



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 89) Share -December 18, 2021

Hello Fellow Locavores,

Thank you for signing up for our final Immune Booster share of 2021, the Winter Solstice Super Share! Since we are skipping next week's share in favor of the Christmas holiday, we have a super-sized share in store for you this week. Loaded with plenty of locally-grown produce for you to create your own traditional, holiday dishes and an array of healthy and delicious prepared foods should you wish to put your feet up and relax, this box has got you covered.

As we close out this year of Immune Booster shares, we are grateful that you have come along for the ride on this local food journey where we have searched high and low for creative prepared food vendors and local farms to feature. As the weeks flew by and the menus filled up, we connected and collaborated with over 50 local farms and businesses throughout 2021, investing in our local food economy and circulating your hard-earned dollars within our own community. It's been a win-win situation for all involved - not only for the local food business, but also for the health of our beloved patrons and our environment. As we follow the natural cycles of crops that thrive at our latitudes seasonally, we can begin to appreciate mother nature, her cycles and her consistency to deliver. As our planet changes and different challenges present themselves, it becomes apparent that we must rely less on faraway food grown halfway round the planet and look closer to home. The consistency and abundance is here, and participating in a local CSA share such as the Immune Booster allows us to be mindful, produce less waste, reduce our carbon footprint, and consume local, seasonal food that is as fresh and wholesome as it comes. We are thankful you have joined us this week and all the weeks prior, and we look forward to forging ahead to a diverse and strong Immune Booster project into 2022. With that said, let's unveil this super share and discover all the yummy details we have in store for you in our final share of the year.

Opening up the share this week, you will be greeted with two heads of fresh **Lettuce** from [Sell Farms and Greenhouses](#). This hydroponically-grown lettuce thrives in a state-of-the-art heated and insulated hoop house with a constant flow of water and nutrients passing over the roots in the growing tables. LED lights are switched on to replace the sun when it is not shining. The growing

cycle mimics what happens in the summer fields with all lettuce varieties taking less than 45 days to mature. This lettuce is abundant in vitamins A and K, and is fresh, crisp and hydrating – perfect for those winter salads!

Riding shotgun next to your lettuce is a bunch of **Rainbow Swiss Chard** from [Goetz Greenhouse and Family Farm](#). This tender hoop house-grown chard is packed full of iron and potassium and can be consumed raw in salads or cooked into pasta, soups or casserole dishes. The stems are full of the four pigments of photosynthesis– chlorophyll b, carotenoids, xanthophylls and anthocyanins. All of which provide their own color and vital chemical makeup to enhance our immune systems with a variety of antioxidants. So don't throw those stems away! Use them in stews, chilis or stir-fries and consider it a two-for-one purchase. What a deal!

Moving on from the leafy greens, and somewhere down there in this Immune Booster affair you will find a whole wonderland of vegetables from the fields of [Tantre Farm](#). **Brussels Sprouts, Yukon Gold and French Red Fingerling Potatoes, Garlic, Spaghetti Squash, Acorn Squash and Butternut Winter Squash** – a solid mix of hearty produce curated for your staple Christmas dishes. Time for you to contemplate the possibilities and generate ideas of what type of magical dishes you wish to create for your festive feast. The combinations are essentially endless and whatever creations you decide on, rest assured you have the freshest ingredients at your fingertips. So get the chopping boards ready, turn on the oven and pull out the pots and pans because this moon boost share is ready for your personal touch.

Pivoting away from Tantre Farm, we have a nice line-up of super tubers from [Second Spring Farm](#) in the form of organic **Red and Gold Onions, Red Beets and Rainbow, Purple or Orange Carrots**. Since roots are the in-season crop, we are featuring these beauties as another round of Christmas must-haves for your culinary adventures. So get ready once again to roast, sauté, simmer, dice, slice and mix it up nice. Your holiday meals will be full of beautiful color and a full spectrum of nutrients. What better gift to give your loved ones than a plate full of health benefits and a treat for their taste buds!

Rounding out the produce in this week's share, we have organic **Gala and Pinata Apples** from [Almar Orchards and Cidery](#). These sweet and crisp apples are great for any occasion that might present itself over this holiday season from apple pies to simple apple slices with a peanut butter and honey dip. The choice is yours and with plenty of options to fill the niche, these apples will be a sure-fire winner as a sweet and juicy treat after your holiday dinner.

Time to break into the prepared food of this super share with a **Farm Loaf Sourdough Bread** from [Zingerman's Bakehouse](#). This bread is strikingly beautiful and offers more than just good looks. It is a naturally leavened bread made with organic wheat flour, malted barley, water, sea salt and a sourdough starter. A standout loaf delicious by itself or the perfect dance partner to the prepared dishes featured next. Better get that bread knife ready!

