



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 73) Share – August 21, 2021

Welcome to the Immune Booster Week 73 newsletter and, as always, thank you for signing up! This week we have an amazing spread of fresh and always local produce from several farms, as well as healthy and delicious prepared foods from some of the best local restaurants right here in Ann Arbor. So let's boost that immune system and see what's in store for you in this splendid share of plenty...

Kicking things off, we have **Lacinato Kale** from [Tantre Farm](#). This dark green and flat-bladed kale is packed with vitamin K, iron and fiber, among other vital nutrients our anatomy craves. This kale can be consumed raw or cooked down into pretty much any savory dish. My favorite kale dish is in the form of a wilted salad. Blanch the kale leaves in boiling water for about 20 seconds per leaf and cut into bite sized pieces with scissors. Add a little vinaigrette and toasted sesame seeds and you're all set! I also like to add fried potatoes to this wilted salad along with grated beets and carrots. Give it a try and be as creative as you like. Simply add your preferred toppings and make your own one-of-a-kind "one Kale of a salad".

Next out of the gate, we have some super-duper immune booster **Pea Shoots or Sunflower Shoots** from [Garden Works Organic Farm](#). In your share you will get one package of either sunflower or pea shoots, both are delicious and mighty nutritious. So toss them on that kale salad, put them on a sandwich or wrap or eat them right out of the container as a snack. These superfood shoots pack an elixir of potent nutrients and antioxidants. Consume them within the first few days of picking up your share to fully benefit from the maximum nutrient kick these tiny shoots offer.

There's nothing like fresh, lean and oh-so-keen **Green Beans** from [Tantre Farm](#). These height-of-summer delights are packed full of vitamin K and calcium, and are best served steamed or gently boiled for just a few minutes. These beauties would be an excellent candidate to join that wilted kale salad too, hint hint.

Rolling right along while we sing our Immune Booster song, we have some round **Red Beets** from [Tantre Farm](#). These alluring globes pack a powerhouse of nutrition, lower blood pressure and increase your exercise performance. These beets are good for grating onto a salad, roasting in the oven with other veggies

or roasting them in the oven until tender and then pickling them into a sweet pickle. Yummy!

Stepping up to the plate next, we have some beautiful **Cherokee Purple Heirloom Tomatoes** from [Tantre Farm](#). These full-size tomatoes have a dusky-rose-colored skin with a greenish hue on the top of the tomato where it was attached to the stem. Inside is a deep crimson red flesh, beefsteak in style. These tomatoes are packed with cancer-fighting anthocyanins that ward off certain cancers and cardiovascular diseases and are a good resource for anti-inflammatory properties. Boost your salad or get your BLT on with these super juicy tomatoes!

This week's allium comes in the form of **Leeks** from [Tantre Farm](#). These leeks were made for chopping and that's just what we'll do, maybe we'll toss them into a stew or a quiche to fill the niche. One thing's for certain, these flavorsome leeks pack some serious health benefits, including flavonoid antioxidants that boost your immune system and defend your body from free-radicals, soluble fiber that reduces inflammation and promotes digestive health, and sulfur compounds that aid in detoxification and improved function of the liver. For all these reasons, it's more than okay to be a leek freak. Bon Appetit!

Nothing says "summer" like sugary, sun-ripened **Sweet Corn** from [Goetz Family Farm and Greenhouse](#). This corn is loaded with vitamin B, manganese and folate and is at its peak in the current season. Freshly picked by hand and headed home with you Saturday morning. The best way to cook this corn is to get your water to a rolling boil. Toss the corn in for two to three minutes max and then serve. Pretty easy, super tasty and if you're hankering for more, we will have a ton of ears for sale at the Food Hub market table during pick-up.

Rounding out the produce this week, we are coming in heavy with a super sweet, summery treat in the form of a **Honey Blonde Honeydew Melon** from [Tantre Farm](#). This melon looks as bright and summery as it tastes, with a canary-yellow rind and vibrant orange inner flesh. Perfectly packed with water and electrolytes to sweetly hydrate your warm end-of-summer days ahead. My plan is to take this melon for a float down the Huron River on Saturday afternoon with the kids. Yummy!

