



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 86) Share - November 20, 2021

Hello Fellow Locavores,

Welcome to the Week 86 Immune Booster CSA Share. This week we have a 'Super Share' in store for your Thanksgiving feast. This week's menu was targeted to cover all your extra produce needs for the upcoming holiday as well as quick and easy prepared foods that are traditionally not served over the holiday to get you off the hook while preparing your holiday spread. We have lots to be thankful for in this current season and the gift of this mild fall weather is still allowing us to pick an abundance of fresh produce out of the fields here at Tantre Farm. We are grateful that you have signed up for this share, and we hope you have as many blessings as the falling leaves outside during the Thanksgiving holiday. So let's get ready to moon boost up and see what is coming home with you Saturday morning.

Kicking things off, we get this share rolling on down the tracks with **Green Curly Kale** from [Tantre Farm](#). This robust leafy green is a cruciferous vegetable and is packed with antioxidants, iron and vitamin C amongst a plethora of other beneficial nutrients and vitamins. Boost up your immune system with a wilted kale salad, grated carrots, dried cranberries and walnuts. A quick and easy salad dressing to compliment your wilted salad is to mix equal portions of cider vinegar, soy sauce and olive oil in a bowl, whisk and pour over the salad just before serving. Now you're in business, the kale salad immune-boosting business.

Sticking with the greens, next up we have **Daikon Shoots** from [Garden Works Organic Farm](#). These soil-grown shoots are packed with powerful antioxidants, potassium and copper, to name a few of their health benefits. They would pair up well as a topping on the kale salad, burritos, wraps or even nachos. So pile 'em high because these shoots are really good.

Moving right along while we sing our immune booster song, we have a trio of winter squash from [Tantre Farm](#) that includes **Butternut, Acorn, and Sunshine Kabocha**, Wow! That's a whole lotta squash to roast up for the holidays, from oven roasted cubes, soups, stews, pies or muffins. With each squash being unique in texture and taste, I'll leave the ideas up to you to

research and see what creative dishes you might decide to make. One thing is for certain you won't run short on these delicious and nutritious beta-carotene-rich squash.

Picking up the pace, we have a duo of **Sweet Potatoes** from [Second Spring Farm](#) and a mix of **Regular Potatoes** from [Tantre Farm](#) that will include Red Norland, Yukon Gold and Russian Banana Fingerlings. What to do with so many spuds?? Oh, there's plenty of ideas in store such as roasted, mashed, fried, baked or sweet potato casserole with the marshmallows on top sounds like a good plan to me. Rest assured we will have an abundance of colorful spuds that will brighten your holiday festivities.

Next up, we have some alliums in the form of **Garlic** from [Tantre Farm](#) and **Red and Gold Onions** from [Second Spring Farm](#). Both alliums are great storage crops that will continue to land in the Immune Booster share into the future as we roll into winter and next spring. Alliums in general have strong sulfur compounds that help our immune system fight off free radicals and cancers, so it is important for alliums to be consumed as often as possible. In your share, we have given you plenty of each to work with so get the tissue box out because these beauties are gonna have some zest!

Round and round with the produce we go, where we stop next is at a colorful **Rainbow Carrot Mix** from [Second Spring Farm](#) and awesome stalks of tiny globed **Brussels Sprouts** from [Tantre Farm](#). Both of these veggies can be steamed, stir fried or gently boiled to a tender perfection and are a staple during the holidays. So get your Brussels on and taste the rainbow of these sweet carrots. You will be glad you did!

To take your traditional home cooking to the next level, we have a special trio of herbs in the form of **Rosemary, Sage and Thyme** from [Country Valley Farm](#). This organic herb mix is intended for the turkey, tofurkey, ham, prime-rib or whatever other savory main course meal you intend to cook up for Thanksgiving. They would also add some aroma and additional nutrition to your stuffing recipes, a garnish on roasted veggies or sprinkled into soups just before they finish cooking. So get your herbs on, they're really good for you and they will fill the air with that holiday smell. Yummy.

Picking up the final produce item for this week's share, we have a fresh fruit duo with **Pinata and Liberty Apples** from [Almar Orchards and Ciderly](#). These two organic apple varieties are the first offering of the season from Almar's. The pinata apple's skin has a canary yellow undertone with bright red overtones. The taste is tart and some say it has a sweet melon smell. Also high in sugar, it doesn't brown quickly so it would be ideal to mix into that kale salad mentioned above. The Liberty apple is a deep dark red that also has a slight yellow undertone and is best described as a dessert apple that is great for making apple pies. So break out granny's secret recipe and steal the show with a family favorite apple pie, bear claw, tart or crumble. Um, yessssss please!!!

