soup that came together over several stages. From the steeped broth to the hand chopped and prepared meatballs. This soup has a layered depth of flavors, texture and taste that is delicious.

Next up? Salad! Let's bring on the greens with a **Blistered Shishito Salad** from [Juicy Kitchen](#). This lovely salad is composed of local organic spring mix, Tantre Farm shishito peppers, cherry tomatoes, corn, roasted chickpeas, aged white cheddar and a housemade chipotle vinaigrette. Juicy Kitchen has blessed us with another sure-fire winner of a dish and we are grateful they are on our team. This salad will leave you wanting more, that's for sure, so head on over to Juicy Kitchen and tell them you bought the Immune Booster. As a side note, their Eggs Benedict on the weekend is ah-mazing!

Next up, we bring on the brawn in a vegan **Bran Muffin Mix** from [Westwind Mill](#). This bran muffin mix is composed of stone ground pastry flour, Michigan organic wheat bran, fair trade organic sugar, salt and baking soda. It comes with directions on the package and suggested uses and a recipe or two so have a look and get creative.

With a hop and a skip let's pivot to some **Organic Maple Syrup** from [Maple Dale Farms](#) that is vegan and gluten-free and composed of 100 percent maple syrup. This fancy glass jar of maple syrup is super clean and relatively fresh, considering it came from the local maple trees in the early to mid-spring of this year. So maybe use it to add a bit of sweetness to the rolled organic oats yet to come, or maybe just make some pancakes or waffles Sunday morning and invite me over! Ha!

Rolling right along, singing our Immune Booster song, we roll right into some **Rolled Organic Oats** from [Ferris Organic Farm](#). These rolled organic oats are composed of 100 percent rolled oats. No salt, no fillers, just the real dealers. So get your oats in a bowl of fresh hot porridge, make some oatmeal cookies or toss a few scoops of it into a smoothie for a healthier you.

Closing out the share this week, we go out with a serious bang. Back by popular demand, we present to you [Go! Ice Cream's](#) infamous **Local Honey Ice Cream**. This outstanding, mind-blowing ice cream is composed of cream, milk, sugar, tapioca starch, milk powder, local honey, baking soda, vanilla beans and sea salt. Last time we featured this particular ice cream, we were inundated with positive comments. People went crazy for it because it's just so. darn. Good! With swirls of fresh honey and honeycomb whisked into the vanilla ice cream this is a real show-stopper. Once you try it, you'll want to pay Go! Ice Cream a visit and stock up on this awesome flavor. They are still open almost every day of the week until 9 PM, so get your boot, scoot and boogie on and head on over there for seconds, thirds, and fourths!

So we've hit our crescendo, and now it's time to wrap up this newsletter and prepare ourselves for tomorrow's pick-up. As always, we appreciate your support and we hope it brings you joy, not only in sharing good, fresh, local food with your family, but also knowing that you have contributed to multiple farms and businesses within our community. Here's to good health and a strong immune system. We look forward to seeing you soon! Eat well, be well, do well.

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 winter squash, 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!

EXTENDED FALL CSA: We are offering an Extended Fall CSA Share for \$144 for 4 weeks after the Summer Share is over. This will begin the week of October 3-9 and the last distribution will be the week of October 24-30. Our Fall Share will give you an opportunity to receive many varieties of fall produce from Tantre Farm. In order to receive all 4 shares, please [register online](#) anytime before Sept. 25.

RECIPES: 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!

SOCIAL MEDIA: 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 19 regarding Tantre Farm's Immune Booster CSA Share, Week 78, for pick up on September 25. **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.*

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