Switching gears, we shift into our first prepared food dish of the share with a **Vegetable Rice Pilaf** from [El Harissa](#) that is vegan and gluten-free. This colorful dish is composed of basmati rice, turmeric, saffron, bell peppers, zucchini, Brussels sprouts, celery, broccoli, jalapeno pepper and mixed spices. With deep layers of flavors, it will pair well with all the other prepared food yet to be mentioned in this share. If you have never visited El Harissa on the west-side of town, it's certainly worth the trip. They offer some seriously delicious layered cooking in all of their dishes, so hit them up and tell them you have been getting their food through the Immune Booster.

Our next featured dish comes from a new vendor to the Immune Booster share. Welcome [Basil Babe](#)! Word got out that Basil Babe's pop-ups around town were the place to be for the best in Thai food and flavor. The rumors did not disappoint, and I just knew I had to share this culinary discovery with our Immune Booster patrons. You are sure to enjoy Basil Babe's debut dish for the Immune Booster share - a flavorful and refreshingly authentic **Red Thai Curry** that is vegan and gluten-free. This dish would be best served with a bowl of hot rice and is composed of a homemade red curry paste that has dried chili

peppers, garlic, shallots, lemongrass, sugar, kaffir lime, galangal, coriander seeds, cumin and cardamom. Other ingredients in this dish include coconut cream, fried tofu, bell pepper, eggplant, bamboo shoots, onion, zucchini and carrot. This is a sure-fire winner, and I am thrilled to discover such authentic-tasting Thai food that takes me back to memories of travels-past. For round two, seek out Basil Babe's pop-ups at Cultivate Coffee and Tap House in Ypsi every Wednesday starting at 5 pm and tell her Ryan sent you. Better get there early before they sell out!

Closing out the savory prepared foods this week, we have a trio of vegetarian **Tamales** from [Pilar's Tamales](#). Each share will contain two Spinach Tamales and one Jalapeno and Cheese Tamale. These tamales are made with love from Silvia, the owner of Pilar's and a wonderful partner to our Immune Booster share. The Spinach Tamales are composed of corn flour masa, canola oil, vegetable broth, Tantre spinach, mozzarella cheese, cheddar cheese, Monterey jack cheese, garlic, onion and salt. The Jalapeno & Cheese Tamale is composed of corn flour masa, canola oil, vegetable broth, Colby cheese, Monterey cheese, mozzarella cheese, fresh jalapeno peppers, garlic powder, onion powder and salt. They are best just heated up in the microwave for about a minute and a half and served with the Vegetable Rice Pilaf from El Harissa.

Next up, we have **Seasonal Pickles Green Tomatoes** from [The Brinery](#). This fine ferment is the product of a great collaboration between Tantre Farm and The Brinery. Composed of fresh Tantre green tomatoes, Tantre basil, filtered water and sea salt, these tasty tomatoes add a lot of flair to the tamales and vegetable rice pilaf dish, so serve them on the side and you'll be so glad you did!

Ending the share on a delicious sweet note, we treat you to a European-style **Cherry Turnover** from [Big City Small World Bakery](#). This light and flaky pastry is composed of local organic wheat flour, palm oil, cane sugar, salt, baking powder, Michigan grown cherries and tapioca. I tried one of these a few weeks ago and it didn't last long. It's been on my mind ever since to feature these treasures in the Immune Booster share and now is the time! For round two (or three), I urge you to take a trip to this suburban bakery, just to the north of downtown Ann Arbor. I have tried numerous sweet treats and savory pasties, all of them top-notch... And you must not leave without trying the raspberry ding dongs! Hint hint.

It has been a pleasure riding with you on this week's culinary adventure to the moon and back. I can already feel the food coma that awaits me with all this colorful, delicious and local goodness coming my way on Saturday. I hope you enjoyed the newsletter this week and appreciate you signing up for this share, as always. This share is a way for you to advocate for local food by supporting local farms, restaurants, bakers and artisan makers all in our area. It gives me great pleasure to curate these shares each week and collaborate with local businesses on new ideas to present creative, fun and appetizing menus for you all. It's a lot of feel-good work, made even greater by the outpouring of support we receive each week when folks come to collect their shares. We are grateful for you as customers, and we look forward to seeing you at both pick up locations this Saturday. Eat well, be well, do well.

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 22 regarding Tantre Farm's Immune Booster CSA Share, Week 74, for pick up on August 28.

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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