



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 91) Share –January 8, 2022

Buenos Tardes Locavores,

Welcome to the Immune Booster Week 91 newsletter and our Mexican/Latin American CSA share. This week we head south to taste some of the fine cuisine of our neighbors beyond our borders, where we will highlight some of their local savory staples from across this region. We also have an abundance of fresh produce to accompany these fine prepared foods that can be transformed into a myriad of other sides or main dishes that make several complete meals. Get ready to launch into a serious dose of fresh, tasty, healthy and always local food in this week's share.

Flying high to our first stop south, we get things off to a crisp start with a few heads of organic, hydroponically-grown **Lettuce** from [Sell Farms and Greenhouses](#). This lettuce is grown in a state-of-the-art greenhouse in Ypsilanti that has all the bells and whistles to turn out some serious lettuce greens. Culled, rinsed and bagged Friday afternoon and on your plate as a salad Saturday afternoon, it doesn't get much fresher than this! So salad away on a frigid winter day, Orale!

Riding high across the rainbow arch in the sky we hop, skip and jump to our next lean, and oh so healthy, leafy green in the form of **Rainbow Swiss Chard** from [Goetz Greenhouse and Family Farm](#). This locally-grown, hoop house chard is tender, crisp and buttery and can be consumed raw in a salad or wilted into soups, pasta or bean dishes. There's nothing like fresh greens in the height of the winter doldrums, and these fine chard leaves are sure to emphasize the beauty of our local farmers' talents to produce such quality greens despite the frigid temps this time of year. Fantastico!

Closing out the greens in our Latin theme, we welcome [White Lotus Farms](#) to the share this week with a smorgasbord of **Microgreens**. Each share will get one packet of hoop house grown, highly nutritious, and mighty, delicious microgreens. In your share you may get pea shoots, broccoli, purple basil, green basil, kale, amaranth, cilantro, spicy mustard, lettuce or wasabi microgreens. Each packet will be harvested Friday morning, labeled and placed into the share boxes at random. These microgreens are great for salad toppers, sprinkled into tacos or burritos or any other culinary dish you think they would complement

and should be consumed within the first few days of taking your share home for ultimate freshness and health benefits. Bonito!

Packing a bit of crunch and a good dose of beta carotene for your lunch, we have **Orange Carrots** from [Second Spring Farm](#). These late fall carrots were pulled from the earth and stored in a cellar for the long winter ahead. Storing them in just above freezing temps in the dark cellar keeps them crisp and fresh just for a share like this. Dip them in your favorite condiment, grate them over the top of the leafy green salads, or pickle them up like the ones you get at Mexican restaurants. The choice is yours and the choice is healthy, so pile them on. Your immune system will be glad you did. Buena para ti!

What's a Mexican/Latin themed share without **Red and Gold Onions** from [Second Spring Farm](#)? No Bueno! So rest assured we had to have this staple allium in this week's share, because it is a true staple in everyday cuisine from Mexico through Central and South America. These round globes are laden in sulfur compounds that help ward off free radicals known to cause cancer, especially in women. So men take note and women keep consuming, because these pungent tubers are packed with an immune boosting elixir of properties to keep our anatomy strong and healthy. Aplaudir de onions!

Rolling right along, we roll right into **Green Cabbage or Green Curly Kale** from [Tantre Farm](#). Due to the freezing temperatures we ran out of cabbages that were usable, so some of you will receive Kale instead. These robust and rather large green cabbages were kissed by the first frosts of the season to sweeten them up and then placed in the Tantre Farm cellar for this wintery occasion. These cabbages are great for making Curtido, a Salvadoran cabbage stew, or a Col A La Mexicana dish. Kale has the highest protein content of all the cultivated vegetables; very high in calcium, iron, vitamins A and C, and good source of fiber and folic acid. It is used as a cooking green, in salads, soups, stir-fries, with mashed potatoes, and in kale chips! There are recipes galore on the internet so pick one that appeals to you and try your hand at something new. Your taste buds will be glad you did. Sabrosa!

The produce hits just keep coming and next up we have a curve ball to the Latin theme with a **Tetsukabuto** Squash from [Tantre Farm](#). The Tetsukabuto squash is a Japanese delicacy that is great for roasting and has a sweet and nutty, inner orange flesh. Like the cabbage there are plenty of Mexican, Central and South American recipes to spin out on this beautiful winter squash, so maybe try your hand at a Mexican Calabaza En Tacha or a spicy Latin pumpkin soup. Both are rather tasty and fitting for the season to warm your core on these bitter, winter days. No mas frio aqui!

Rounding out the produce in this week's share, we come to our last fresh produce item with **Enterprise and Liberty Apples** from [Almar Orchards and Cidery](#). These organic apples were picked just before the first frosts of the season and stored promptly at a controlled 33 degrees Fahrenheit to hold their sweet sugars and solid textures throughout the winter. Almost frozen in time, but not quite. These apples would be perfect for making a tasty dessert such as apple empanadas or a dulce de leche apple bars. So enough said here, empanadas all day is where I'm heading with my apples from the share. Oh siiiii!

