



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 93) Share –January 22, 2022

Hello Fellow Locavores,

Welcome to the Immune Booster Week 93 newsletter and thank you for signing up and joining us for this week's Italian-themed share. Italy has a rich, colorful, and diverse food scene across all regions of the country that is too vast for us to cover all in one week, so we have selected a handful of prepared foods one might find when visiting Bella Italia. Along with the prepared foods, we also have a solid lineup of local, fresh and in-season produce that can be made into some super tasty DIY dishes that complement the dishes in this week's share. So buckle up, it's time to take a ride and not just any old ride - an Immune Booster ride! From the Michigan Mitten to the Italian Boot, we'll get the lowdown on this country's world-renowned culinary scene that is rooted in deep traditions of taking time out to eat good meals prepared with love and dedication that bring families together. Italians often cook with fresh, simple, and seasonal ingredients, which our Immune Booster mission echoes and supports. Ci Siamo!

Opening up the share this week, you will be greeted by two heads of organic, hydroponically-grown **Lettuce** from [Sell Farms and Greenhouses](#). A welcome sight indeed in the heart of the winter as we all crave light, crisp and ultimately fresh leafy greens. This lettuce is perfect for an Italian-style salad with red onion, kalamata olives, pepperoncini peppers, grated carrots and croutons. Do a little homemade vinaigrette and you will be in business. The antipasto business. So salad away on these brisk winter days. Bellissima lattuga.

Keeping with the leafy green theme, next up we have **Green Curly Kale** from [Tantre Farm](#). These robust curly kale leaves have survived the harshest of winter conditions so far and the constant freeze makes the leaves a bit sweeter than when we harvest them in the summer as the plant produces more sugars to keep its hydration flowing. This hearty kale is perfect for these brutal cold days and my suggestion is that you try your hand at a zuppa Toscana. I love this style of soup, especially during the winter and there are many varied recipes of this dish online, so dive into one that suits your fancy. Delizioso!

Wrapping up the leafy greens in this week's share and casting a rainbow of

color for you to enjoy, we have vibrant, fresh, hoop house grown **Rainbow Swiss Chard** from [Goetz Greenhouse and Family Farm](#). Chard is featured in the traditional Italian Beans and Greens dish prepared by EAT this week. If you fancy round two of this dish, why not try a DIY version? This chard would be perfect for such an occasion. Alternatively, create your own fresh salads, mixing in the chard with the kale and lettuce for a more robust leafy green base or alternatively heat things up with one of many Italian wilted salad recipes. The stems of the chard are also edible and pack an immune boosting punch of chlorophyll and carotenoids, so don't throw them away! Perbacco!

Bringing on the spuds that sure are not duds, we have a **Yukon Gold and Blue Adirondack Potato Mix** from [Tantre Farm](#). Pulled gently from the life-giving earth just before the first few hard frosts this past fall, these potatoes have been hanging out in the cold, dark cellar at Tantre just for this very occasion. Bringing them to light, these potatoes would be a perfect dance partner for that zuppa Toscana, a patate al forno or Italian roasted potatoes to name a few to get your interest flowing. So get your super food spuds on to keep that immune system humming and those taste buds satisfied. You will be glad you did. Si patate!

Next up, we have another tuber storage crop in the form of organic **Orange Carrots** from [Second Spring Farm](#). Perfect for grating and topping up those salads or steaming up to serve with the Sausage and Kale Ravioli dish, these carrots are great for all occasions including boosting your immune system with a good dose of beta-carotene that makes you glow and gleam. I see an Italian Soffritto dish in my near future. Si accontentare.

Moving right along to our final produce item in this week's share, we have a mighty **Mushroom Mix** from [Detroit Mushroom Company](#). In the mix you may get a smattering of assorted colored oyster mushrooms, lion's mane, maitake or golden chestnuts. These magical mushrooms pack an elixir of unique nutrients, trace elements and minerals that are not often found in fruits and vegetables. All varieties of mushrooms received in your share should always be cooked and never consumed raw. My suggestion is that you try your hand at making a world renowned dish that originated in Italy in the form of a mushroom risotto. There are many spins on how to make this dish, so pick one that catches your eye and give it a try. Perfetto Risotto!

Throwing in a curve ball because that's what we like to do here at the Immune Booster, we have organic **Dried Green Split Peas** from [Ferris Organic Farm](#). These vibrant, sweet, green split peas are grown just a tad north and west of us here in lower central Canada and have made a short journey down just to be in this share. These peas can be made into an endless array of split pea soups, mashed potato and pea fried pancakes or simply cooked in a broth of your choosing and served with a salad and a slice of bread. The choice is yours, healthy and comforting in the depths of winter. So soak in the nutritional bounty these fine legumes have to offer.

