



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 90) Share –January 1, 2022

Hello Fellow Locavores ,

Welcome to the Immune Booster Week 90 Newsletter and Happy New Year's Eve! I hope everyone had a safe and wonderful holiday time with friends and family. We are excited to get the Immune Booster back up and truckin' on down the track after a much-appreciated week off. To welcome in the new year, we have a breakfast-themed share in our cross hairs. Why breakfast? Since breakfast is the most important meal of the day, we thought we'd get you right on track for a healthy and happy new year from the very get go! This box of fresh, locally grown produce and healthy prepared foods will deliver the best start to your 2022. We have a rainbow of vegetables and fruits grown on your doorstep that provide a robust array of essential elements, antioxidants and probiotics to keep your immune system running strong. Combined with a curated menu of wholesome and tasty dishes prepared by a talented pool of your local artisans and restaurants. With the turbulent waves of Covid continuing to surge into 2022, we are blessed to live in an area with so many healthy local resources available to help us manage and cultivate our health, the Immune Booster CSA included! So let's run through this week's delicious details...

Opening up the share, you will be greeted by freshly picked and hydroponically grown organic **Lettuce** from [Sell Farms and Greenhouses](#), located just down the road in Ypsilanti. This hydrating lettuce is composed of up to 95 percent water with high levels of vitamin K and antioxidant-laden chlorophyll. So salad up those breakfast burritos, cowboys and cowgirls, because there's plenty of salad to go around at this rodeo.

Getting the whip cracking, next we have a **Spicy Greens Mix** from [Goetz Greenhouse Family Farm](#) that is composed of mustard, tatsoi and purple mizuna. These lean, mean and zesty greens are packed with beta carotene, niacin and vitamin K to keep the doctor away. Mix with the lettuce for a fuller, more colorful salad or alternatively cook the greens Southern-style, fried, simmered or wilted into a breakfast green eggs and hash. There's a lot of great recipes online that will change your mind about these often-criticized bitter greens, so throw a dart at one and see the birth of your inner mustard fan. Yee haw!

Lassoing up our final green for this week's share we have **Sunflower Shoots OR Broccoli Microgreens** from [Garden Works Organic Farm](#), just a pony ride up the hill from the Washtenaw Food Hub. In your share, you will get one packet of robust, nutty, sunflower shoots or one stuffed packet of fine and dainty broccoli microgreens. Both offer up to 40 percent more nutritional content than their larger leafy green parents, because they are harvested seedlings that are charged with everything it takes to become an adult plant. These bucking broncos are the real deal so toss them in those breakfast burritos for an extra kick.

What's a breakfast without the spuds? No fun. So this week we put a lot of yum in the fun with a mix of **Red Norland and Adirondack Blue Potatoes** from [Tantre Farm](#). These superfood spuds were made for frying, and hash browns is what you should do, or one of these days a mashed potato pancake may be calling just for you. I'll take two there, partner!

Rolling right along and breaking into a line dance song, we have some rosy **Red and Gold Onions** from [Second Spring Farm](#). These pungent globes offer a wealth of powerful antioxidants that are not clowning around and would be an exceptional dance partner to kick start a potato and onion hash on this breakfast smash. Nothing to cry about here.

Next up to the line dance bash and our potato and onion hash, we have a splendid mix of **Mushrooms** from [Detroit Mushroom Company](#), a short wagon ride away from the Food Hub as well. Mushrooms have been a hot topic of late with their seemingly magical nutritional health benefits. Our grocery stores are dominated primarily by only a few species of mushroom, when in reality there are hundreds out there to consume with each having their own individual, health benefits. In this week's share, the dominant strain is oyster mushrooms that will come in white, blue or gray colored caps and white stems. All varieties are packed with a broad spectrum of extremely beneficial health benefits, and they should never be consumed raw. So toss them in the hash or sauté them with some onions for a ranchero omelet.

Closing out the produce in this week's share, we have a real treat with **Frozen Blueberries** from [Joe's Blues](#) from the sunset side of the state. These berries were handpicked last spring and flash frozen on the same day, locking in all their powerful antioxidants and heart-friendly nutrients until they sprinkle out into your oatmeal, smoothies or hand-to-mouth snacks. In my house, they won't last '8 Seconds' with my little rangers.

