



# Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 81) Share – October 16, 2021

Hello Fellow Locavores,

Hello and welcome to the Immune Booster Week 81 Newsletter! We hope you all had a wonderful week. The first half of the week brought the final hurrah of summer and the back half of the week, true fall kicked in. It's the changing of the guard here in Michigan where the sun's energy is just too distant to the south now and the cold from the north slowly creeps in to take its place. The peak of fall is just around the corner and the streets are filling up with leaves, the country lanes ablaze with color. It's a beautiful time of year here to get out and about for scenic walks and drives, donuts and cider and campfires in the backyard. As we say goodbye to our summer crops and embrace the fall and winter veggies, we have a lot in store for you in this week's share. We fell into a somewhat Italian-themed box on the prepared food side of things and mixed in a brilliant combination of fresh produce to support your culinary inspiration and complement the prepared foods with some do-it-yourself action. So get those plates, cutting boards, knives, forks, and spoons ready because we have a mighty delicious box of food coming home with you this Saturday morning!

Kicking off the produce items this week, we get right to it with a last-minute switcheroo from the previously advertised arugula to **Tatsoi** from [Tantre Farm](#). Tatsoi is a mild mustard that came to the west from southern China and South-East Asia. It is a versatile leafy green that is beautiful cooked down into stir fries, fresh cut salads or wilted green salads. Both the stem and leaf are edible, and it is packed with vitamin A and C, and a solid dose of folate and calcium. So get your tatsoi on and make up a side salad of wilted greens with sesame seeds, minced ginger and soy sauce to go with some of the prepared foods in this share. Sounds like we are already in business – the tasty salad business!

In keeping with the salad theme, next up we have sweet **Pea Shoots** from [Garden Works Organic Farm](#). These superfood shoots are packed with so many vital trace elements and nutrients we could write a full-on dissertation on their immune boosting properties. These baby plants are soil-grown in a hoop house just a few minutes away from the food hub and should be consumed within

the first few days of picking up your share. They are versatile and can be paired up with any salad, pasta, wrap, sandwich, burrito or taco. Whichever way you choose to consume them, you are guaranteed to give your anatomy an immune booster dose of wholesome goodness.

Next up, we have an extra-large, robust and round beauty of a **Green Cabbage** from [Tantre Farm](#). This volleyball-sized green cabbage may seem like a life-time supply, so it's time to get creative and incorporate it into several dishes. No 'spike' here because these fine cabbages have been kissed by the late summer sun which makes them sweeter and perfect for coleslaws, stir fries, Pad Thai, soups, stews, or Irish Colcannon mash for the ages. Packed with fiber, vitamin B6 and powerful antioxidants called polyphenols, cabbage is a great staple produce item to help pad out meals with nutrition and low calories. So cabbage away on a brisk fall day.

Poppin' up next, we have a proper **Potato Mix** from [Tantre Farm](#), because these spuds are looking good in the Tantre neighborhood. In your share, you will receive a mix of fresh-out-of-the-ground Yukon Gold and Red Norland potatoes that are both unique in their own color and nutritional make up. These superfood spuds are a staple crop around the world, serving up over 300 million cubic tons of them annually to us humans. There are over 5,000 varieties of potatoes in circulation globally, so we have a long way to go in sampling each and every one... Lots to look forward to!

Feeling a bit blue looking out the window at the morning dew? A **Sweet Pepper Mix** from [Tantre Farm](#) will liven things up for you. These red and green beauties are packed with carotenoids and flavanols to keep your engine running happy and healthy, so sauté them up or char-roast them on the stove top. Slice, dice and serve them up twice!

Riding low in the share like it just doesn't care, we have an eye-catching **Japanese Kabocha Winter Squash** from [Tantre Farm](#). This radiant 3-5 lb globe of awesomeness is strikingly beautiful and can be cooked in many different ways. The orange or green skin is edible and is a great color enhancer to a dish like cheesecake. Yep that's right, cheesecake! Roast the inner flesh and mash, crush the crisp skin into the mix for a speckled color enhancement and add sugar, salt and cream and you're on your way. Make a crust, pile in the filling and enjoy. If you don't want to get that ambitious, then simply cube, bake, drizzle with honey and add a sprinkle of paprika and you'll soon be tasting little pieces of paradise.

Making our way down the produce line, we come to a brain-healthy **Mushroom Mix** from [Detroit Mushroom Company](#). Grown just a mere 10 minutes north of Ann Arbor, these deep local mushrooms are picked Friday and ride home with you Saturday morning. How fresh can you get?! This mushroom mix will contain any of the following mushrooms varieties: Lion's Mane that is white and resembles a lion's shaggy mane (hence the name), Golden Chestnut mushrooms that have long and skinny beige colored stems and a bright golden cap, Shimofuri mushrooms that tend to be girthy and larger than all the other varieties with thick white stems and a blueish-brown cap, Blue Oyster mushrooms in tight clusters with smaller bluish-grey caps or Yellow Oyster mushrooms that are also in tight clusters with a canary yellow cap. Packed with selenium that helps regulate the thyroid as well as fiber, protein

and a plethora of anti-cancer antioxidants, these tasty 'shrooms should always be cooked and never eaten raw. They are great in stir fries, omelettes, soups or stews, a culinary winner whichever way you choose.

