



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 79) Share – October 2, 2021

Hello Fellow Locavores,

Welcome to the Immune Booster Week 79 Newsletter! Together, we will navigate the journey of how the local food in this share came together, from just a handful of the many talented food producers our community has to offer here in south-east Michigan. Fresh out-of-the-field produce, and in-season prepared foods fill this Immune Booster share with a rainbow of color, the opportunity for creative do-it-yourself meals and some warm-it-up-and-serve food that helps save time and energy on those busier days of the week. So let's set the table and get trucking on down this Immune Booster menu line-up before the cows come home...

First through the gate and never too late with the fall date, we have some tender **Swiss Chard** from [Tantre Farm](#). This is chard season where the gentler sunlight produces a spinach taste and texture with the Swiss chard. It is packed with iron and potassium and reduces blood sugar that causes inflammation. Consume this tender green as a fresh crisp salad or gently sauté with garlic and shallots into a wilted green side dish. I'll take seconds please!

Time to shoot, boot, and boogie with **Sunflower Shoots** from [Garden Works Organic Farm](#). These tiny shoots will knock off your boots! Simply, they are delicious and nutritious with an abundance of beneficial compounds and nutrients that help your anatomy thrive. Sprinkled on top or nestled to the side, these baby greens fit the bill for pretty much any foodie occasion. Consume them raw and within the first few days of picking up your share for optimal freshness and nourishment.

Moving on to something sweet, we have **Sweet Italian Red and Green Peppers** from [Tantre Farm](#). With the pepper season coming to a close, this is the last hurrah before the cooler Fall weather puts them to bed for the season. These sweet peppers are packed with vitamin C and carotenoids that improve eye health to read this newsletter. So grill them up on the BBQ, sauté them in a pan, slice them up whichever way you can.

Next up, we have **Tongue of Fire Shelling Beans** from [Tantre Farm](#). These unique and colorful heritage beans are a shelling bean, meaning you do not eat

the pod - only the bean inside. These strikingly colorful beans are packed with protein and have a speckled magenta pink and cream pod with a maroon and speckled white bean inside. Once you have de-shelled them, they are best cooked in water or a broth with your choice of seasoning at a very gentle simmer for about an hour or until soft. They tend to absorb the flavors of the liquid they are cooked in so my suggestion is that you use a little of all the produce in this share to make a hearty Fall chili. I did just that earlier this week and it was dynamite!

Moving on to Rome, I mean **Romanesco Broccoli** from [Tantre Farm](#). This unique pale greenish-yellow Brassica is also known as Romanesque Cauliflower and dates back to the 16th century in Italy. This firm-textured, multi-conical vegetable has a delicate, nutty flavor when steamed or boiled and should be cooked just like white cauliflower as a reference. It is rich in vitamin K and fiber and serves beautifully steamed, stir fried, or in casseroles.

Rolling right along, our next featured produce item is **Spaghetti Squash** from [Tantre Farm](#). This beta carotene and fiber-rich vegetable rings in the Fall with its vibrant yellow rind and pale-yellow inner flesh. Appropriately named with its cooked inner flesh that resembles spaghetti noodles when pulled with a fork. This squash is versatile and can be cleared of the seeds for later roasting and then baked face down in a half inch of water for about 45 minutes to an hour. Flip it over and pull at the flesh with a fork to fluff it up. From there you can add any sauce you desire or simply add butter, salt, and pepper and serve.

Passing the buck and you're in luck with a **Potato Mix** from [Tantre Farm](#). In your share you will get a mix of Blue Adirondack, Red Norland, and Red Fingerling potato varieties that are all unique to their own nutrient content, texture and taste. These superfood spuds are versatile and a solid daily staple for many people around the planet. Wrap them in foil and grill them, fry them, roast them, boil them, mash them, hash them, toss them in a stew or make them into a salad... There's so much you can do!

Closing out the produce in this week's share we keep the doctor away with **Organic Gala Apples** from [Almar Orchards and Cider](#). These dense crisp apples are super sweet and fresh off the limbs of one of the largest organic apple orchards in the Midwest, just outside of Flint, MI. These apples pack powerful antioxidants such as quercetin and chlorogenic acid that relieve oxidative stress and help fight off free radicals. So get your curls on and curl the apple to your mouth for a healthy you and a bigger bicep.