As the tumbleweeds roll on by, let's roll out our first prepared food with a **Scottish Sourdough Loaf** from [Raterman Bread](#). This sweet breakfast bread is composed of organic flour, water, salt, wild collected yeast, raisins, currants, ginger, orange peel zest with a sesame seed coating on top. Perfect for toast with a cup of coffee or tea before the main breakfast gets rolling.

Next up, we had you choose either **Ground Pork** from [Whitney Farmstead](#) or **Tempeh Chorizo** from [The Brinery](#). Whichever protein source you picked, rest assured you're getting high quality, local protein from two very amazing businesses that we are blessed to have in our community. You are guaranteed the best ground pork from Whitney Farmstead, a 6th-generation farm devoted

to pasture-raised pigs that practice regenerative ranching, utilizing organic practices, perennial forages, heritage breeds and rotational grazing. This farm is a beautiful 20-minute horse ride north and west of Ann Arbor and well worth a visit. They sell directly to our local community right off the farm most Saturdays as well as in local farmer's markets. The tempeh chorizo from The Brinery is a surefire way to get you loaded up on a clean and healthy, plant-based protein that is flavorful and versatile. I've used this product for breakfast tacos with scrambled eggs, cooked it in oil until slightly blackened and tossed it on top of savory soups, pastas and salads, and I've also added it to meatballs for a bit of texture and spice. So get creative and whip up a show-stopper with either one of these fine protein products.

Next up, we get things shaking with a **Halloumi Shakshuka** from [Juicy Kitchen](#) that is vegetarian and gluten-free. This unique and interesting dish originates from the Middle East and into North Africa and is composed of roasted bell peppers, tomatoes, onions, garlic, spices, grilled halloumi cheese, parsley and basil. This dish will need to be heated up in the oven for 15 to 20 minutes. I would suggest trying the traditional way of serving this dish by cracking an egg or two sunny-side-up on top of the dish before placing it in the oven. If not, it tastes great without as well. The choice is yours, and this dish is delish!

Speaking of eggs, we have a **Dozen Local Chicken Eggs** from [Webbed Foot Pines](#), just a bit of a jaunt south of Ann Arbor, cluck cluck, bok bok. These free-range eggs have a high protein content, omega-3's and are a great source of choline, an essential nutrient that supports cell growth and metabolism. A farmer's breakfast never looked so good with all these fresh ingredients to whip up a beautiful omelet, scrambled eggs, hard boiled eggs or get naughty and make some deviled eggs for brunch, ohhh yaaaa.

If you prefer a simpler and milder breakfast, we have that covered for you too with **Rolled Organic Oats** from [Ferris Organic Farm](#), about an hour west and slightly north of here. Rest assured, these fine oats have passed rigorous inspections for quality and chemical make-up analysis to ensure they are wholesome, pesticide and herbicide-free and match the criteria for organic standards. Rich in antioxidants and a powerful, soluble fiber called Beta-Glucan, which is great for reducing bad cholesterol as it strips the body's veins of plaque. Healthy for your heart is always a great way to start early in the morning. Mix in some of your frozen blueberries for sweet and juicy pops of flavor.

Back by popular demand as we close things out with a bang, we have [Boochy Mama](#) and the infamous **Booch-Ade Tropical Bliss**. This super tasty and seriously immune-boosting kombucha is comprised of black tea, sencha tea, sugar, live probiotic cultures, passionfruit juice, lemon juice, hibiscus, ginger and Himalayan volcanic pink salt. Quite the elixir to wash down all this healthy grubba dub dub, while you watch 'The Breakfast Club'.

So there you have it, the thick and thin on the breakfast spin. We are grateful you joined us for this first share of 2022. We look forward to serving you unique and interesting shares each week as the year unfolds. We thoroughly enjoy searching high and low for talented local farms, restaurants, bakers and artisanal makers who join hands each week to make this share come together. If you have some folks in mind that you would like to see featured in the

Immune Booster, please mention them at pick-up, and we will gladly look into them.

Happy New Year Everyone! We hope you enjoy your celebrations and take the time to reflect, re-calibrate and re-energize for an amazing year ahead. Be positive, be kind, pay it forward, enjoy the outdoors every day, eat well, sleep well and do well. Thanks again for joining us. We look forward to sharing part of our Saturday morning with you.

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, January 2, regarding Tantre Farm's Immune Booster CSA Share, Week 91, for pick up on January 8, 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.*

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](#)

