



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 88) Share -December 11, 2021

Hello Fellow Locavores,

Welcome to the Immune Booster CSA Week 88 Newsletter and thank you for signing up! This week we have an exciting mix of fresh produce geared for the soup or chili maker in you and some tasty prepared foods for the non-chili or soup maker in you. The choice is yours, but the opportunity exists to take on both roles with the contents of the share this week, so get your knives sharpened and your secret hidden cookbooks out, because we are about to unveil the share that awaits you at this Saturday's pick up.

Our adventure begins with fresh hoop house-grown hydroponic **Lettuce** from [Sell Farms and Greenhouses](#), located just a few miles south of Ann Arbor. Freshly picked and promptly bagged Friday afternoon, washed and on your plate by Saturday afternoon. Now that's some serious fresh "local, local!", as David over at The Brinery likes to say when the produce origin-to-consumption bubble is this narrow.

Next, let's mix in some **Green Curly Kale** from [Tantre Farm](#) to our salad for added texture, taste and nutrition. Kale is packed with antioxidants, as well as vitamin C and K, and is great for lowering bad cholesterol. An alternative way to consume kale is in a wilted salad. First, boil some water and then dip the leafy greens into the water for 20 to 30 seconds, lightly shake the excess water off and cut with scissors into a bowl. It is easier to work with one leaf at a time until you have the desired quantity. Add some toasted sesame seeds, a dash of soy sauce, a splash of apple cider vinegar, stir well and you're in business!

Back by popular demand are **Brussels Sprouts** from [Tantre Farm](#). Brussels sprouts are packed with vitamins and minerals, and a noteworthy antioxidant called kaempferol which decreases inflammation and promotes heart health. These brash Brussels can be roasted, boiled or steamed, but my new favorite way to consume them is gently steeped in a soup until tender and sweet. Delicious!

Moving right along on our moon boost produce line-up we have **Acorn Squash** from [Tantre Farm](#). This emerald-green beauty often times has a bright orange splash of color over its mostly green skin and is great for roasting which would

be a great start to building a tasty soup or chili. So roast them away on a cold December day and layer up that soup or chili with the rest of the fine produce in the share along with the Black Turtle Beans. I guarantee the end result will leave you warmed up to the core and ready to hit the bed and snore.

Zzzzzzzz....

Bringing on a good dose of beta-carotene we have a **Carrot Mix** from [Second Spring Farm](#). In your share you may get purple or orange carrots or a mix of both types that would be perfect for the soup or chili adventure. So slice and dice, not once but maybe twice because they taste so sweet and nice in a bowl of chili with a side of rice. Yummy!

Round and round we go, where do we stop? Oh, I know... At **Red and Gold Onions** from [Second Spring Farm](#)! These zesty tubers are packed with antioxidants that help cleanse our heart and other vital origins, keep free radicals at bay and help cleanse the lungs. So add them to the soup or chili pot, roast them on a grill, slice them thin for that salad or with the sheer volume we are giving you, maybe a quick pickle is in your near future? Eat 'em up!

Bringing on something sweet as a veggie produce treat, we have **Sweet Potatoes** from [Second Spring Farm](#). These fiber-laden, summer spuds happen to be one of the hardest crops to store, so my advice is that you eat them as soon as possible. They don't like the fridge and they don't like the countertop. A cool basement or a non-insulated garage is a good spot for them until you can eat them up. There are many ways to consume this tasty vegetable so maybe cube and roast them, maybe try sweet potato French fries, sweet potato casserole with the marshmallow topping, sweet potato mash or dice them and fry them and toss them into the soup or chili just at the very end so they don't fall apart in your dish. So many possibilities with these beauties!

Rounding out this week's produce we have a bunch of crunch with a sweet one, two punch in the form of **Gala and Pinata Apples** from [Almar Orchards and Cider](#). These organic round globes of sugary sweetness are both great for the hand-to-mouth consumer as well as the pie baker you always wanted to be. So go on then and get creative and maybe dehydrate some, make mini hand pies with a few or just take them on your daily walks for a fresh hydrating snack for you and the lucky squirrel who will most definitely find the core when you're done.

