



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 92) Share –January 15, 2022

Hello Fellow Locavores,

Welcome to the Immune Booster Week 92 Newsletter. This week we have a 'Beast' of a share that offers prepared foods from the Far East region of our planet. Along with the prepared foods, we have local produce that features a generous line-up of fresh, leafy greens that we all crave this time of year, as well as other assorted seasonal veggies to complement this week's menu and support well-rounded meals. The beauty of these Immune Booster shares is to enjoy some do-it-yourself, fresh produce that marries well with our featured tasty dishes from our local, talented restaurants, meanwhile broadening your horizons in a healthy and mindful way. So without further ado, let's buckle up for this 'beast from the Far East feast' and get to all the scrumptious details coming home with you this Saturday morning.

Starting out with the greens this week, we get things off to a great start with organic, hydroponically-grown **Lettuce** from [Sell Farms and Greenhouses](#). These crisp greens are packed with vitamin K all day and life-supporting water which makes up roughly 95 percent of each leaf. Great for winter salads and with the slew of other leafy greens in the share this week we figured you could mix and match all the greens with each prepared food for more diversity because that's what we like to do here.

Who could use a rainbow of color in these bleak winter days? We'll surely brighten your day with **Rainbow Swiss Chard** from [Goetz Greenhouse and Family Farm](#). These robust hoop house-grown chard leaves come with a variety of pigmented stems that are also edible with the same crisp and buttery taste as the rippled, green foliage. Packed with vitamins A and C, chard also provides a solid dose of magnesium and potassium to keep your immune system happy. This beautiful chard is perfect for a rich, hearty salad or wilted salad, or for adding to soups, stews or pasta dishes. The vibrant stems are amazing diced up and added to stir fries as well!

The last of this week's leafy greens brings us a new vendor to welcome to the Immune Booster share. We are elated to collaborate with [Garden Fort](#) out of South Lyon and feature their amazing **Greens Mix**. In this fine and 'moreganic' greens mix, you will find a variety of good-for-you greens starting with mizuna,

tatsoi, spinach, Tokyo bekana and baby kale to be harvested fresh off the soil-grown plants Friday morning and riding home with you the very next day. So line up those salad bowls, because we are laying them greens down here this week and if this mix leaves you hankering for more, visit The Produce Station in Ann Arbor to find all of Garden Fort's fine offerings.

Rolling right along to our next produce item, we have some solid, round **Detroit Dark Red Beets** from [Second Spring Farm](#). These organic, red beets are great for balsamic roasted beets to dress those salads, hummus for that Bibimbob, or pan roasted in the oven with olive oil. Red beets pack a serious dose of heart-healthy folate and copper which helps promote energy production. So get in the rhythm with your beets for a good energy boost – they are really good for you!

Moving on to another tuber, next up we have **Orange Carrots** from [Second Spring Farm](#). These somewhat squat and girthy carrots are organic and are perfect for roasting or steaming and serving as a side to any of the prepared food items found in this week's share. Packed with beta carotene and calcium, these sweet carrots can also be grated over the top of the salads, sliced up and dipped in your favorite condiment or baked into a wintery carrot cake for the ambitious and sweet-toothed!

Rounding out the super tubers in this week's share we have a **Potato Mix** from [Tantre Farm](#) that includes Yukon Gold and Blue Adirondack potatoes. These superfood spuds are full of a plethora of vital nutrients, minerals and antioxidants essential to our anatomy, so go on and fry them up into French fries or wedges, mash em' up, bake them, roast them up with the beets and carrots on a baking tray or toss them in a quiche to fill the niche.

We end this week's produce menu on a sweet note with organic **Enterprise and Liberty Apples** from [Almar Orchards and Cider](#). The apple varieties look similar to one another, but to differentiate, Liberty apples are a more solid, maroon color and Enterprise have faint, yellow streaks in their skin. Both apples are great for cooking or getting some curls in, as in hand-to-mouth consumption. My suggestion is meet in the middle and try a few fresh and then try a few cooked down into a compote, an apple tart or try your hand at dehydrating them for a healthy snack on the go. Any way you choose, you can't lose with the endless health benefits and deliciously sweet taste.

