



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 84) Share - November 6, 2021

Hello Fellow Locavores,

Welcome to the Immune Booster Week 84 Newsletter and thank you for signing up! We have a splendid local food share lined up for you this week that offers a wide selection of in-season produce and some delightful prepared foods to keep that immune system finely tuned for the colder weather ahead. So sit back, buckle up and let's take a passenger's eye view of what we have in store for you on this moon boost share this week.

As we countdown to launch, let's get our engines revved up with a **Green and Red Curly Kale Mix Bunch** from [Tantre Farm](#). They don't call kale a superfood for nothing! It contains a little bit of everything for a strong and healthy immune system, such as calcium, antioxidants, a spectrum of vitamins and a solid dose of iron. So hail to the mighty kale and make a chopped salad, throw it in a soup or stew, make kale chips or blend it in a smoothie. Whichever way you go, you're giving that immune system a mighty boost!

Launching out of the gate, we have a tender **Lettuce Mix** from [Tantre Farm](#). These nutrient dense greens are full of antioxidants and anti-inflammatory properties that help keep your immune system in top form. This week's lettuce mix has shades of purple and green with a mix of about 6 to 8 varieties of lettuce because we like diversity around here. When I think of lettuce I think of a BLT, endless varieties of salads, wraps, tacos, burgers and so much more, so get creative and get your lettuce on!

Next to board this moon boost ride, we have crisp **Pea Shoots** from [Garden Works Organic Farm](#). These soil-grown shoots pack a nutritional overload punch and are great for topping salads, putting into wraps, burritos, tacos or topping off omelettes. So shoot for the stars with these fine pea shoots! As a side note, Garden Works Organic Farm sells many varieties of shoots and microgreens at both Argus Farm Stop locations so head on over there for round two to support our local farmers.

Round and round and round we go, where do we stop? Oh, I know... a **Green Cabbage** from [Tantre Farm](#)! These large, rolling round, green beauties have

been kissed by the mild frost of late. This brings out the sugars in them for a sweeter taste. Since these are so large, don't be afraid to cut off what you like and wrap in a damp cloth or plastic, since these brassica balls can store for more than a month sometimes, and for those of you who like sauerkraut, this is the time to ferment for long term storage. So get ready for some stir fry and a good dose of vitamin C, fiber and folate, so don't be late to the moon boost launch date.

The produce hits just keep on coming aboard, and now we turn to a **Purple and Orange Carrot Mix** from [Tantre Farm](#). Packed with beta-carotene and vitamin A to keep the doctors away, these fresh-out-of-the-ground beauties are also packed with a good dose of sugary sweetness from these early frosts. So steam them up, stir fry them with the cabbage and kale or bust out your favorite condiment and dip away on a beautiful fall day.

Need a little lean, mean, zesty green? Then look no further than a surprise twist of freshly dug **Leeks** (instead of Green Onions) from [Tantre Farm](#). Perfect for slicing and dicing to top off that stir fry or that potato leek soup, these green beauties are rich in flavonoids that have anti-inflammatory, anti-diabetic, and anticancer properties. Leeks are much sweeter and milder than onions and make a good substitute for any recipe with onions.

After you're done using the tissues for your issues, we keep this moon boost ride a-rocking with **French Breakfast Radishes** from [Tantre Farm](#). Oui, Oui (Yes, Yes in French) because these radical radishes are rich in antioxidants and minerals like calcium and potassium that lower blood pressure and reduce your risk of heart disease. Sounds like a fair shake to me! So slice them up and toss them on that salad, throw them in the stir fry for some color and crunch or my personal favorite is to steam them. Steaming makes them milder in taste, softer and for the non-radish taker, a little more palatable.

Beam me up, Scottie, with a **Butternut Squash** or two from [Tantre Farm](#). These caramel-colored, hourglass-shaped winter squash are in peak form and packed with a plethora of life-giving nutrients. Perfect for making soups and/or baking into cookies or a butternut loaf with chocolate chips and chopped nuts on top. Now we are talking!

Rounding out the produce for this week's share, we have an additional little gift that was not mentioned in the original menu - **Jalapeno Peppers, Serrano Peppers and Tomatillos** from [Tantre Farm](#). Why the gift? Because we are grateful to you for supporting this local food project and we love to share food! This unique trio is perfect for a last-ditch late-summer salsa. To prepare, turn on your oven to broil. Wash the produce, slice the tomatillos in half and put them face down on a baking tray. Cut a pepper or two in half and put them face down on the same baking tray. If you have a few cloves of garlic, cut them into halves and add them to the tray as well. Broil for 20 minutes and meanwhile, dice up some green onions and cilantro if you have some. Set aside. Once the tray is done in the oven, gently slide everything into a bowl. Mash with a fork or immersion blend. Add the diced onion and cilantro and add a squeeze of fresh lemon juice. Boom!! You're in the fresh salsa business.

