



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 78) Share - September 25, 2021

Hello Fellow Locavores,

Welcome to the Immune Booster Week 78 Newsletter. This week we celebrated the Autumnal Equinox, and the weather certainly seemed to follow suit with the super soaker rain and cool temps that rolled into Michigan. We are grateful for the soaking! The rain was much needed to give the end of summer crops one last push and to give the new fall crop seedlings a boost. It's a beautiful time of year to work out in the fields at Tantre Farm where the harvesting seems boundless, and we plant the last of our seeds for the year. The beginnings of the wildlife migrations are well underway and slowly the monarchs are disappearing, slipping away to the south, along with the robins and ducks. Soon the Canadian geese will be all over our fields and the clouds of blackbirds will fill the evening sky. Fall is also a great season to forage for mushrooms, various nuts, herbs and other medicinal plants before the cold weather sets in. So maybe make a day of it and see what you can find. The natural world is full of secrets waiting to be discovered.

Also, waiting to be discovered this week is this beautiful box of local food we have curated for you. We have a variety of fresh-out-of-the-field produce for the culinary genius in you to work with and a tasty lineup of prepared foods for your instant gratification without all the fuss of making it and cleaning up the mess. These shares are designed to deliver a diverse selection of seasonal produce and prepared foods as the crops develop throughout the seasons and make their way into the shares. We target local farms and businesses and showcase their hard work and creative talents. If you have any suggestions of farms or businesses that would fit this project, then please let me (Ryan) know when you collect your share from me on Saturday morning. I would love to hear your suggestions! So without further ado, I suggest we get to the juicy details of this Immune Booster CSA share line-up..

Opening up the share, what will we see in there? My first guess is that you will see a fresh crisp bunch of **Arugula** from [Tantre Farm](#). Arugula, also known as 'Rocket' is composed of a thin, forest green, leafy blade with a slightly bitter, but ohhhh soooo peppery taste. It is loaded with vitamin C and is really good for our hearts as we age. This week while harvesting the arugula, I had to sample

the leaves right off the plants because I love arugula and I have to say it's got some kick. If it's too overpowering when featured raw in a salad (which I also find amazing), then resort to wilting it into pasta sauces, stews, soups, chili or even scrambled eggs. The latter happens to be my favorite way to consume this fine, tender green!

Topping up on the leafy greens, we have soil-grown **Sunflower Shoots** from [Garden Works Organic Farm](#). These shoots have a tasty nutty flavor and work well for topping off an arugula salad. Sunflower Shoots are packed with an intense amount of nutrition across the board of immune boosting properties. They are not only great on salads, but perfect right out of the container as a snack, topped onto pastas, wrapped up in breakfast burritos or tossed on tacos. The only limitation is your imagination!

Time to turn to a super, immune boosting tuber - the almighty **Garlic Bulbs** from [Tantre Farm](#). Consumed by humans for thousands of years, this allium superfood cleanses the organs, combats rising blood pressure and is a staple dietary gem for cancer prevention. So get your garlic on, and maybe a pack of gum for later because this fresh garlic is pungent and primed for pasta sauces, stir fries, soups, stews or whatever way you choose. The most important thing is to try to include it in your culinary adventures as often as possible.

Next up we have several striking purple varieties of **Eggplant** from [Tantre Farm](#) that are ripe for the picking just before the real cold weather sets in in earnest. With extensive vitamin and mineral content, this king among vegetables helps with digestion, improves heart and bone health and increases brain function. Perfect for Baba Ghanoush; a Middle Eastern delight similar to hummus. That's where my eggplants are heading this week and it's pretty easy to make, so get adventurous and take the plunge. Other easy, yet delicious ways to eat eggplant are sliced, pressed with a paper towel to absorb moisture, dipped into a batter and roasted in a shallow pan with an oil of your choosing. Pull them out to flip once and when they are crisp douse them with garlic and Parmesan cheese with a pinch of salt and pepper. Nothing like a homemade fritter!

As the fall rolls in, so have the rich and creamy **Butternut Squash** from [Tantre Farm](#). This highly desirable fall and winter squash is laden with vitamins A, B, C and E. These light caramel-colored, hourglass beauties are perfect for cutting in half and roasting face down in a hotel pan with a little water. Too much work? Then just cube the bright orange flesh and roast on a baking tray with olive oil and a dash of salt. You can eat the roasted cubes or take it a step further and blend into an outstanding butternut squash soup, perfect for a cool fall day.

Bring on the beans! So we shall, with a **Purple and Green Bean Mix** from [Tantre Farm](#). These beans are packed with fiber that helps strip away plaque from our veins and vitamin K for maintaining strong bones and warding off osteoporosis. They are great for steaming or a quick boil and served with any savory dish. My plan this week is to make a green bean casserole for the kids and the kid in me! So get your green beans on, you'll be glad you did.

