



# Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 80) Share – October 9, 2021

Hello Fellow Locavores,

Welcome to the Immune Booster Week 80 Newsletter. This week we have a Mediterranean inspired box of local goodness in store for you that parallels this pleasantly warm fall weather we are currently having. In your share we have a splendid mix of colorful in-season produce and prepared foods that can be commonly found when traveling through the Mediterranean regions. So let's take a ride on this moon booster rocket and see what there is to see in this box of plenty.

This season is lettuce season with the milder days and cooler nights, so we thought we would start here with a **Lettuce Mix** from [Tantre Farm](#). With little need for explanation, lettuce is a well-known, leafy, herbaceous annual grown mostly for salad greens. Rich in calcium, iron and vitamins A and C, lettuce adds a cool, crisp element to any meal. Enjoy these fine greens while they last, before the inevitable frost takes them off our menus for the season.

Along with the lettuce, we have another mix of greens with a smorgasbord of **Shoots or Microgreens** from [Garden Works Organic Farm](#). In your share, you will get one of the following containers of tasty, nutrient packed greens: sunflower shoots, kale microgreens, daikon microgreens or broccoli microgreens. This will be a random lottery, but rest assured these superfood greens are packed with a plethora of nutrients, trace elements and minerals that are essential to a healthy functioning immune system. To identify which greens you get you may have to google them to find out more about their look and nutrient content. To enjoy the maximum freshness and health benefits, I recommend consuming within the first two to three days of receiving your share. So pile them high on the lettuce mix for an extra immune boosting kick or toss them on tacos, nachos, burritos, omelettes or just eat them right out of the container as a snack. Easy peasy.

Trucking along with this veggie-maximous box, we have an end-of-summer staple in the form of freshly picked **Green Beans** from [Tantre Farm](#). Packed with dietary fiber to help strip away plaque from our cardiovascular system, these fancy green beans are also loaded with an even spread of other

beneficial vitamins and trace elements. Lightly steamed and sprinkled with sea salt, I could eat them like french fries by the pound!

Next up in this fresh produce bonanza, we have radical radishes to share this week - **Pink Beauty** from [Tantre Farm](#). In your share, you will get one bunch of these fantastic globes that are the perfect match for the above-mentioned crisp lettuce and shoots salad. Extremely popular in the U.S., we Americans consume 400 million pounds of radishes every year! They are also tasty seasoned and roasted in a pan with other roasting veggies, steamed or - my personal favorite - pickled in a sweet vinaigrette. A pickled radish thinly sliced on a sandwich adds a little crunch and a little kick that shifts the culinary experience from ordinary to extraordinary!

Turning from Summer to Fall we are elated to deliver to y'all a **Delicata Squash** from [Tantre Farm](#). This zeppelin-shaped, hearty, winter squash is packed with fiber, lutein, potassium and folate. There are many ways to cook this culinary delight, but a great start would be to cut it into cubes to expose its magnificent orange flesh, roast in the oven and baste with honey before serving. Alternatively, this squash serves well cut in half lengthwise so you have a 'boat', remove the seeds and place face down in a shallow baking tray with a quarter inch of water and then roast for about an hour. While it's roasting away on a fine fall day, whip up a jambalaya mix in a separate pan. When the squash is done cooking, pull it out of the oven and fill your 'boat' with the jambalaya mix and then toss it back in the oven for 10 to 15 minutes and serve. The latter recipe here is taking delicata to a whole new level and one you soon will not forget. Yummy!

Cruising right along we keep things going with crunchy, crisp **Carrots** from [Tantre Farm](#). This is our third and final crop succession of the season, with first dibs reserved especially for you fine folks! They are in peak form and full of sugar from the summer heat. Tasty and highly nutritious, carrots are a particularly good source of beta carotene, an antioxidant that your body converts to vitamin A. Additional health benefits include lowered cholesterol levels and improved eye health.

Closing out the produce in this week's share, we have a rare delight with fresh **Ginger Root** from [Blue Spring Farm](#) that is grown right here in Ann Arbor. This is Blue Spring Farm's first appearance in the Immune Booster Share, and they are making a splash in a huge way with this amazing ginger. Cultivated as far back as 475 BC in China, ginger has since spread across the globe to many tropical regions where it is cultivated and thrives. India produces 32 percent of the world's annual global consumption. This specific ginger seed stock came from a grower in the Hawaiian Islands earlier this spring and has been hoop house raised on our doorsteps. This is as fresh as it comes - a far cry from store-bought ginger. This ginger will have a soft pale tan-orange skin that is also edible, so no need to peel or skin this ginger. You will also see the plant's leafy green stalk intact because the Immune Booster loves to take advantage of the benefits of the whole plant. Steep the greens in teas or broths to get that faint ginger taste, in a similar manner to how you would use lemongrass. Ginger is packed with a pungent phenolic substance called gingerols which acts as an anti-inflammatory that helps fight against certain cancers. It's also great for fighting off the flu and common colds. I like to consume my ginger thinly sliced into hot green tea for a sweet taste. The heat from the hot water releases oils from the ginger root that contain the gingerols. Alternatively, a gingersnap cookie may be on your horizon or an exotic Chicken Arroz Caldo dish that I

made for the very first time this week with a fresh sample of ginger from Jon at Blue Spring Farm. It was an amazing dish and a right fit for the cool evenings we have been having. So get creative with this extraordinary tuber – ginger like this doesn't come around often.