Out with the produce and on to the prepared foods... Raterman Bread kicks things off with a fresh-baked loaf of **Original Sourdough Bread**. Baked right here in Ann Arbor at the Food Hub where most of you will pick up your share, Nick, the owner/operator of [Raterman Bread](#), and his wife and a few friends bake late into the night Friday evening to produce this dense, flavorful bread. The bread is then cooled at room temperature, bagged, and left out until we hand them to you Saturday morning. Nothing like fresh, never frozen or refrigerated bread and this one is the perfect delight to go with your holiday

meals. As a side note we will have extra Raterman Bread varieties for sale on our market table this week so you can load up and have plenty for everyone at your table.

Now that we have broken into the bread, we keep things moving with a **Quinoa, Kale, and Roasted Veggie Salad** from [Harvest Kitchen](#). This seasonal dish is composed of a hearty mix of red and white quinoa, Tantre Farm kale, Tantre Farm potatoes, Tantre Farm butternut squash, caramelized onions, dried cherries and a house-made balsamic vinaigrette. Perfect for on-the-go healthy eating without making all the mess. This dish would be another candidate to pair up with that kale salad for a complete meal.

With the cold weather upon us, why not feature a dish that is sure to warm our cores like a delicious and hearty **White Bean Chili** from [Juicy Kitchen](#). Nothing sounds better than a good hot bowl of chili on these colder fall days, and Juicy Kitchen has nailed this dish down with a solid line up of amazing ingredients that include northern white beans, cannellini beans, bell pepper, green chilis, jalapeno peppers, corn, potatoes, yellow onion, garlic, fresh cilantro, vegetable broth, lime juice, salt, pepper, paprika, cayenne pepper, cumin and oregano. Fresh, local and healthy all packed into this pint of awesomeness. Enjoy your tasty chili feast!

Rounding out the prepared foods in this week's share, we have a tasty and convenient 12-pack of **Potato Farmers Cheese Pierogies** from [Srodek's Campau Quality Sausage Co.](#) These popular savory pierogies are perfect for a quick pan fry and served up with your favorite condiments and the chili or quinoa dish above. These scrumptious bites are composed of flour, water, milk, pomace oil, vegetable glycerine, potato, cheese, pepper, onion, butter, salt and spices. Easy and delicious!

Need something to wash it all down with? Then look no further than a half-gallon of freshly squeezed **Apple Cider** from [Almar Orchards and Cider](#), that is composed of 100 percent organic apples. This cider was fresh pressed Thursday afternoon from a variety of apples deemed not marketable for retail because of their odd shapes or slight bruising. No need to waste that beautiful taste! Almar's sweet and tangy apple cider is one of their most popular commodities. We will have extra half gallons of cider for sale at our market table this weekend so come prepared and early because the extras always sell out fast!

Sliding further along the scale of sweet and tangy, we have a freshly made **Cranberry Jam** from [Miss Kim's Jams](#). This simple yet delicious spread is composed of Michigan-grown cranberries and sugar. This jam is perfect for serving as a side with your Thanksgiving feast or for the leftover turkey sandwiches after the holiday has passed. Not to mention, it's full of powerful antioxidants to keep your immune system in peak form, so lay it on thick - your inner economy will thank you.

We close out the share this week on a sweet high note with the ultimate treat... An extra special duo of Ice Cream Pie slices from [Go! Ice Cream](#). In your share you will get one slice of **Bourbon Caramel Pecan Ice Cream Pie** and one slice of **Sweet Potato Ice Cream Pie**. Both use traditional holiday flavors, but are unique in their own right. They are rich, creamy and naughty... Need I say more??? If you're looking for round two, Rob Hess, the owner/operator of Go! Ice Cream is currently selling whole pies for all your holiday needs. Check out

his website or drop into his retail shop in Ypsilanti and tell him that Ryan sent you.

Taste buds will be content, bellies will be full, and you'll be ready for a cozy holiday nap. The Immune Booster Super Share menu has been laid out for you all to see. A bountiful collection of local, in-season produce, and prepared foods to help you along with your holiday festivities.

In the spirit of Thanksgiving, Tantre Farm gives thanks to you for your continued support of not only our farm but of other local farmers and food artisans who work together with us to make this local food box come together each week. The amount of gratitude these hard-working folks share with me week in and week out is humbling and heart-warming and something that should be passed on to you, the customer. Without you, we would not be able to push the local food movement to the forefront of our local community while supporting as many local businesses along the way as we can. This is the future of food, locally grown and locally consumed for a healthier population and furthermore a healthier planet. Each week buying this box takes hundreds of gallons of fossil fuels off the atmosphere grid, so Mother Earth thanks you too!

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.

Please note, there will be no immune booster share Saturday November 27 due to the proximity of the Thanksgiving holiday. We will resume the Week 87 hand out on Saturday December 4. Keep your eyes peeled for the next Immune Booster menu over the Thanksgiving break. We wish you a joyful holiday with your loved ones. Eat well, do well, be 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, Carrin, and Deb with questions or comments at 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