



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 82) Share – October 23, 2021

Hi Fellow Locavores,

Welcome to the Immune Booster Week 82 Newsletter. We hope you had a wonderful week and made the most of this beautiful fall weather we have been blessed with – taking walks, cycling, pattering about in the garden or just soaking up the sunshine in between the rainstorms. On the farm, we spent a lot of time harvesting the last of the warmer weather crops such as the storage squash, potatoes, peppers, green beans and eggplants before the frost rolls through any day now. Our root cellar and squash room are filling up fast and this year's harvest is abundant with beautiful crops that we will continue to feature in the Immune Booster share each week as the winter unfolds. There is a lot to look forward to and we are excited to continue delivering a diverse and nutritious spread of local and seasonal produce and prepared foods throughout the winter and into spring. For now, it's time to buckle up and get ready to launch this bountiful share of plenty.

Taking a note from the Swiss, we get the engine revving with **Swiss Chard** from [Tantre Farm](#). This versatile green and stem can be consumed raw or cooked and packs a powerful punch of anthocyanins, a compound found in the Swiss chard's red stems and veins that is proven to help prevent cancer, chronic inflammation, diabetes and aging. Eat your chard in a soup, stew, wilted salad or fresh chopped salad and give that immune system a big ol' boost.

Researchers have found that most microgreens can contain up to 40 times the level of vital nutrients than their mature counterparts. They help to alkalize your body, support your immune system and ensure proper cell regeneration. This week's **Pea Shoots** from [Garden Works Organic Farm](#) are extremely high in vitamins A & C and calcium. Use as a salad base or as a garnish to salads, soups or any main dish.

This week may very well be the last week that we see aubergine or guinea squash, AKA **Eggplant** from [Tantre Farm](#). With the cold on our doorstep, we figured we would give it one last whirl on the Immune Booster stage before the cold puts them to bed and the worms and microbes in the soil feast on them

throughout the winter. Eggplant originally comes from India and Asia where it still grows in the wild. It eventually made its way to Europe beginning in the 7th Century. Eggplant has a rich meaty inside that takes on a creamy consistency when cooked. It is rich in vitamin A and C and is a great substitute for meat when prepared well. So get your eggplant parm on, maybe a baba ganoush or just simply roast it on a baking tray with other veggies.

Better get your beta-carotene before the billowing blowing snow blows you away! **Orange Carrots** from [Tantre Farm](#) will help with that. Lots of crunch in this carrot bunch to pad out your lunch and my hunch is your immune system will thank you a bunch. So carrot away on a cooler fall day as the leaves sway and swirl down to the grass next to a squirrel. Roast 'em good, shred them nice, steam them up to pair with the Basil Babe fried rice.

Beans, beans the magical fruit, the more you eat the more beneficial fiber your body will recruit with **Green Beans** from [Tantre Farm](#). These lean, mean and effervescent green beans are also packed with folate so don't hesitate to steam them up and serve them as a side to any of the prepared foods in this week's share. Alternatively, a savory green bean casserole would fit the bill perfectly on these cooler fall nights. Enjoy!

Tubers, tubers, tubers galore and in this week's share we have some more with a **Red and White Daikon Radish** Mix from [Tantre Farm](#). These LARGE and ROBUST tubers pack a little sweet and a little zest for the chef in you that knows best. These tubers love to grow in the back half of summer and into the fall where they can get enormous. They pack a major dose of vitamin C and have highly beneficial antiviral and diuretic properties in each bite. So what to do with these behemoths???. How about making them into French fries? Yes, this is possible and yes this is a really good tip. Alternatively, you could finely mince them with other veggies from this share, add some flour, eggs, salt and pepper and make them into roasted or fried daikon radish balls. Or for the super adventurous, you can run them through a Spiralizer or a Mandoline as you would when making zucchini noodles. Consume the daikon noodles as a cold pickled salad with sesame seeds. Now you're in business--the daikon radish business.

Continuing on down tuber lane and back by popular demand, we have the rare tropical delight of fresh Ginger Root from [Blue Spring Farm](#), grown right here in Ann Arbor. Ginger was first cultivated in China as far back as 475 BC and has since spread across the globe to many tropical regions where it thrives. 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 candied ginger sweet treat to store for later. Need something savory instead of the sweet? Then try a ginger, garlic and chili shrimp recipe like I did this week. Super tasty, super quick, and super healthy.

One last produce item to bring to the table is the organic **Gala Apple** from [Almar Orchards and Cidery](#). Super fragrant like a fresh picked flower, these apples have a dense inner flesh that is crisp, sweet and perfect for slicing, baking or dehydrating. These heart healthy red globes are sure to bring a smile to your face on these cooler fall days ahead.