Breaking away from the produce wagon, we get the prepared foods underway with a fresh baked **Kalamata Olive Sourdough Loaf** from [Raterman Bread](#). This tasty bread is composed of local organic flour, water, salt, kalamata olives, lemon zest and herbs de provence. This bread is chock-full of pre and probiotics. Baked into the late hours of Friday evening, bagged and left at room temperature until you come and pick up your share Saturday morning, you are guaranteed a fresh, light and tasty loaf that will serve well with the following prepared foods.

Warming things up a bit more, we have a heart-healthy, **Red Lentil Soup** that is vegan and gluten-free from [Hummus Falafil](#). This hearty fall-inspired soup is composed of red masoor lentils, carrots, celery, onion, olive oil, nutmeg, salt and water. Simply warm it up on the stove top or microwave, make a quick salad and cut a few slices of that fresh kalamata olive loaf and you're in the comfort food business... Our kind of business!

Don't want to fuss with making your own salad? Then look no further than a tasty **Mediterranean Bowl** from [Fresh Forage](#) to hit the spot. This colorful salad is composed of green curly kale from Tantre Farm, red lentils, organic tricolor quinoa, tahini dressing, spinach falafel, sweet potatoes, beet hummus, za atar cucumbers and pita bread. Please note that the pita bread is not gluten-free, so just a heads up to the folks that are allergic. This salad is sure to please in the cool fall breeze, and if it leaves you hankering for more, then head on over to Fresh Forage and tell them that the Immune Booster folks sent you.

Next up, we have an in-season vegetarian **Greek Pasta Salad** from [EAT](#). This fresh and invigorating late-summer salad is composed of farfalle pasta, feta cheese, kalamata olives, cucumber, bell pepper, tomatoes, red onion and oregano. Designed to be consumed cold or at room temperature, this pasta salad is full of color and serves a tangy twist on the Mediterranean theme.

Now we can't have the savory without the sweet, so this week I'm super stoked to showcase another new face to the Immune Booster Share with a **Choco Choco Custard Pastry** from [Yoon's Bakery](#). Quickly becoming a local favorite, this Korean French-influenced bakery opened just a few years ago in the north-east corner of Ann Arbor with a few tried and true sweet and savory pastries. These days, people can't get enough of the 20+ pastry varieties that are all kinds of wild and wonderful, mouth-watering delights. This choco choco, soft, fluffy and ohhhh soooo yummy pastry is composed of flour, dry yeast, milk, butter, chocolate, egg, vanilla extract, sugar, corn starch, rice flour, and whipping cream. Wowzers! A lot of naughty and everything nice in this delicious treat. If you have never been to Yoon's Bakery, I'm sure you will now after you devour this amazing chocolate custard puff!

Closing out the share this week, we have something to wash it all down with. Welcoming back to the share **Otto's Cranberry and Orange CBD Cider** from [Almar Orchards and Cidery](#). This lip-smackin' cider is composed of filtered water, organic juice from concentrate, citric acid, natural hop flavor and hemp extract aka CBD. This seasonal cider is one of my favorite drinks of all time. It is light and refreshing, non-carbonated and beautifully flavored. CBD has gained popularity in recent years as a way to reap the many health benefits of the

hemp plant with none of the psychoactive side effects. First used for medicinal purposes by the Chinese in 2900 BC, many civilizations have since utilized the hemp plant for its health benefits. Because CBD hosts strong antioxidant, anti-inflammatory and neuroprotective properties, it is widely recognized as a natural way to promote brain health and overall wellness. Research suggests CBD offers relief for nausea, pain, anxiety, depression and insomnia. This drink is best served chilled right out of the bottle. If you love this cider as much as I do, you're in luck because we sell them every week at our Food Hub market table during pick-up, so grab a few extras for the family to enjoy.

As the sun fades and the trees blaze in their fall colors, descending into Fall proper here in Michigan, we would like to send you off with the gift of gratitude for signing up for this share this week. On behalf of the farms and the prepared food vendors who poured hours of their talented work into making these shares come together, we all thank you for your continued support in moving our local and sustainable food movement forward each week. As we continue to orbit around our localized food producers, we search high and low from the farms to the kitchens with the aim of bringing new ideas to these shares each week. The fulfillment comes when sending you home with a box of nourishing, immune boosting, local food that will inevitably bring smiles to your faces. If you have any local, favorite businesses that you would like to see featured, please do tell us at the pick-up or via email, and we would be glad to jump on the lead. Until next time, eat well, do well, be well.

**U-PICK RASPBERRIES ARE READY:** We still have a few fall raspberries left 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 Tantre winter squash and pumpkins from Goetz Farm this weekend. This week we are open on Saturday and Sunday (with beautiful picking weather this weekend!) 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, or email us to be on our Honey Bee Mailing List which includes a weekly berry update on Monday or Tuesday each week. Since this is a small patch with limited staff, we let the berries tell us when we should be open, and they are ripe now!

**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 Oct. 10 regarding Tantre Farm's Immune Booster CSA Share, Week 81, for pick up on October 16. **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](mailto:immuneboosterbytantre@gmail.com).*

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