Kicking things off with the prepared food this week we have an eye-pleasing and mouth-watering braided **Challah Loaf** from [Zingerman's Bakehouse](#). This splendid bread is composed of organic Michigan wheat flour, yeast, water, egg yolk, honey, corn oil and sea salt and it's perfect for any occasion, breakfast, lunch or dinner. The beauty of this bread is it can be picked apart almost as individual rolls intertwined with old-world rustic appeal. I think I'm heading down the spinach and artichoke dip route with this bread. Just a little hint!

For our first prepared dish, we get things cracking with an in-season **Broccoli Salad** from [Juicy Kitchen](#). This tasty cold salad is composed of Tantre Farm broccoli, red grapes, red onions, sliced almonds, dried cranberries and carrots. It will come with a dressing that contains cashew nuts, maple syrup, apple cider vinegar and garlic. I had the pleasure of sampling this colorful and creative dish yesterday and it was so hearty, clean and refreshing, I had to have a second sample just to make sure I got all the details right. Yummy!

Since we brought on the in-season broccoli salad we might as well bring on its cousin, with a **Korean Fried Cauliflower and Sweet Chili Glaze Sauce** from Miss Kim. This is also cauliflower season and what a way to highlight it with this brilliant vegan and gluten-free recipe from [Miss Kim](#). This dish is composed of cauliflower, rice flour, corn starch, baking soda, baking powder, water, rice vinegar, sugar, salt, scallions and a house made sweet chili glaze. Seasoned, battered and fried, this is the real deal cauliflower. Just heat it up in the microwave or oven and then dip away in the sweet chili sauce until your heart's content.

Moving on to the main course, here we have a unique and flavorful **Yellow Thai Curry with Tofu and Vegetables** from [Basil Babe](#), another vegan and gluten-free dish. This traditional Thai curry is slow cooked for a full day to get a balanced and full-bodied flavor. Created with a combination of fried tofu, onions, peppers, pineapple, sugar, salt and a coconut milk based yellow curry. Prepare ahead and steam up some rice and veggies to complete the meal. If this dish leaves you hankering for more, Basil Babe does a weekly pop up at Cultivate Coffee and Tap House every Wednesday, so head on over for round two!

Need a little more heat in that curry? Then look no further than **Sriracha Hot Sauce** from [The Brinery](#). This traditionally fermented hot sauce is composed of red jalapenos, cane sugar, garlic, filtered water, sea salt and distilled vinegar that blend together to create a slightly sweet, definitely spicy sauce that's full of flavor and perfect when lightly drizzled on the rice and curry. So spicy it up a bit, you'll be glad you did.

Winding our way through the share we come to a 3-pack of **Chocolate Cherry Granola Bars** from [Raterman Bread](#) that are vegetarian and gluten-free. These soft and chewy granola bars are a relatively new addition to the Raterman Bread line and when sampling them last week, I was like, 'Oh Yeaahhhh, these would be a hit in the Immune Booster! So here we are. These house-made organic granola bars are made with oats, dates, Traverse City tart cherries, Belgian dark chocolate and local honey to bind all the ingredients together. So bring a cup of coffee or tea to the pickup and share the road with a fresh-baked granola bar to enjoy on your way home.

Closing out the share, we have a rare seasonal treat with **Paw Paw Gelato** from [Zingerman's Creamery](#). This gelato is composed of milk, paw paw fruit, sugar, lemon juice, demerara sugar, cream and skim milk. The paw paw, commonly referred to as America's best secret fruit, tastes tropical - somewhere between a mango and banana. It is indigenous to the Mid-Atlantic and into southern Canada. The season is short and currently upon us, so dive onto this limited opportunity for a taste of this local goodness!

So there you have it. Another Immune Booster share has come to pass with a bounty of local seasonal food that is nutritious and delicious. We thank you for signing up to this share and for joining hands with us to support our local food economy. This share is and has always been a platform to highlight our talented farms, bakers and restaurants here in South-East Michigan. As we move further into the fall and winter, we will continue to raise the bar and diversify the share each week. We look forward to seeing you all at the pickup on Saturday morning and we hope you had a wonderful week with this perfect weather.

[U-PICK RASPBERRIES ARE READY:](#) We 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 winter squash and sweet corn this weekend. Currently, we are open TODAY (due to beautiful weather!), Saturday, and Sunday (pending due to rainy forecast) 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!

STILL SPACES FOR THE [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 TODAY, since the deadline was extended until Oct. 1.

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 combinations 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. 3 regarding Tantre Farm's Immune Booster CSA Share, Week 80, for pick up on October 9. ***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 staff with questions or comments at immuneboosterbytantre@gmail.com.*

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