



# Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 83) Share – October 30, 2021

Hello Fellow Locavores,

Welcome to the Immune Booster Week 83 Newsletter and thank you for signing up! We have a kaleidoscope of colorful fresh-off-the-plant produce and prepared foods lined up for you all this week to match the current height of fall colors here in Michigan. It's a beautiful time of year to be out and about in nature as the season moves towards winter. We look forward to the ghoulish fun of Halloween, the first of several holidays coming down the pipe over the next few months, so get ready to mix and match the fresh with the prepared to make nutritious and delicious meals for the festivities and the cooler weather ahead. Time to buckle up buttercup, this 'Monster Mash' is about to dash!

First up, we have spooky **Spinach** from [Tantre Farm](#) looming out in the fog, but don't be scared, this is primetime spinach-growing weather with mild days and cool nights. This spinach is in peak form and packed with bone-supporting vitamin K and folate. So take care of your skeleton and salad away to wipe away the gloomy gray.

Prowling **Pea Shoots** from [Garden Works Organic Farm](#) might just bring out 'The Werewolf' in you. They're just so crisp and tasty! These shoots pack a punch of immune boosting nutrients, trace elements and vitamins, and can easily be added to that spinach for a tantalizingly tasty salad. Roast up some acorn squash and toss on a few peppers and you'll be dancing like 'Thriller'.

Tired of feeling like a zombie? Then bust out the **Brussels Sprouts** from [Tantre Farm](#) because they are packed with fiber and protein to keep your heart clean. They are also great at reducing bad cholesterol and are a hearty staple crop that descends deep into the fall and winter. Steam 'em up, gently boil or roast on a pan with some cubed acorn squash and get ready for the Halloween game bean bag toss.

No 'Dead Man's Party' here with a **Pepper Mix** from [Tantre Farm](#). Lurking deep within the pepper plants hides a sugary sweet pepper mix that is packed with vitamin A to keep the grim reaper away. So get your antioxidants on and slice, dice, sliver and deliver them to a salad, stuff them and roast them, or throw them on the grill whole and look out for a troll behind the knoll.

No need for any 'Superstition' with this hearty **Potato Mix** from [Tantre Farm](#), just a real thrill when they hit the grill. These superfood spuds were resurrected just this past week from the depths of the Tantre fields in mighty yields and are packed with all the essential elements our anatomy desires. So grill them up, fry them up, make a potato salad, hash browns, potato pancakes, au gratin casserole and you'll be howling to the moon, because they are so fresh and tasty.

Next up, we have an in-season non-demon that is the mighty **Acorn Squash** from [Tantre Farm](#). Packed with fiber and beta-carotene these beauties can be roasted and consumed, rind and all. Mix into a soup for a deliciously 'Strange Brew' that is sure to please on a cold fall day breeze.

Rounding out the produce in this week's share with no 'Skeleton In The Closet', we have organic Gala Apples from [Almar Orchards and Cidery](#). These blistering-red orbits are crisp and sweet for a little trick or treat that can be made into caramel apples, sprinkled with nuts and devoured. No spook here just 'That Ole Devil Called Love'.

Breaking away from the produce, as we run into the night and then step back into the light, we discover a two-pack of **Bavarian Pretzels** from [Raterman Bread](#) that is sure to bring you delight! These limited-edition pretzels were too good to pass up for this Halloween mash. Composed of Raterman Breads original sourdough recipe, these hand-rolled and braided pretzels are freshly baked late into Friday night long after the bats have made flight. Pulled from the fiery earthen oven with a thin, fine browned crust and a chewy center, these pretzels are a sure-fire winner. So get your mustard ready and complement them with the Dill Pickle Sauerkraut from The Brinery that is coming up next...

'Sweet Dreams Are Made of These' with a fresh and seasonal **Dill Pickle Sauerkraut** from [The Brinery](#) that is vegan and gluten-free. This fine 'Kraut' is composed of green cabbage, cucumber, filtered water, sea salt, fresh dill and garlic that is sure to bring out the 'Super Freak' in you. Paired up with the pretzels for a quick appetizer, this combo is sure to delight early on in the Halloween night.

Before we venture out and about on the trick-or-treat streets, we need to soak our organic, Michigan-grown, Pinto Beans from [Ferris Organic Farms](#). Once they are swollen, get your cauldrons fired up for some bubble bubble toil and trouble! Those creeping bubbles begin to blurb and once they are seasoned and cooked, you'll be aching to slurp. Slurp them up and that you shall, they're good for your heart and packed with essential fiber and protein to keep some meat on your skeleton.

Moving on down the line like 'Frankenstein', we have a beautiful and seasonal **Roasted Root Vegetable Salad** from [EAT](#) that is vegetarian and gluten-free. This hearty salad is composed of organic spring mix, goat cheese, carrots, parsnips, beets, potatoes, shallots, extra virgin olive oil, salt, pepper and is complimented with a house-made balsamic vinaigrette that contains grapeseed oil, olive oil, balsamic vinegar, dijon mustard, honey, scallion and garlic. As you can see, this salad has plenty of healthy, colorful veggies to chase away the free radical demons that cause mutations and cell damage throughout your body. What a delicious way to immune boost, so take the plunge and fork it up!

Now for the main course, and this interesting choice is no 'Ghost On The Dance Floor'. We have a trio of **Tamales** from [Pilar's Tamales](#) knocking on your door and when you open it, you will only see treats with two black bean and cheese tamales and one Jalapeno and cheese tamale, all vegetarian of course! So get your tamales out and heat them up quick, serve them with the pinto beans and produce with no schtick. Next time when you want tamales, who you gonna call? Not Ghostbusters, but Pilar's Tamales!

So as the fog settles and the night becomes still, we have come to our last Halloween thrill with a final no trick and all treat **Fair Trade Chocolate Fudge Ice Cream** from [Go! Ice Cream](#). This bone-chilling ice cream is sure to put a spell on you. Composed of milk, cream, sugar, tapioca starch, chocolate milk powder, salt, vanilla and Guittard Chocolate, this creamy and rich chocolate ice cream has homemade chocolate fudge pieces in every bite that is guaranteed to satisfy the ice cream vampire in you. So swoop in and devour it in the night with great pleasure and delight. If you find yourself wanting more, head on over to Go! Ice Cream and discover why this talented vendor is making huge waves in the ice cream business. It's hauntingly goooooo!!

So there we have it. Another week of the Immune Booster has passed like the headless horseman in a flash. Soon the pumpkins will rot and collapse. Before we know it, Thanksgiving will be here but for now let's focus on our Halloween gear. Tricking or treating or passing out candy, we have packed you a share that your immune system will find handy. Thanks as always for signing up to our local food mission and we look forward to seeing you this Saturday morning after you have arisen.

**LAST CHANCE FOR U-PICK RASPBERRIES AND PUMPKINS THIS WEEKEND:** 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, unless we have to close early due to rain and lack of customers. 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. 31 regarding Tantre Farm's Immune Booster CSA Share, Week 84, for pick up on November 6. *Please*

mention at both the Ann Arbor and Chelsea locations this week that you are picking up an Immune Booster box, since we have Extended Fall CSA members picking up at both locations as well.

**\*\*STARTING NEXT WEEK ON NOV. 6, THE NEW CHELSEA LOCATION FOR THE IMMUNE BOOSTER CSA WILL BE AT AGRICOLE FARM STOP!**

All the Beast,

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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