



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 74) Share – August 28, 2021

Hello fellow Locavores,

Welcome to Week #74 of the Immune Booster CSA by Tantre Farm. This week Ryan has pivoted his family adventures to the southern portions of the States with his family, so the newsletter is in Deb's hands once again. Please enjoy the newsletter with some recipes etc., and let us know if you need any help in finding any other creative ways to use the following items.

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 sometimes, which right now includes watermelon, tomatoes, and maybe 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!

THIS WEEK'S SHARE

RED RUSSIAN KALE from [Tantre Farm](#): the stems are purple, and leaves are deep gray-green, purple-veined, flat, non-curved, and tooth-edged; this kale has a mild, cabbage flavor and are interchangeable with broccoli, mustard greens, and other hearty greens in recipes; highest protein content of all the cultivated vegetables; very high in calcium, iron, vitamins A and C, and good source of fiber and folic acid.

-How to use: for salads, soups, light cooking, and "kale chips".

-How to store: keep in plastic bag or damp towel in refrigerator for up to 1 week.

GREEN KALE SMOOTHIES (adapted from Green For Life, by Victoria Boutenko)

Get creative! You can always interchange the greens to whatever is on hand. Also, you can interchange water for fruit juice. Also pitted dates add sweetness.

Option #1 (yields 1 qt):

2 apples or pears
5 leaves of kale
1/2 bunch of mint
2 cups water

Blend well.

Option #2 (yields 1 qt):

5 leaves kale
2 kiwi
1 banana
2 cups water

Blend well.

PEA OR SUNFLOWER SHOOTS from *Garden Works Organic Farm*: These baby plants are not only tasty, but are also full of powerful antioxidants, an outstanding dose of vitamin E, as well as iron and zinc. The sooner you consume them the better for maximum, immune boosting health benefits. They respire quickly and have a relatively short shelf life in the fridge. Thanks to Rob for providing this organic produce from Garden Works in Ann Arbor. You can find more of Rob's product at the Ann Arbor Farmers Market and Argus Farm Stop.

-How to use: delicious flavor when juiced, toss in fresh salad, add to sandwiches, saute, steam, braise, or add to crepes, quiche, lasagna, and soups.

-How to store: refrigerate with a damp towel/bag for up to 1 week.

GARLIC from [Tantre Farm](#): a bulb of several papery white cloves; believed to help in fighting infections, cancer prevention, bolstering the immune system, lowering blood pressure and preventing heart disease, used as an expectorant or decongestant, and at least some people believe that it can ward off vampires and insects. *Cooking tip:* to mellow garlic's strong flavor opt for longer cooking; to enjoy its more pungent flavors and increased medicinal benefit, use it raw or with minimal cooking.

-How to use: minced raw in salad dressings, sauteed and added to stir-fries, meats, vegetables; make garlic butter with 1/2 cup of softened butter mashed with four minced cloves of garlic; try roasting garlic by cutting off tops of garlic bulb, so cloves are exposed, brush with olive oil and bake for 1 hour at 350 degrees, squeeze garlic out of skins and spread on a good, crusty bread.

-How to store: garlic can be stored in an open, breathable basket in a cool, dark place for many months.

SLICER TOMATOES from [Tantre Farm](#): You will receive Geronimo (newer variety but already one of the most widely used beefsteak varieties; fruits are very large, firm, nice red color and good taste)

-How to use: saute, bake, broil, or grill; eat raw in salads or add to soups, stews, or sauces.

-How to store: keep at room temperature for up to 1 week.

SWEET CORN (Potawatomi) from [Tantre Farm](#): yellow kernels with excellent sweet flavor. * We don't treat our organic corn with pesticides, so you may find some earworms enjoying the corn too; just cut off the damaged part and cook the rest of the ear.

-How to use: ears of corn can be steamed in 1-2 inches of water for 6-10 minutes, or drop ears into boiling water (enough to cover) for 4-7 minutes;

ears of corn can also be roasted unhusked in the oven or outside grill for about 20 minutes.

-How to store: refrigerate with husks on, and use as soon as possible to retain sweetness and flavor.