Kicking off the prepared foods this week, we get things going with a savory, nutty **Seeded Sourdough Detroit Street Loaf** from [Zingerman's Bakehouse](#).

This naturally leavened, large and round, sourdough bread is composed of organic wheat flour, water and sea salt, garnished with sesame seeds, poppy seeds and fennel seeds for a savory finish. Perfect for the fall weather and for dipping in the Tomato Curry Soup that is coming up next...

Who let the soup out? Woot! Woot! Woot! Who let the soup out? [Juicy Kitchen](#) did, that's who! And they did it with a creamy **Tomato Curry Soup** that is vegan and gluten-free. This seasonal soup is composed of tomatoes, coconut milk, shallots, garlic, extra virgin olive oil, curry, crushed red peppers, lemon juice, salt and pepper. Perfect to warm your core during this cool fall weather, get your Sourdough ready to dip!

Jetting right along and coming into orbit, we pit stop to grab a **Fried Tofu Rice Bowl with Seasonal Vegetables** from [Miss Kim](#). Another vegan and gluten-free savory and seasonal dish, this rice bowl is composed of a little bit of everything and is sure to please: short grain rice, black rice, wild rice, millet, tofu, local Tamchop Farms shishito and lady choi peppers, cauliflower, beets, apples, scallions, ginger, garlic, chili flakes, miso, rice wine, rice vinegar, canola oil, salt, pepper, soy sauce, sugar, rice flour, cornstarch, baking soda and sesame seeds. Quite the line up in this fine dish and my hunch is it will leave you wanting more! Rest assured, all you have to do is pay a visit to Miss Kim for round two and tell them that Ryan from the Immune Booster sent you.

Bringing us to a crescendo, we hit supersonic mode and bust out a 10-piece pack of **Mushroom Dumplings** from [Basil Babe](#). These tasty dumplings were hand-made late into the night on Thursday and then frozen for absolute freshness. Be sure to consume within a day or two of defrosting. They are composed of shiitake mushrooms, wood ear mushrooms, Bok choy, onions, sesame oil, wheat flour, water, cornstarch, salt, celery powder, broccoli powder and spinach powder. NOTE: DOES CONTAIN SOY SAUCE and SESAME SEEDS, for those with allergens. Ideally you will want to keep these dumplings frozen until you are ready to cook them. Once you're ready to rock and roll, heat a pan on medium-high heat with a thin layer of neutral oil. Add the dumplings and cook until the bottom of the dumplings are slightly golden. Then add water to cover the bottom of the pan, roughly half a cup. The next step is optional but highly recommended by chef Thai Inhmahong of Basil Babe: mix in a heaping teaspoon of cornstarch for extra CRUNCH! Cover the pan with a lid and let the water mostly dissolve. Lift the lid and continue to cook until the bottom is crispy, and the folds are cooked through. Then devour. Yummmmmmy!

To follow up with something sweet, we have a **Michigan Concord Grape Jam** from [Miss Kim's Jams](#). Composed of Michigan concord grapes, pectin and sugar, this jam is simple yet delicious, and perfect for spreading on the Zingerman's Loaf for a quick breakfast treat. Miss Kim's Jams can be found at Argus Farm Stop and at the Kerrytown Farmers Market, so seek her out and see what other offerings she has that might pique your interest.

On the descent back down to Earth, we have one last stop for a final sweet treat with a 2-pack of **Apricot Twists** from [Yoon's Bakery](#). These light and fluffy pastries are composed of apricot, wheat, sugar, salt, local butter, local eggs, yeast, local milk and water. This unique French-influenced Korean bakery is located on the northeast side of Ann Arbor and is well worth a visit. So head on over for round two or three, I guarantee you won't be disappointed!

Now that we have our feet back on the ground and a feast of a box in tow, I'd like to say a final round of thanks for your continued support of this unique and colorful local food mission. This mission would not be possible without you, our loyal supporters, and our amazingly talented pool of local farmers, bakers, artisanal and prepared food makers. We are blessed with a rich and diverse community of people from all over the world in this southeast corner of Michigan and I am grateful to share with you each week our vision of a more sustainable local food system that reduces carbon footprint and waste. We hope you enjoyed your ride today and we look forward to seeing your smiling faces at the pickup Saturday morning.

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

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.

SAVE THE DATE! NUT TREE PLANTING FEST on Nov. 13 & 14 from 10 to 5 PM:
HoneyBee U-pick at 5700 Scio Church Rd., Ann Arbor. We are now closed for the 2021 U-pick season, but we will have one last hurrah for 2021 with a tree planting event filled with nature walks, hickory nut milk demonstration (Sunday), nuts roasting on an open fire, wagon rides, and planting over 300 chestnut trees on the Honey Bee U-pick property. More details coming!

Don't forget to keep an eye out for our next email on Nov. 7 regarding Tantre Farm's Immune Booster CSA Share, Week 85, for pick up on November 13.

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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