So let's break some bread, shall we? How about some **8 Grain 3 Seed Loaf** from [Zingerman's Bakehouse](#)? Heck Ya!! This naturally leavened and hearty bread is composed of whole grains, seeds and a touch of honey. Great for any occasion and easily paired with all the prepared foods coming your way this week, this loaf is composed of organic wheat flour, organic malted barley, cracked wheat, cracked rye, barley, cracked corn, millet, steel cut oats, flax seeds, sunflower seeds, poppy seeds, buckwheat and sea salt. As you can see, it's packed full of life-nourishing nutrition and will not disappoint the taste buds. What a winner!

Before we get to the main dishes for this week's share, we get things warmed up with a unique and mildly spicy ferment in the form of **JKC Spicy Carrots** from our friends at [The Brinery](#). These fine, JKC Spicy Carrots are composed of locally-grown carrots, jalapeno, and garlic, as well as filtered water and sea salt.

A simple yet delicious and nutritious ferment that is really good for our inner economy and gut. These carrots are versatile and can be added to any dish as a side or topping to add a little zip and a slight tingle on your lips. Yummy!

It's time to get our mouths watering with a **Thai Massaman Curry** that is vegan and gluten-free from [Basil Babe](#). This unique and extremely tasty dish is composed of curry paste, tofu, coconut milk, salt, sugar, carrots, onions and potatoes. So get your rice cooking and steam some carrots for a complete meal because Basil Babe is serving us up the real deal when it comes to authentic Thai curries.

Cruising right along on our 'Far East Feast', next up we have another tantalizing dish in the form of **Allu Mattar** from [Earthen Jar](#). This dish is a Punjabi dish from the Indian subcontinent and is made of potatoes, peas, tomatoes, onions, canola oil, salt, turmeric, ginger, garlic, cayenne pepper and mixed Indian spices. This dish would be best served with another grain like rice, couscous or quinoa and a side salad from the fresh greens provided in the share or slice of bread. Boom! Another complete and healthy meal to warm you up and share with loved ones on these cold, winter days.

Wrapping up the main dishes, we present a **Stonebowl Bibimbob** fan-favorite from [Miss Kim](#). This fantastic Korean dish is composed of rice, sesame seeds, sesame oil, gochujang chili paste, garlic, soy sauce, scallions, bean sprouts, salt, water, cucumbers, carrots, rice vinegar, arugula, jalapeno, sugar, canola oil and chili flakes. Again, another super-healthy mix of ingredients that tastes divine. Although your meal will be fully prepared and will only require reheating, here is a link provided by Ji Hye, owner and head-chef of Miss Kim, on how to make your own DIY Bibimbob from scratch or using one of her Bibimbob kits.

https://drive.google.com/file/d/1je2qq7M_tu6bKPJ-ioDkdl7kyuFTn8Jl/view

Check it out if this dish leaves you hankering for more, and before you know it you will be rocking your own authentic Stonebowl Bibimbob in no time!

A final sweet treat before we wrap up the share, this week we feature a local favorite from [Yoon's Bakery](#) with a **Sweet Potato Bun**. This light and fluffy sweet pastry is composed of wheat, sugar, salt, eggs, butter, yeast, milk, water, sweet potato and soybean. Baked fresh Friday morning and riding shotgun home with you Saturday morning and maybe not making it home because you had it for breakfast! Nobody will ever know; it will be our little secret. I am sure this pastry will stimulate those taste buds enough to justify another trip over to Yoon's Bakery so go on, treat yourself and take a short road trip to the northeast corner of Ann Arbor and pick up a few of their amazing pasties. You'll be glad you did!

So there you have it - a feast from the Far East all gathered right here in Ann Arbor showcasing our multicultural and diverse local talents who we are so grateful to have in our community both in the kitchens and in the fields. Your sign up this week keeps all these amazing farms and vendors in business and gives them the financial resources to be the food artist they continue to evolve to be. Nothing brings me more joy than to connect with you and connect you to the best of our local food community. May this share bring you health and happiness and bring your loved ones together to celebrate the local bounties we are blessed with. Eat well, be well, do 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, January 16, regarding Tantre Farm's Immune Booster CSA Share, Week 93, for pick up on January 22, 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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