THAI CORN BLACK BEAN SALAD (from The Totally Corn Cookbook) Serves 4-6

2 cups cooked corn kernels
1 can (16 oz) black beans, rinsed and drained
1/2 cup celery or celeriac
1/2 cup diced onion
1/2 cup diced red bell pepper
1/4 cup chopped cilantro
2 jalapeno chili peppers, seeded and minced
2 garlic cloves, minced
1 tsp ginger root
3 tsp sesame oil
2 Tbsp rice vinegar
1 Tbsp lime juice
Salt, to taste

Combine corn, beans, celery, onion, bell pepper, cilantro, chilies, garlic, and ginger root in large bowl. Wisk sesame oil with vinegar and lime juice in a small bowl. Toss with corn mixture. Season with salt. Chill.

POTATO MIX (Yukon Gold & Red Norland) from [Tantre Farm](#): These potatoes are a good source of antioxidants, which may reduce the risk of chronic diseases like heart disease, diabetes and certain cancers . You will receive Yukon Gold (yellowish brown skin with yellow dry flesh and pink eyes; long storage and good tasting; perfect baked, boiled, mashed or fried) and Red Norland (smooth, red skin and white flesh; great baked, boiled, or roasted).

-How to use: good baked, boiled, roasted or in potato salads

-How to store: keep in cool, dark place in paper bag

GREEN/RED BELL PEPPERS from [Tantre Farm](#): large green to red, blocky cells with fruity, sweet flavor; excellent source of vitamin C, fair amount of vitamin A, and some calcium, phosphorus, iron, thiamin, riboflavin, and niacin.

-How to use: eat raw for best nutrient retention; can be added to soups, stews, omelets, quiches, stir-fries, etc.; excellent stuffed

-How to store: refrigerate unwashed in hydrator drawer for 1-2 weeks; can be easily frozen by washing, chopping, and placing in freezer bags; can also be dehydrated or dried.

WATERMELON and HONEYDEW from [Tantre Farm](#): You will receive 2 melons, Mini Love (sweet and firm, oval-round watermelon; avg. 5-7 lb and distinctive, bright green rind with dark green stripes and dense, bright red flesh) and Honey Blonde (yellow-skinned fruits with sweet, juicy, orange flesh)

-How to use: slice, dice and serve as drinks, salads, or salsa

-How to store: if melon seems not quite ripe, store at room temperature until sweet smell is coming from the soft, stem end; then store in the refrigerator.

CHILLED HONEYDEW SOUP (from Molly Katzen's Vegetable Heaven) Serves 5-6

1 medium-sized honeydew melon (or try our Sun Jewel melon), perfectly ripe, cut into chunks (about 6-8 cups)
1/4 cup fresh lime juice

2 Tbsp minced fresh mint

A few blueberries for garnish (optional)

Puree all ingredients, except blueberries, until smooth. Do a little at a time. Chill until cold, and serve in glasses or bowls with blueberries, if desired.

SESAME SOURDOUGH LOAF from [Raterman Bread](#). This savory sourdough bread is provided by Washtenaw Food Hub kitchen tenant, Nick Raterman of Raterman Bread, using *organic wheat flour, water, salt, toasted sesame seeds, black sesame seeds*. The sourdough is a prebiotic and probiotic and is made fresh with no preservatives or additives by fermentation of dough with naturally occurring lactobacilli and yeast making it more nutritious and easier to digest. Other varieties and sizes are available at the Saturday Ann Arbor Farmers Market and Argus and Agricole Farm Stops. Thanks to Nick for these delicious loaves of nutrition, and you can reach him at Nick.Raterman@gmail.com or on <https://www.facebook.com/RatermanBread>.

-How to use: good as toast or sandwiches, use as a bread bowl for soup, make homemade croutons or stuffing, or simply slice a piece with butter.

