



# Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 85) Share - November 13, 2021

Hello Fellow Locavores,

Welcome to the Immune Booster Week 85 newsletter where we will walk you through all that's in store for you in this week's delizioso Italian-Mediterranean share! Our collective farmers, chefs, bakers and artisans have been hard at work all week to round out a beautiful box of food. We are excited to show off their amazing skill sets and bear witness to what the local food community can achieve when we all work together. So kick off your shoes, grab a cup of tea or coffee and let's get ready to Immune Boost...

Fresh out of the gate we get things going with some fresh out of the [Tantre](#) fields **Spinaci** (Spinach). This heart-healthy leafy green is packed with iron and vitamin E and can be tossed on your pizza, made up into a crisp salad or wilted in a little hot water. There's nothing quite like fresh, rich and nutritious spinach.

Next up on the leafy green theme, we have pungent **Rucola** (Arugula) from [Tantre Farm](#). Another heart-healthy green that has a kick of spice and everything nice. Arugula is native to the Mediterranean region and packs a solid dose of vitamin A, which helps maintain kidney, lung and heart function. It is also a great resource for calcium and is particularly high in cancer-fighting agents. This fresh cut arugula is also great on the pizza, tossed up into a salad or wilted into pasta sauces. Mama Mia!!

A beautiful addition to the leafy greens this week are **Sunflower Shoots or Daikon Radish Microgreens** from [Garden Works Organic Farm](#). Rest assured, both types of greens are delicious and nutritious. Whichever ones end up in your share, they are best served as a salad topping, in savory wraps or as a fresh little side to any meal. The sunflower shoots are solid green throughout with two broad green leaves and a stem that doesn't really bend. The daikon radish microgreens are dainty and delicate with a white stem and two tiny thin green leaves. Consume within two to three days for optimal nutrition and taste. Delizioso miei amici!

What's a Mediterranean theme without **Aglio** (Garlic)? This pungent tuber

from [Tantre Farm](#) is packed with antifungal and antibacterial agents that fight colds and free radicals. Garlic is a good cleanser for your liver and a good reason to keep the sweet chewing gum manufacturers in business. So get those knives ready to mince a few cloves to sprinkle on that pizza for an extra pep in its step and save the rest for a soup, stew or pasta dish for the cold days ahead. Si!!!

Another wonderful tuber and a world-renowned superfood, we have a robust **Potato Mix of Yukon Gold and Red Norland potatoes** from [Tantre Farm](#). We have spent quite a bit of time this fall rushing to get all of our potato varieties out of the fields before the hard, deep frosts come rolling in. These super spuds are packed with pretty much a little bit of everything our immune system needs to keep it healthy and functioning well. Potatoes are a culinary delight and can be used in so many different ways. One way to try your hand at a traditional Italian recipe with these fresh potatoes is to make a Patate al forno. There are many ways to make this dish so do a little research, find one that you fancy and give it a whirl. Fantastico!

Let's bring on the sun with a **Sunshine Kabocha** from [Tantre Farm](#). This radiant orange squash has a thin edible rind and a gorgeously bright orange, inner flesh. The seeds are also high in protein and great for roasting. Sunshine Kabocha is a prized squash because of its creamy beta-carotene rich flesh and is the perfect consistency for making excellent soups, pies and muffins. Other tasty dishes include oven roasted cubes of delight with a honey drizzle. Yummm!

Last but never least in the fresh produce lineup, we welcome from the kingdom fungi, a magnificent **Mushroom Mix** from [Detroit Mushroom Company](#). These mushrooms are truly magical in their ability to nourish and protect our bodies. The health benefits are huge, with large doses of vitamin D, protein and antioxidants. In your share, you will receive several varieties of mushrooms that could be a few varieties of Oysters, Shimofuri, Golden Chestnut, Maitake or Lion's Mane. All varieties should be cooked for at least a few minutes on the stove top (or your pizza) before serving and they can be cooked into pretty much any dish you desire. So get your brain food on with this fantastic fungi mix and if you have never seen the "Fantastic Fungi" documentary, then fire up your Netflix and have a pizza and salad party with this mind-blowing film.

Next, we step into the prepared foods with a jar of **Berbere Spiced Pickles** from [The Brinery](#). These unique and flavorful seasonal pickles showcase some unusual herbs and spices. Composed of cucumbers, filtered water, sea salt, berbere spice, chili, ginger, cardamom, fenugreek, nutmeg, pepper, all spice, adjwain, cloves and cassia buds, the taste will be complex and unique. These pickles are perfect for the salad that is coming up or for just grabbing a spear or two out of the jar for a quick snack. Pickle up, buttercup!

Since we're in the neighborhood, let's make a quick hop east across the Adriatic Sea, and pick up a **Greek Salad** that is vegetarian and gluten-free from [El Harissa](#). This fine salad boasts a fresh local spring mix, feta cheese, grapes, pickled red onion, kalamata olives, grape tomatoes and cucumbers. It comes with a house-made dill, mint and oregano vinaigrette on the side. All things Mediterranean here, and this salad fits the bill perfectly for what's coming up next...