Why not dip that Farm Loaf Sourdough Bread in a tasty, savory **New Deli Dahl Lentil Soup** from [Zingerman's Deli](#). This fabulous vegan and gluten-free soup is composed of black beluga lentils, onions, carrots, garlic, tomatoes, fresh ginger, kale, salt, pepper, olive oil, and custom-blend curry powder. A generous portion

perfect for warming your body and soul with a healthy dose of yum on these cold winter evenings. If it leaves you wanting more, the beauty of this share is discovering new favorites by local restaurants and then heading over there to see what other delights they have on offer.

Since we have the bread and soup, let's head on over to a fresh **Garden Salad** from [Silvio's Trattoria e Pizzeria](#). This seasonal and locally-sourced salad boasts a local spring mix, Tantre Farm kale and radishes, Second Spring Farm rainbow carrots, red onions and red beets, tomatoes, mushrooms, and a house-made, Italian dressing. In addition to amazing salads, Silvio's serves up the best authentic Italian cuisine that is all handmade from scratch and according to long-standing family recipes. My advice is to pay them a visit and see what other creative dishes this fine restaurant has to offer.

A perfect side to the salad or soup, we have another beautiful in-season dish from the well-loved [Miss Kim](#). Her **Miso Butter Squash** dish offers a variety of winter squash such as acorn, butternut, green kabocha and tetsukabuto along with Calder Dairy butter, white miso, pumpkin seeds, microgreens and/or edible flowers for garnish and a sprinkle of black pepper. This dish is real comfort food and could potentially provide you with inspiration on what to do with the squash in your share. Why not jump out of your comfort zone and have a go at putting your own spin on this dish to feature in your holiday meal? Go on and give it a whirl!

Coming in hot, we have none other than the **Aura Solanales Hot Sauce** from our friends at [The Brinery](#). Composed of red-hot peppers - jalapeno, cayenne, cherry bomb, serrano and fresno to be exact, distilled vinegar, filtered water, sea salt and garlic powder, this hot sauce is muy caliente! So don't be shy to turn up the heat with a drizzle of this fine hot sauce over your New Deli Dahl Lentil Soup or a quick sprinkle on your Miso Butter Squash. Nothing like some great hot sauce to leave you all warm and fuzzy.

Cooling things back down, we arrive at the sweet treat for this week's share... A seasonal delight in the form of **Caramel Candied Ginger Ice Cream** from our local favorite [Go! Ice Cream](#). This hand-made-from-scratch ice cream is full of rich flavors and chewy candied ginger pieces in every bite. Composed of cream, milk, sugar, tapioca starch, milk powder, vanilla bean extract, butter, organic ginger and salt, there is plenty of naughty and plenty of nice in this pint of frozen paradise. If you're hankering for more and need to stock up on supplies, Go! Ice Cream is just a hop, skip and jump away in Ypsilanti and open for the holidays with tons of exciting and enticing ice cream flavors to fulfill your round two or three cravings.

We end this week's share with a wellness product from [Tiani Body Care](#). Their **Peppermint and Sage Hand Pump Soap OR Pine and Eucalyptus Hand Pump Soap** are both vegan and both smell divine. We had initially listed only the Peppermint and Sage on our menu but due to supply chain issues with labels, we are now offering the pine and eucalyptus soap to fill in some of the shares. Each share will feature one hand pump soap and it will be a happy surprise at which holiday scented soap you will receive. Both of these seasonal soaps are composed of a comprehensive mix of ingredients and essential oils to keep your hands clean and soft. If you're interested in stocking stuffers or gifts from Tiani Body Care, they have just opened up a retail store in Dexter, MI.

Pay them a visit and tell them that Ryan from the Immune Booster sent you or alternatively stop by the market table at The Food Hub during Saturday's pick-up. We will have a variety of Tiani Body Care soaps available for sale.

So there we have it, one last menu breakdown and newsletter to accompany the last Immune Booster share for the year 2021. A year of ups and downs, trials and tribulations, uncertainty and challenges, successes and losses. Let's use the holiday as a time to unwind, re-group and set new goals for the 2022 year ahead to lighten the load and dial in our focus on living a healthier and more stress-free lifestyle. In this world of constant adaptation, we are blessed to live in a country that allows us to chase our dreams and goals with the only limits being the ones we put upon ourselves. So go on then, mix in some challenging goals with some simpler ones. With each achievement, large or small, you will be proud of your efforts and the world will feel brighter. Be kind, pay it forward as often as you can and take care of yourselves. Consume healthy, local food to improve your health and the health of your planet. Here at the farm, we look forward to our Christmas break to reset and refocus and recharge our energies to serve up some more weekly Immune Booster CSA shares starting with our first box of the year on New Year's Day! For now though, let's focus on family and friends and sharing this beautiful box of food with them over the holiday. We look forward to seeing each and every one of you this Saturday at either pick up location. 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 Sunday, December 26, regarding Tantre Farm's Immune Booster CSA Share, Week 90, for pick up on January 1, 2022.

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.

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