Kicking the boot into action on the prepared foods menu this week, we welcome to the table a **Rustic Italian Loaf** from [Zingerman's Bakehouse](#). What's an Italian-themed share without bread? Not Italian! This classic Italian organic white bread is composed of organic wheat flour, water, sea salt and yeast. This bread has a thin golden crust that when sliced reveals a fluffy,

white, inner core that has a natural mild sweetness. This loaf is versatile and pairs great with all of the food in this share. Buono pane.

Serving up the first dish of the menu, we present **Beans and Greens** from [EAT](#). This vegetarian and gluten-free dish is tasty and in-season. Composed of Swiss chard, white beans, fava beans, garlic, white wine, lemon, olive oil, butter, salt and pepper, this nice melody of wilted chard, soft beans and mixed seasonings is a clever and healthy dish that can easily be replicated and slightly modified with some of the produce in this week's share. If this dish leaves you hankering for more, visit EAT and their diverse menu for more delightful dishes that tend to follow the current season. Tanto soddisfatto.

Moving right along down the Mediterranean coast, we come to a vegetarian **Minestrone Soup** from [Zingerman's Deli](#). This robust quart of minestrone soup has a motherload of immune boosting ingredients such as onion, garlic, carrots, celery, pepper, tomato, white beans, kale, green beans, zucchini, thyme, sage, rosemary, parsley, olive oil, salt, pepper, pasta and parmesan rinds. Perfect to warm up your core on these cold and blustery winter days, this generous soup will surely make the rounds in your bowl several times. Paired with a DIY salad and a slice of bread from the share and you're in business. Zingerman's Deli has all sorts of old world and western European delights to fill your bellies every day of the week, so head on over and tell them that Ryan from the Immune Booster sent you. Buon appetito!

Wrapping up the savory in this week's share, we close things out with **Sausage and Kale Ravioli** from [Silvio's Trattoria e Pizzeria](#). A truly authentic Italian dish that is composed of all locally sourced ingredients and is made by hand by Silvio and his family. Silvio, the owner and head chef at Silvio's Trattoria e Pizzeria, was born and raised in Italy, migrating to Michigan in his 40's. Since his arrival many decades ago, members of his family have come and worked in his restaurant, both young and old, and along with them they brought their deeply rooted Italian recipes that have been passed down through the generations. This creative dish is composed of whole wheat flour, egg, water, sausage, bacon, kale and potatoes. It also comes with a sealed container of house-made-from-scratch pesto sauce that is composed of parsley, olive oil, Romano cheese, parmigiana cheese and garlic. My suggestion is to make this dish into a full meal and try your hand at some of the DIY dishes mentioned above with the fresh produce offered in this share. It will most definitely leave you saying Mama Mia!!

Our sweet treat this week crosses cultures a little with the traditional citrus flavors often incorporated in Italian cuisine and the Michigander's love for key lime pie. So without further ado, we have gathered just for you a pint of **Key Lime Pie Ice Cream** from [Go! Ice Cream](#). This unique and tasty ice cream contains milk, cream, sugar, tapioca starch, milk powder, key lime juice and eggs. The tasty bits mixed into the ice cream are pie crust and are composed of wheat flour, graham flour, cane sugar, vegetable oil, honey, butter, molasses, leavening, cream of tartar and salt. Quite the mix of naughty and nice in this taste bud tingling pint of paradise. I'm pretty sure this tasty treat will tempt you to head on over to Go! Ice Cream and they will welcome you with open arms as they stay open year-round serving up, not only ice cream, but hot chocolates, baked goods, ice cream sandwiches and so much more. All are made in-house and with as many local ingredients as they can source. Di più gelato!

So there we have it, the Italian-themed share has come full circle and the finer details have been braided through this newsletter to highlight the local food scene here in southeast Michigan. I hope you try your hand at some of the suggested uses of the fresh produce and marry them to the prepared foods in this week's share to make complete and wholesome meals. We are grateful that you joined us and supported not only us, but all the other local food growers and food artisans in our neighborhood. I hope you enjoy this week's Immune Booster share. We look forward to seeing you on a very chilly, Saturday morning. Eat well, do well, be well... and stay warm!!

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 23, regarding Tantre Farm's Immune Booster CSA Share, Week 94, for pick up on January 29, 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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