Next up, we offer you a staple food that is served with most meals throughout the Central and South American region. Grown and harvested in Michigan by [Ferris Organic Farm](#), we have organic **Pinto Beans** featured in this share. These beans will need to soak for 6 to 8 hours or alternatively a quick boil and then set aside and leave covered for several hours to speed things up. Either way you choose, these highly nutritious beans will fit the bill. An excellent source of protein, fiber, vitamins and minerals, these beans will boost your digestive health, promote heart health and improve blood sugar regulation. Holy frijoles!

Moving on to our prepared foods lineup, we step into the cantina with **Stone Ground Tortilla Chips** that are vegan and gluten-free from [Ann Arbor Tortilla Factory](#). These fine, hand-processed corn tortilla chips are composed of non-GMO corn, water, lime, non-GMO sunflower oil and salt. These traditional and extremely tasty tortilla chips have been on my radar for some time now and what better share to explore their tasty magic than this week's Latin-themed share. So nacho up or dip away with the salsa that's coming up next. These tortilla chips are the real deal. Tan buena!

Needless to say, you can't have the fresh tortilla chips without the fresh salsa, so I had to make a little field trip over to [Dos Hermanos Market](#) in Ypsilanti after hearing rumblings of this unique Latin grocery store that sells amazing salsas, tacos and tamales amongst a store full of other tasty items. After trying a little bit of everything, I settled on their **Pico De Gallo Salsa** as a perfect dance partner to the fresh tortilla chips. This simple, -yet-delicious salsa is composed of tomatoes, local white onions, cilantro, lime and salt. So get ready to dip those chips away to a brighter and tastier day and head on over to Dos Hermanos for round two or three or four. They have a wealth of hidden treasures in this family-run business just waiting for you to discover. Muchas manos hacen el trabajo ligero!

Moving on to one of our main courses this week, we have a **3-Pack of Tamales** from [Pilar's Tamales](#). In your share, you will receive two vegan and gluten-free **Black Bean and Vegetable Tamales and one Jalapeno and Cheese Tamale** that is vegetarian and gluten-free. The vegan Black Bean and Vegetable Tamales are composed of corn flour masa, canola oil, black bean broth, Michigan black turtle beans, roasted corn, mixed sweet peppers, herbs, olive oil and white rice. The Jalapeno and Cheese Tamale is composed of corn flour masa, canola oil, vegetable broth, Colby cheese, Monterey cheese, mozzarella cheese, fresh jalapeno peppers, garlic powder, onion powder and salt. As you can see, there is a lot going on in these tasty tamales and each and every one of them was made from scratch and with love by Silvia, who uses her mother's traditional recipe to make them. If you have never visited Pilar's Tamales this is a great introduction to their tasty cuisine. They have plenty of other delicious items to showcase upon your visit. Be sure to tell Silvia the Immune Booster sent you. She will be touched and happy to share her gratitude for making the effort to stop by. Comida increíble!

Skipping right along, we have our second, featured, main course with two **Brown Butter Butternut and Cauliflower Enchiladas** that are vegetarian from [Juicy Kitchen](#). These unique vegetable-based enchiladas are composed of Tandre Farm butternut squash, cauliflower, yellow onion, brown butter, coconut milk, green chilis, flour tortillas, house made guajillo sauce, Manchego cheese, cheddar cheese and fresh parsley. Reheat in the oven for 15 to 20

minutes before devouring and if they leave you hankering for more, head on over to Juicy Kitchen for another round. These enchiladas have become a cafe favorite that sell out fast. A quick insider tip: they also make an amazing nacho dish at the Juicy Kitchen Cafe that would pair spectacularly with these enchiladas. Viva de enchiladas!

Closing out this spectacular food affair, we have a sweet treat from [Zingerman's Bakehouse](#) in the form of a **Buenos Aires Dulce de Leche Brownie**. This rich, vegetarian brownie is composed of dulce de leche, sugar, eggs, local wheat flour, unsweetened chocolate, butter, demerara sugar, vanilla extract, sea salt and baking powder. This is Zingerman's most indulgent brownie and one that will most definitely end this food extravaganza on the sweetest note. Just one taste and you will understand why. Sabe espectacular!

And that's a wrap! Another week of local awesomeness brought to you by the Immune Booster CSA Share, joining forces with our talented local farms, restaurants and bakers to bring you the freshest, tastiest, and healthiest food options around. These shares are designed to showcase what our local food community has to offer, as well as celebrating the cultural diversity within our local community. Stay tuned into the weekly offerings of our local food project as we continue to roll out Immune Booster menus each week throughout 2022. We take pride in searching high and low for unique and interesting culinary adventures to share with you. We are grateful to you for supporting us, and the food artisans of southeast Michigan.

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 9, regarding Tantre Farm's Immune Booster CSA Share, Week 92, for pick up on January 15, 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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