Migrating away from Tantre Farm we pivot to one of the largest organic apple farms in the nation just west of Flint, MI with **Organic Gala Apples** from [Almar Orchards and Cidery](#). These small, but sweet apples pack a floral aroma with dense, sweet flesh that are perfect for slicing and serving. These apples are extremely heart healthy and pack a huge dose of polyphenols which help

protect our heart from free radicals, heart disease and strokes. As they say, an apple a day keeps the doctor away!

Closing out this week's fresh produce, we go out with a bang with a fresh **Mushroom Mix** from [Detroit Mushroom Company](#). In your mix, you may discover oyster mushrooms in canary yellow, blue or gray colors, Shimofuri mushrooms which tend to have a caramel-colored cap with white stem, lion's mane which is ball shaped, white and shaggy or bronze colored chestnut mushrooms that would have dime to quarter sized caps and come in tight clusters. All varieties of mushrooms boast generous doses of fiber and vitamins B and D, and have been proven to improve the health of your brain. All mushroom varieties in your share should be fully cooked before serving and never consumed raw. Sauté them, grill them, toss them into soups, stews, pastas or risottos or whatever other fantastic dishes you have in mind. They are versatile and freshly picked Friday evening, the day before you pick up your share.

Switching gears, we dip into the prepared food, starting with some fresh baked bread from

[Zingerman's Bakehouse](#). **Old World Pumpernickel Loaf** is a dark, rich and moist bread composed of organic wheat flour, water, rye, rye chops, caramel color, sea salt, yeast and caraway seeds sprinkled across the top for a nice, roasted caraway flavor. This bread is a perfect dance partner for the pimento cheese that is coming up next, as well as with the salad, pasta, and sauce.

Bring on the cheese please! **Pimento Cheese** that is. This pimento cheese is vegetarian and gluten-free from [Zingerman's Creamery](#) and is composed of cheddar, roasted red pepper, Tellicherry black pepper, mayonnaise and cayenne pepper. It's absolutely tasty and will most definitely leave you wanting more. So spread it on the bread and taste the local difference with this duo of awesomeness.

Need a crisp, fresh salad to pair up with the cheese and bread? Hmmm... Yes please! This week we are elated to feature [El Harissa's](#) **Autumn Sun Salad** that is vegetarian and gluten-free. This colorful salad is composed of a light and crisp fall mix of leafy greens, anise, baked sweet potato, spiced lentils, dates, toasted almonds and pomegranate seeds. It comes with a house-made dressing that is composed of green tahini, fenugreek and cumin. When sampling this salad this week I found my utopia. It's got a great mix of flavors, texture and balance that is simply delicious. If you need seconds like me, head on over to El Harissa and tell them Ryan from the Immune Booster sent you.

Moving on into the main course, we welcome a new vendor to the Immune Booster share with Dave Makes Pasta. Dave has been around the culinary world here in Ann Arbor for quite some time and has worked in many restaurants here in Washtenaw County. This week we are featuring a bag of vegan **Bucatini Pasta** from [Dave Makes Pasta](#). Fresh made and pressed, this pasta is composed of Ernest Farm whole wheat flour from right here in Washtenaw County, semolina flour and water. I had the pleasure of meeting up with Dave over at the Bellflower restaurant where he works as a chef on duty, and makes this fine pasta off duty. This soft and tender pasta comes in a refrigerated bag, so make sure you eat it up while it's fresh.

Can't have the pasta without the sauce now can we? No worries, we got you covered with a **Tomato Basil Pasta Sauce** that is vegan and gluten free from

EAT. This rich and flavorful pasta sauce is composed of Tantre Farm roma tomatoes, onion, garlic, red wine, herbs, olive oil, sugar, salt, and pepper. A slow simmered sauce reduction that has been cooked for several hours and seasoned to a rich and savory sauce that is perfect for spilling all over the fresh pressed pasta noodles. Need I say more? Yummy!

Closing out the share this week and ending things on a sweet note as we always do, we have a two-pack of **Cherry Scones** from [Big City Small World Bakery](#). These tasty, European-style scones are composed of organic Michigan wheat flour, organic Michigan oats, butter, cane juice, buttermilk, Traverse City dried cherries, fake almond extract (no tree nut), salt, baking powder, baking soda. They would make for a great dessert after you polish off the prepared foods in this week's share or better yet with a cup of coffee or tea for a mid-morning or mid-afternoon treat.

So there you have it. Another week has flown by, and another beautiful box of local food has come to pass. We hope you enjoy your share this week, and we would love to hear your feedback, thoughts or tips about the vendors that you cherish in our local community. Contact us via email or any of our social media platforms. Lastly and as always, thank you for signing up for the share this week on behalf of all the farmers and prepared food vendors. We appreciate your continued support of this fun and exciting project, and we look forward to seeing you all this Saturday at the pick-up location you have signed up for. Have a wonderful 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! 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 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 26 regarding Tantre Farm's Immune Booster CSA Share, Week 79, for pick up on October 2.

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



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