Switching gears, we dip into the prepared foods this week starting off with an **Old World Pumpernickel Loaf** from [Zingerman's Bakehouse](#). This is a dark, rich and moist bread composed of organic wheat flour, water, rye, rye chops, caramel color, sea salt, yeast and caraway seeds sprinkled across the top for a nice roasted caraway flavor. This bread is a perfect dance partner for that soup or chili, the DIY salads or for dipping in the savory Tharka Dal that is coming up. So get ready to rip and dip because this unique bread is quite tasty.

Let's get into something savory and that will warm our core on these rather bitter cold December days. **Tharka Dal** is a delicious vegan and gluten-free lentil soup from [Earthen Jar](#). This rich and savory soup is composed of red lentils, green peas, cilantro, canola oil, salt, turmeric and mixed Indian spices. Perfect for the cold weather and not making a mess in the kitchen. A nice side salad and a fresh slice of the pumpernickel bread and you're in business. The

clean and healthy comfort food business.

Next up, we have another savory delight with two slices of **Brussels, Butternut and Cheddar Quiche** from [Juicy Kitchen](#). This quiche is great for any meal at any time of the day or on the go and is thoughtfully made with healthy ingredients. The quiche filling is composed of Michigan eggs and milk, Tantre Farm Brussels sprouts, Tantre Farm butternut squash, red onion, aged white cheddar, salt and pepper. The crust is a whole wheat crust that is composed of organic wheat flour, palm oil, water, organic cane sugar and sea salt. This quiche most definitely fits the niche and if it leaves you hankering for more head on over to Juicy Kitchen and tell them Ryan from the Immune Booster sent you.

Rotating back to the DIY ingredients, we have some almighty Michigan-grown, **Black Turtle Dried Beans** from [Ferris Organic Farm](#). These shiny black beans are rich in fiber and protein and great at building up bone density as well as lowering blood pressure. These beans will need to be soaked for a few hours before cooking for the best results and are great for that chili or soup I keep mentioning. So maybe at the end of the week when you have all the leftover odds and ends of whatever is left in the fridge, this is where you step into action. Soak the beans, round up the loose ends of produce, some herbs and spices and whip up a savory pot of awesomeness. If you're keen to add some additional protein we will have all sorts of meat cuts for sale as well as tempeh burgers at the market table for those picking up at The Food Hub to really pad this super chili or willy nilly super soup out. This is making me hungry!

Bringing back the crunch, we have a mildly sweet and healthy snack from [Harvest Kitchen](#). **Mary's Crunchy Granola** is a fine and wholesome granola composed of oats, cashew nuts, sunflower seeds, sesame seeds, coconut, honey, canola oil and cinnamon. Perfect for a snack on a winter walk or a mid-day break from work, this granola is tasty and satisfying and you can find round two at both Argus locations or Agricole in Chelsea almost everyday of the week.

We always like to end things on a sweet note, so to close out the share this week we have a two-pack of **Chene Ferry Chocolate Cherry Cookies** from [Avalon International Breads](#). These incredibly tasty cookies are soft and chewy and are composed of brown sugar, unsalted butter, chocolate chunks, organic unbleached white flour, sugar, organic rolled oats, dried Michigan cherries, egg, cocoa powder, vanilla, sea salt and baking powder. I had the pleasure of sampling these excellent cookies, and I'm certain they will fit the bill for any sweet tooth. These cookies are for sale every day at Avalon's downtown location in Ann Arbor, so if you have a hankering for more, they're just down the road.

As we say our farewell this week, we would like to thank you once again for your continued support of our local food mission on behalf of Tantre Farm and all the other businesses that helped make this nourishing share come together. Without all of our valued and reliable talented farmers and chefs none of this would be possible, so we are humble and grateful for their continued support. Also, if there are any other businesses you would like us to possibly feature that support the local food economy here in the southeast corner of Michigan, please do reply to this email and share those business names and we will be

happy to inquire and see what they're all about. We hope you had a wonderful and inspiring week, and we look forward to seeing your smiley faces on Saturday morning at both pick-up locations. Eat well, do well, be 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](#) 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 12 regarding Tantre Farm's Immune Booster CSA Share, Week 89, for pick up on December 18.

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

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