Breaking away from the produce, we get the prepared foods rocking and rolling with a **Sesame Sourdough Loaf** from [Raterman Bread](#). This bread is composed of wild collect yeast, local organic flour, water, salt and sesame seeds and is freshly baked into the late hours of Friday afternoon to ensure ultimate freshness when you pick it up the following morning along with your share. This bread is also packed with naturally occurring pre and probiotics and no fillers so it's a clean bread that actually nourishes the body and pairs up well with the rest of the prepared foods in this share.

Next up, we have a beautiful **Thai Pad Kee Mao Fried Rice with Tofu and Mixed Vegetables** from [Basil Babe](#). This traditional Thai dish is gluten-free and delicious. Composed of rice, garlic, Thai bird's eye chilis, onion, bell pepper, basil, fish sauce, paprika and fried tofu, this dish would pair well with some of the fresh produce above and another protein source of your choice. As a side note, Basil Babe does multiple pop-ups around Ann Arbor and Ypsilanti several times a week, so I suggest heading on out there to sample some other fantastic dishes. Your support will keep our thriving food community humming right along.

Sticking with the 'Far East' feast, we have a novel dish in the form of **Korean Beet Jook** from [Miss Kim](#) that is vegan and gluten-free. This warm and colorful fall rice porridge is fitting for the in-season narrative and is composed of rice, sesame seeds, sesame oil, salt, water, beets, rice vinegar, sugar, apples, garlic, kombu seaweed, scallions and onions. If this dish leaves you hankering for more then head on down to Miss Kim and try their wide variety of colorful and tasty food on offer.

Moving on, we have lined up a vegan and gluten-free **Indian Kheema** from [Earthen Jar](#). This dish uses soy as a textured protein in place of minced beef and is composed of soy, green peas, onions, tomatoes, canola oil, salt, turmeric and mixed Indian spices. This dish would be well served with any of the fresh produce above, as well as with the Basil Babe fried rice dish for a complete meal. If you're looking for more offerings from Earthen Jar, they have a wide selection of prepared foods at Arbor Farms Market in Ann Arbor that they stock each week. Head on over and see what other scrumptious offerings Earthen Jar creates.

Moving away from the savory and onto something sweet, yet super nutritious, we have a new face to the Immune Booster share, with another pop-up vendor. Welcome to the project, "Alchemy" with their signature **Cherry-Fennel Rye Granola** that is vegetarian and contains nuts. This exuberant granola is well thought out as far as taste and texture, and is composed of organic rye flakes, buckwheat honey, extra virgin olive oil, organic coconut

flakes, organic Michigan tart cherries, organic pecans, organic black sesame seed, sea salt, organic fennel seed, organic cardamom, organic ginger, Tantre rosemary and orange oil. Alchemy started in the summer of 2015 as a pop-up dinner party by longtime Tantre Farm alum, Adam Schoonover. In the fall of 2019, Alchemy was approved as a new vendor to the Ann Arbor Farmers Market offering healthy baked goods and this particular Cherry-Fennel Rye Granola as the focal point of the market stand. When the pandemic hit, Adam stepped back into his senior farmer role at Tantre Farm and played a major part in germinating the thousands of plants we grew this year in our fields. This is the beginning of a small revival for Alchemy, which will include more pop-up dinners in the near future. For more information on sampling or purchasing more of Adam's fine sweet treats and granola, you can contact Adam at treetownalchemy@tuta.io.

Coming in last but never the least to end this Far East feast, we go out with a tried-and-true bang with the infamous **Lemon Curd Chia Pudding** from [Juicy Kitchen](#). This tasty dessert treat is composed of organic chia seeds, lemon, coconut milk, turmeric, fresh blueberries and topped with a house made vanilla almond granola that is composed of rolled oats, almonds, cinnamon, Michigan maple syrup, coconut oil, extra virgin olive oil and salt. This happens to be one of the best-selling items at Juicy Kitchen and is available pretty much every day of the week at the cafe and at both Argus locations in Ann Arbor along with Agricole in Chelsea. Take a bite and you'll see why so many folks go looking for round two!

As the Immune Booster share comes to a close for this week, we would like to thank each and every one of you who signed up to this share as well as our prepared food partners and local farmers. Many hands came together to make this amazing box of food. With this share, your hard-earned dollars voted for local, in-season produce and prepared foods, and eliminated thousands of fossil fuel miles. By no means is this share carbon neutral, but it is a great first step in supporting local food systems, reducing our carbon footprint and food packaging waste. As we develop these shares each week, we think of Mother Earth and the ways we can promote a healthier environment and a healthier you. It is important to create a brighter and more sustainable future for us and our generations to come. We leave you with much gratitude and look forward to seeing you at the Immune Booster pick-up this Saturday morning

U-PICK RASPBERRIES STILL AVAILABLE FOR THE NEXT 2 WEEKENDS: 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. 24 regarding Tantre Farm's Immune Booster CSA Share, Week 83, for pick up on October 30. **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.*

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