



# Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 87) Share –December 4, 2021

Hello Fellow Locavores,

Welcome to the Immune Booster Week 87 Newsletter and our Bavarian-themed share. Let's discover all the yummy details on where this box of food came from, who grew it and who prepared it. Together we will take a comprehensive look at just a handful of the many talented farms and local businesses that are integral to the local food economy here in southeast Michigan. Now that you're all rested from the Thanksgiving holiday and ready to fill the fridge once again with some fresh produce and tasty prepared food, we shall commence... So buckle up, this Immune Booster is about to launch to the next continent East and land in Germany!

Opening up the share, you will be greeted by a hearty bunch of **Red Russian Kale** from [Tantre Farm](#). Oops - I guess we went a little too far to the east! This hoop house-grown kale is more tender and softer than field-grown kale and is great for making salads both fresh or wilted. This particular variety of kale is loaded with vitamin A, essential for optimal eye health to focus on this newsletter.

Just below the kale, you will find a packet of **Pea Shoots or Daikon Radish Microgreens** from [Garden Works Organic Farm](#). The pea shoots will be 4 to 6 inches long, crisp and have a mild pea flavor. The daikon radish microgreens will be dainty with a pale white stem and two small green leaves with a mild spice flavor. Both types of greens are guaranteed to deliver vital nutrients, minerals and vitamins. Best used within a few days of picking up your share, both types of greens can be used as salad toppers, tossed into wraps, topped on the Tempeh Burgers, tacos or pasta dishes to name a few.

Moving right along the green line, we have a LARGE **Green Cabbage** from [Tantre Farm](#). This basketball-sized green cabbage is a cruciferous vegetable, and like all cruciferous vegetables it is loaded with sulforaphane, a powerful cancer-fighting compound. This is an important veggie to include in your regular diet. So get ready to braise that cabbage Bavarian-style or try your hand at a wirsinggemuse. Lecker!!

Time to roll out a starch with a very colorful **Red Norland and Adirondack**

**Blue Potato Mix** from [Tantre Farm](#). These superfood spuds have all the nutrition and then some. So why do ordinary fried or mashed potatoes when you can do extraordinary Bavarian-style potato salads? A simple Google search will uncover the many ways to make a tasty potato salad that fits your unique palate. So give it a whirl with these colorful fresh potatoes.

Who could use a rainbow of color with a splendid mix of **Rainbow Carrots** from [Second Spring Farm](#)? I sure could, and so can your immune system! Each carrot is unique with its own color, taste and texture as well as its health impact. The lighter yellow, orange and red carrots are packed with carotenoids – powerful antioxidants that keep our immune system and eye health in line. The purple carrots contain anthocyanins which ironically were discovered by a German pharmacist in 1835. Anthocyanins lower blood pressure, reduce risk of cancer, help prevent diabetes among other health benefits. So instead of steaming these beauties, why not try your hand at a German Karottensalat or Berlin Kartoffelsuppe? Geschmackvoll!!!

Next up, we have **Red and Gold Onions** from [Second Spring Farm](#). These juicy globes pack a pungent punch, a bit of spice and everything nice. To prepare them for your Bavarian feast, it's pretty straightforward – simply stir fry them with the Bratwurst or Tempeh Burgers. Both varieties of onions offer sulphur compounds that are extremely good for your heart.

Rounding out the produce in this week's share, we have rocking **Red Beets** from [Second Spring Farm](#). These deep red beet roots are rich in folate which plays a key role in heart health, as well as manganese that supports strong bones, nutrient metabolism and brain function. So get your beet on and try a Bavarian beet salad or a sweet pickled beet recipe. You'll be glad you did and so will your taste buds.

Kicking things off with the prepared food, what's a Bavarian share without pretzels? Back by popular demand, we are happy once again to offer you a two-pack of **Bavarian Pretzels** from [Raterman Bread](#). These soft and chewy pretzels are composed of Raterman Bread's original sourdough recipe of flour, salt and water along with wild collected yeast. Perfect for dipping in the stone ground mustard as a snack or saving them for the whole kit and kaboodle Bavarian feast with all the fixings. No matter which way you choose they are sure to please. Kostlich!

What's a pretzel without its most famous dance partner, Mr. Mustard? A sad pretzel. We can't have that, so we were mindful of our dear pretzels and lined up a **Stone Ground Polish Mustard** that is vegan and gluten-free from [Srodek's Campau Quality Sausage](#). This fine mustard is composed of water, mustard seed, vinegar, salt and spices and was made for dipping and that's what I suggest you do. A match made in heaven!

We can't have a Bavarian share without the Sauerkraut! So without further ado we present **Fair N' Bye Sauerkraut** from [The Brinery](#). This extraordinarily fine kraut is composed of green cabbage, filtered water and sea salt. Simple yet delicious and full of pre and probiotics, this kraut stimulates our inner economy as well as our taste buds. Did you know that fermented foods add beneficial bacteria and enzymes to your intestinal tract? They also increase your gut microbiome, clean out your digestive system and enhance your overall

immune system. Sounds like a win-win-win to me so enjoy your Fair N' Bye with any and all of the fresh or prepared foods in this week's share.

Next in line, we have a five-pack of **Pork Bratwurst** from [Almar Orchards and Cider](#) OR a four-pack of **Tempeh Burgers** from [The Brinery](#) depending on which protein source you signed up for in this share. So get the BBQ ready because these savory brats and burgers are beckoning for the grill. No need for further explanation here. Enjoy with your prepared food sides and fresh produce to create several full-spread meals of your choice. Guten Appetit.

Moving on, we have a unique and seasonal Bavarian-style dish from [EAT](#) in the form of a tasty **Potato and Celery Root Gratin**. This delish dish is composed of potato, celery root, cream, parmesan cheese, onion, garlic, herbs, salt and pepper. In your share, you will receive two squares of this root gratin to share amongst your family and to pad out your prepared foods, so share nicely and enjoy!

Closing out the share this week, we end things on a savory note with a **Michigan Ravioli** dish from [Silvio's Trattoria e Pizzeria](#). This recipe is made from scratch and includes many local ingredients. This dish contains whole wheat flour, egg, water, goat cheese, ricotta cheese, egg, chicory, walnuts, king trumpet mushrooms, nutmeg, salt, pepper, cream, butter, olive oil, garlic and asiago cheese. It has a rich, creamy taste and texture and is quite unique. I had the pleasure of sitting down with Silvio, the owner of Silvio's Trattoria e Pizzeria this week and he shared several dishes with me. All were fantastic but I chose this particular dish to complement the rest of the prepared foods in this Bavarian-style share. Sich freuen an!

So there you have it! The Bavarian Immune Booster Share has been unfolded in detail and now the rest is up to you as far as how creative you want to get with your fresh produce and trying your hand at some of the Bavarian dishes hinted at in this newsletter. The choice is yours and the beauty of it is that there are endless ways to make colorful, healthy food throughout the week. We are so grateful that you signed up for this share and we hope you enjoy the combined contributions from our local farms, restaurants and artisans. It's a labor of love and a common denominator we all share each week when curating these shares. We look forward to seeing your smiling faces this coming Saturday morning, and we hope this email finds you happy, healthy and excited!!

**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 December 5 regarding Tantre Farm's Immune Booster CSA Share, Week 88, for pick up on December 11.

All the Best,

Ryan Poe and The Talented Tandre 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 [immuneboosterbytandre@gmail.com](mailto:immuneboosterbytandre@gmail.com).*

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