Rounding out the produce this week, we have some fresh cut, organic **Rosemary** from [Country Valley Farm](#). This rosemary is grown about 5 miles east of Ann Arbor and is a perfect companion for fall cooking. Research has proven that rosemary has powerful rosmarinic and carnosic acids that are loaded with antibacterial, antiviral and antifungal properties that help boost the immune system and improve blood circulation. It's also a cognitive stimulant and helps improve your focus and memory. Rosemary can be used in a wide variety of dishes such as soups, stews, casseroles and salads. It also goes well with a variety of cooked grains and poultry. So give this aromatic and pungent herb a whirl in whatever culinary direction your heart desires. One last tip - clipping it finely with scissors is a really easy way to incorporate it into your meals quickly and efficiently.

Transitioning into the prepared foods, we get things going with a fresh-baked **Sourdough Batard Loaf** from [Zingerman's Bakehouse](#). This naturally leavened bread is composed of Michigan-grown, organic wheat flour, sea salt, and a sourdough starter. This bread takes a minimum of 18 hours to ferment, as it rises and gets ready to bake. Once baked it is cooled, bagged and brought to the Immune Booster hand out where we hand it over to you several hours later. Fresh and tasty, just how we like it!

Fancy a slice of cheese for that bread to maybe toast in the oven? Um, yes please! Well you're in luck, because we have a half pound **Mozzarella Cheese Ball** lined up for you from [Zingerman's Creamery](#). This fresh mozzarella cheese is crafted from a cow's milk curd and then hand stretched into balls. Perfect for the Caprese salad lover in you and great on sandwiches, pizza and manicotti. So cheese it up with a big grin on your face because that's just what this cheese will make you do. Yes, it's that good!

Coming in hot, we have a seasonal delight with a **Classic Butternut and Black Bean Chili** that is vegan and gluten-free from [Juicy Kitchen](#). This tasty fall chili is lip-smackingly good and is composed of Tantre Farm butternut squash, bell peppers, poblano peppers, corn, tomatoes, black beans, pinto beans, yellow onion, garlic, vegetable broth, lemon juice, extra virgin olive oil, chili powder, cumin, chipotle, and cinnamon. As you can see it's quite comprehensive and fits the bill for these cooler fall temperatures that are soon upon us. Juicy Kitchen offers a wide variety of delicious vegan and gluten-free savory and sweet treats, so head on over and tell them that Ryan from the Immune Booster sent you.

Next up, another tomato-based delight with a splendid **Lasagne Bolognese** from [El Harissa](#). Composed of Halal ground beef, tomato puree, onion, garlic, fresh herbs, mixed spices, olive oil, egg, pasta and a trio of cheeses in the form of mozzarella, ricotta and parmesan that would make Chuck E Cheese blush. This dish happens to be one, if not the best seller over at El Harissa week in and week out. If this dish leaves you hankering for more, my suggestion is to head over there for round two and pick up a Carthage or Greek Salad to go with it. Eating out food tip of the week!

Need something to wash it all down with? Then look no further than [The Brinery's Spicy Tomato Kvass](#) probiotic beverage. This unique, healthy, and somewhat spicy drink is composed of horseradish root, cayenne pepper, smoked paprika, dill seed, celery seed, black pepper, ground coriander and sea salt. My suggestion is to drink it ice cold. For some we do realize this may be too overwhelming in taste, so alternative suggestions include a bloody mary mix or incorporating it into another tomato-based dish of your choosing. I used this drink in a tomato-based rice porridge dish just this week with some leftover veggies that were begging to be used up in the fridge and this drink served as an excellent base with all the flavors I desired.

Welcoming a new vendor to the Immune Booster family to provide us with our final featured item this week, we have a beautifully rustic **Honeycomb Bar of Soap** from [Heart of the Hive](#). This fragrant bar of soap is composed of their own local honey, olive oil, palm oil, coconut oil, lemongrass oil and water, all aesthetically combined into a visually appealing honeycomb bar. Randy and Sandy are the owner/operators of this fine apiary and have worked with bees for many decades in all facets of beekeeping. They are always eager to talk about the bees and share any and all knowledge on their long-term experiences with them, providing an invaluable wealth of information on this sadly declining species. Randy and Sandy work many local markets in the area where they sell their hardworking bees' wares, so look them up and find a market to pay them a visit.

As the summer heat fades away in the rear-view mirror and proper fall weather takes over, we close out this share with a huge thank you to you, our patrons, who support our local food mission. Also, a huge thank you to all the farmers, food makers and artisans for the many hours invested into growing and producing the nutritious and delicious food and delightful soap featured this week. We are so blessed with the many local talents here in south-east Michigan and we are grateful to represent each and every one of them week in and week out. We hope this share brings loved ones together to enjoy the local goodness and we look forward to seeing you at the pickup this Saturday morning.

**U-PICK RASPBERRIES ARE STILL PRODUCING:** 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, lots of pumpkins from Goetz Farm, and a smattering of Native American popcorn, which is decorative and edible. This week we are open on Saturday and Sunday 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. 17 regarding Tantre Farm's Immune Booster CSA Share, Week 82, for pick up on October 23. **Please mention at both the Ann Arbor and Chelsea locations that you are picking up an Immune Booster box, since we have Extended Fall 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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