-How to store: lasts for 2 or 3 days at room temperature, refrigerate or freeze for lasting longer

VEGETABLE SPRING ROLLS from [Ginger Deli](#): 2 pk (vegan & gluten-free)

Delicious and nutritious, these rolls are stuffed with *Sweet potato, onion, garlic, black mushroom, jicama, clear noodle, shredded carrot, black pepper, sea salt, olive oil* and the Sauce includes: *Apple vinegar, lime, water, garlic, honey*. Ginger Deli is a tenant at the Washtenaw Food Hub producing Vietnamese cuisine with colorful flavors and a dash of style. Usually found with prepared sandwiches, pho soup, etc. at University of Michigan hospital and Argus Farm Stops in Ann Arbor, and Agricole Farm Stop in Chelsea. Also, you can thank Te Phan in person if you check out his new location on Liberty for a soup and sandwich!

-How to use: Heat the spring rolls on a pan for a couple of minutes, then rotate them and cook for another couple of minutes or enjoy cold.

-How to store: Keep in the refrigerator for 3 to 5 days.

BIBIMGOOKSU VEGETABLE NOODLES from [Miss Kim](#): 1 pint (vegan) This is typically a cold dish made with very thin wheat flour noodles with added flavorings. It is one of the most popular traditional noodle dishes in Korean cuisine and especially popular during summer. This dish includes Soy sauce, gochujang, Korean chili flakes, sugar, scallions, garlic, black pepper, sesame oil, sesame seeds, water, rice wine vinegar, plum syrup (plum, sugar), perilla oil, wheat, water, salt, cucumbers, peppers, radishes, seaweed, bean sprouts, mushrooms, ginger. The noodles will be cooked and tossed in a bit of perilla oil. The vegetables on top, sauce on the side. Miss Kim is now open for limited dining or take out and there is also outdoor patio seating in downtown Ann Arbor, so hope to see you there feasting and supporting.

-How to use: Enjoy just as is!

-How to store: May store for 2 to 3 days or more in the fridge.

SHAHI KORMA SABZI from [Earthen Jar](#): 16 oz (vegetarian & gluten-free) This dish is prepared with broccoli in a rich masala mushroom sauce and includes Broccoli, Mushroom, Cream, Milk, Salt, Turmeric, Mixed Indian Spices. Earthen Jar is a mostly vegan buffet style Indian restaurant in Ann Arbor. They follow Ayurvedic practices to help all their customers have a healthy balanced meal. This family-owned business has been in the area for over 20 years, so please

check them out some time in downtown Ann Arbor.

-How to use: Reheat in a sauce pan until warm!

-How to store: May store for 2 to 3 days or more in the fridge.

PEACHES AND CREAM GRANOLA from [Harvest Kitchen](#): 1 pint (gluten-free; contains nuts) This delicious, seasonal granola includes non-GMO oats, dried peaches, sunflower seeds, cashews, dry coconut, coconut oil, honey. Harvest Kitchen produces their products in the kitchens at the Washtenaw Food Hub and sells at the Ann Arbor Farmers Market, both Argus Farm Stops in Ann Arbor, and Agricole Farm Stop in Chelsea.

-How to use: Enjoy as a snack or with milk or yogurt; also wonderful sprinkled on ice cream! Just sayin....

-How to store: Stores for several weeks in your cupboard.

BOOCH-ADE TROPICAL BLISS from [Boochy Mama](#): 16 oz (vegan & gluten-free) This refreshing drink is made up of the following Kombucha (Black Tea, Sencha Tea, Sugar, Live Probiotic Cultures), Passionfruit Juice, Lemon Juice, Hibiscus, Ginger, Himalayan Volcanic Pink Salt. Boochy Mama's headquarters are in downtown Toledo. At their storefront they sell locally made and women-made products including bulk herbs & tea, herbal cigarettes, home and body care products, jewelry, tea accessories, kombucha on tap, and more! If you're ever just across the border in Ohio, you can check them out.

-How to use: Just open carefully, since it is a fermented product and drink!

-How to store: May store for several weeks or more in the fridge.

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 29 regarding Tantre Farm's Immune Booster CSA Share, Week 75, for our "Labor Day Picnic Share", which will be available for pick up on September 4. **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.**

Keep enjoying the bounty of summer while it lasts!

Deb and Richard
Owners of Tantre Farm
www.tantrefarm.com

***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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