So here we are at the Colosseum, the main event of this Italian-themed box and what better way to introduce another new vendor to the Immune Booster CSA Share with a **DIY 16-inch Pizza Kit** from [Silvio's Trattoria e Pizzeria](#) in Canton. These incredible pizza kits were made from scratch and will include fresh pizza dough (organic flour, water, yeast, salt, olive oil and sunflower oil), a generous portion of house-made pizza sauce (organic Roma tomatoes, onion, garlic, rosemary, oregano, parsley, olive oil, sunflower oil, salt, pepper and red pepper flakes), and a cheese and pepper topping (organic mozzarella from Indiana and local grilled red peppers). If you are craving authentic Italian food, Silvio's is the place. Silvio and his family make their food with passion and in the traditional Italian way. All of their dishes that I have tried so far are stupefacente! Their Michigan Ravioli and selections of stuffed gnocchi are seasonal and top-notch. Pay Silvio a visit for a follow-up feast and tell him that Ryan from the Immune Booster sent you - You'll be so glad you did!

Rolling down the backside of the menu we have 100% **Rolled Organic Oats** from [Ferris Organic Farm](#). These whole grains deliver fiber to help strip away plaque in our arteries, clean healthy carbs to give us energy that lasts and a plethora of essential vitamins and minerals. So get your oatmeal pan ready for some hot porridge in the morning and your baking tray ready for some tasty oatmeal cookies for dessert after the pizza and salad dinner. Buon appetito!

Need a little sweetener to add to those hot oats or oatmeal cookie recipes? Look no further than **Michigan Clover and Wildflower Honey** from [MX6 Ranch and Honey Bee Yards](#). Made by local bees from local clover and wildflowers, this honey is 100% pure golden deliciousness. Studies have shown that consuming local honey can help alleviate pollen allergies from the blossoms that are specific to your region. So don't be shy and get your honey on whenever you can - as a syrup for your pancakes, a spoonful in your green tea, peanut butter and honey toast or just a little taste here and there for good measure.

Closing out this week's share with a sweet treat, we give a farewell nod to the Mediterranean with a pair of **Lemon Scones** from [Zingerman's Bakehouse](#). These fine scones are composed of organic wheat flour, cream, butter, sugar, candied lemon, baking powder, lemon zest, confectioner's sugar, sea salt, lemon oil and eggs. These crowd-pleasers are vibrant and mouthwatering, and a deliciously creative way to showcase the use of citrus in several forms to get one really good result. Enjoy!

And that's a wrap! Another spectacular Immune Booster menu created by the hands of many local talents. We are grateful that you signed up for this week's share, and we hope you enjoy the colorful produce and tasty prepared foods that you will find inside your box. Your feedback is always appreciated, and we look forward to seeing you at the pick up this Saturday! Eat well, be well, do well.

**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](https://www.instagram.com/immuneboosterbytantrefarm) or [@tantrefarm](https://www.instagram.com/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.

You will enjoy this if you are folks who want to celebrate the Earth and the seasons with a free, fun, outdoors event this coming weekend on this beautiful 160 acre property at our HoneyBee U-pick Patch. Some of the planned activities include:

- Planting Baby Chestnut Trees (both days)
- Networking with new and experienced Nut Growers with Robyn Burnham, John Langmore, and Marc Boone (Sat. 12 pm to 2 pm)
- Nature Discovery Walks with Will Forage for Food founder, Rachel Mifsud on Saturday and Washtenaw County Parks Naturalist, Shawn Severance on Sunday (Sat. & Sun. at 11 am, 1 pm, & 3 pm)
- Hickory Nut Milk Demonstration (after Wild Nut Hike at 1 pm on Sunday with Shawn)
- Giving Strawberries a Winter Blanket (off and on both days)
- Fire-Roasted Nut Tasting (both days)

Please dress for the weather, since it will be cold and wet, but we will have a small bonfire for warming and community conversation about nut growing, and an open, new timberframe barn for shelter. Please bring snacks, gloves, a water bottle, boots, and warm clothing. We will provide some hot cider and hot tea! Hope to see you there! More details here:

<https://www.eventbrite.com/e/ode-to-the-west-wind-nut-festival-tickets-201395147307>

Don't forget to keep an eye out for our next email on Nov. 14 regarding Tantre Farm's Immune Booster CSA Share, Week 86, for pick up on November 20.

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, Carrin, and Deb with questions or comments at [immuneboosterbytantre@gmail.com](mailto:immuneboosterbytantre@gmail.com).*

## Tantre Farm

2510 Hayes Road, Chelsea  
MI 48118 United States



You received this email because you signed up on our website or made a purchase from us.

[Unsubscribe](#)

mailer lite