



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 94) Share - January 29, 2022

Hello Fellow Locavores,

Welcome to the Immune Booster Week 94 Newsletter and thank you for signing up for the share this week. This week we have an 'eye candy' share that has all the fresh produce one could ever need for homemade winter soups, salads and stews to ease us through our current state of permafrost here in Michigan. Along with the fresh produce, we have a splash of healthy prepared dishes to save you some time and energy here and there, a tasty sweet treat for your sweet tooth, and two fine beverages to cap the share off. So with that, let's dive into this week's share and comb over the finer details of what is coming home with you this Saturday...

To get things cracking, we have some cool, crisp, hydroponically-grown, organic **Lettuce** from [Sell Farms and Greenhouses](#). This lettuce is great for rehydrating your body as well as upping your iron levels and delivering a good dose of vitamin C. Local, fresh salad greens are hard to come by this time of the year and we are grateful to have found Dean over at Sell Farms and Greenhouses to provide these tender, leafy greens. So gobble them up quick while they are fresh in a salad, wrap, burrito or on your favorite sandwiches.

Keeping with the green theme, next up we have loose leaf **Green Curly Kale** from [Tantre Farm](#). This lean green curly dream of kale is a nutritional superstar, packed with vitamins A and K, calcium, potassium, copper and more. It's also great for digestive health, fighting off free-radicals and warding off Type 2 diabetes. This curly kale can be consumed raw or wilted in salads, soups, pastas or smoothies. My favorite way to consume kale in general is to take a couple leaves at a time, dip them in boiling water for about 30 seconds and then clip them with scissors into bite sized pieces into a bowl. Then mix with whatever topping and seasonings you prefer and away you go with a super nutritious and mighty delicious wilted salad.

Turning the page from Tantre Farm, we move on to [Second Spring Farm](#) for a multitude of organic veggies, starting with **Sweet Potatoes**. This diverse, nutrient dense vegetable can be cooked into sweet desserts or savvy savory dishes to fulfill your culinary wishes. Sweet potato pie, oh my! **Detroit Dark Red Beets** are next. These super sweet beets are great for roasting or pickling. They

are packed with vitamin B9, fiber and folate, so don't hesitate and make something that will make your palate resonate. Rolling right along as we sing our Second Spring Farm song, we have **Onions** that are great for your heart, help prevent cancer and are bursting with antioxidants, vitamins and minerals. Grilled, pickled, sliced, diced, minced or mashed, any way you choose, onions are an important allium to consume for many reasons still being discovered today. Our last featured produce item from Second Spring Farm this week is the mighty **Red Cabbage**. This cruciferous vegetable is packed with vitamin C, D and K, and is a great source of abundant antioxidants. Red cabbage can be consumed raw in salads or cooked in limitless ways, ranging from coleslaw to a vast array of stir-fried dishes.

Closing out the produce in this week's share with a bang, we have **Organic Yellow Popping Corn** from [Ferris Organic Farm](#), best served while snuggled up in front of the TV on these long, cold winter nights. This yellow popcorn is right out of Ferris Organic Farm's fields here in Michigan, harvested super late into the fall long after the corn has died but not yet frozen. I learned that it actually needs to sit idle in the fields and fully dehydrate on the plant stalks themselves before it is harvested and processed, or it won't pop into fluffy popcorn. Ah the beauty of food... something to learn every day!

This week we get the prepared foods ripping and dipping with none other than the **Original Sourdough Loaf** from [Raterman Bread](#). This simple, yet delicious, rustic loaf is composed of organic wheat flour, water, salt and wild collected yeast and is the perfect dance partner for the chili and salad still to come. So hold your horses and get ready to dip, swipe, swirl and twirl this bread across your bowls and plates.

Breaking into the prepared dishes, we get things warmed up really quick with a wholesome and comforting **Winter Chili** that is vegan and gluten-free from [Juicy Kitchen](#). This creative Winter Chili is composed of roasted butternut, bell pepper, red potatoes, green chilis, poblano peppers, tomatoes, onion, garlic, vegetable broth, lime juice, smoked paprika, mild chili powder, cumin, cayenne pepper, extra virgin olive oil, salt and pepper. As you can see, it's got quite the lineup of healthy, fresh produce to keep your immune system strong and running smoothly.

Need a crisp, fresh salad to pair up with the chili and bread? Hmmm... Yes please! This week we are elated to feature [El Harissa's Winter Sun Salad](#) that is vegetarian (or vegan if you requested no feta cheese) and gluten-free. This colorful salad is composed of a light and crisp mix of leafy greens, anise, baked sweet potato, spiced lentils, dates, toasted almonds and pomegranate seeds. It comes with a house-made dressing that contains green tahini, fenugreek and cumin. When sampling this salad earlier in the week, I found my utopia. It's got a great mix of flavors, texture and balance that is simply delicious. If you need seconds like me, head on over to El Harissa and tell them Ryan from the Immune Booster sent you.

Next up, we have a pantry item that can be made with a little DIY to complement the chili and salad or alternatively can be used at a later date with your own creative cooking. Presenting the delicious, Michigan-grown and milled **Johnny Cake Cornbread Mix** from [Westwind Mill](#). This fine cornbread mix is made from Michigan-grown and milled organic corn flour and pastry

flour, organic cane sugar and aluminum-free baking powder. One of the oldest mills in the state, Westwind Mill takes pride in grinding up the finest, freshest, organic ingredients used in all of their fine mixes each and every time. I have had the pleasure of trying almost everything this fine mill produces, and it is evident that their standards are high. Their products can be found at many local retailers who support Michigan-grown products, such as Argus or Agricole. I would suggest visiting these retailers to stock up on more of Westwind Mill's impressive wares.

Closing out the prepared foods in this week's share, we have a sweet treat for the ages with a **Whoopiem** Classic Whoopie Pie from [Harvest Kitchen](#). This flying saucer of sweet treat delight is composed of flour, cocoa powder, baking soda, salt, sugar, brown sugar, milk, eggs, canola oil, vanilla extract, butter, agave syrup and cream of tartar. As you can see it hits all the high notes for those of us with a sweet tooth, and these Whoopie Pies can also be found at Argus or Agricole as well, if you need round two, or three or four.

Lastly, to wash it all down, we have two drinks from a new face to the Immune Booster share. We welcome [Fruitbelt Tonics](#) who are supplying their **Apple Tart Sparkling Tonic** and their **Elderberry Sparkling Tonic**. I had the pleasure of driving out to Grand Rapids last week to meet this up-and-coming business and sample the three drinks they currently make. After trying these fresh, crisp and delightful drinks, it didn't leave me much choice but to load up my truck with as many cases as it could hold. Made from all Michigan based products and fruit, these sparkling tonics are designed to drink out of the bottle, over ice, used as a cocktail mixer or a mock-tail mixer. Anyway you choose, the end result is delicious and refreshing and we look forward to working with this vendor as they continue to diversify and grow. As a side note, we will have these drinks for sale in singles and four packs on the market table for the foreseeable future so if you want more just ask our market manager for round two.

So there you have it. Another week flown by and another Immune Booster CSA share box of Michigan-grown food awaits you this Saturday for pick up. It's going to be another bitterly cold morning, so dress for the weather! We appreciate your continued support each week in buying these local food shares where the money flows back into our local community of food growers, chefs, bakers and artisanal makers. We hope you enjoy your share and if you know of some other local businesses that you think would fit our narrative, please send us an email about the business and what you love about them, and we will be glad to try and line them up in a future share.

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 30, regarding Tantre Farm's Immune Booster CSA Share, Week 95, for pick up on February 5, 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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