



# Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 97) Share – February 19, 2022

Hello Fellow Locavores,

Welcome to the Week 97 Immune Booster CSA Share newsletter where we will break down all the juicy details of what's in this week's box. This share is designed to be consumed within several days and my suggestion is to marry the fresh produce to the prepared foods for delicious and well-rounded meals. We have lots of ground to cover, so let's dive right in!

Starting out with the fresh produce as we always do, we keep things light and bright with organic, hydroponically-grown **Lettuce** from [Sell Farms and Greenhouses](#). In your share you will get two heads of this crisp lettuce that is full of vitamin A, calcium and a good dose of H<sub>2</sub>O to keep you hydrated. Since we have quite the spread of leafy greens in this week's share, why not mix them all together for a more nutrient dense salad that should carry you throughout the week. A salad a day, hip hop hurray!

Next up, we have another serving of beautiful, fresh greens in the form of **Spinach** from [Garden Fort](#). These tender, hoop house grown spinach leaves are packed with a solid dose of immune boosting vitamin E and magnesium as well as a plethora of other essential vitamins and nutrients. So add it to the lettuce mix for a more comprehensive salad, steep it in a few tablespoons of water for a wilted salad or toss it into soups, stews or pasta dishes for an extra kick of awesomeness.

Carrying on with our greens theme we have a robust bunch of **Rainbow Swiss Chard** from [Goetz Greenhouse and Family Farm](#). These colorful greens are also hoop house grown which makes them tender and the densest of the three leafy greens offered in this week's share. Swiss Chard is native to the Mediterranean, not Switzerland as many presume, and its colorful, jewel-toned stalks and veins make this particular vegetable very pleasing to the eye. What's also pleasing is that all those colorful tones pack unique health benefits in their pigments and give you a much denser nutrient intake when consuming. This chard can be added to the salad mix, cooked down with the shallots for a wilted side salad or tossed into casseroles, bean soups, or quiches. The stems are packed with fiber and are also edible. They would be a great addition to soups, stews or stir-fries, so don't throw them out!

Closing out the greens this week we will have either **Pea Shoots** or **Microgreens** (one of the following: Daikon Radish, Kale or Broccoli) from [Garden Works Organic Farm](#). What's the reason for the broad possibilities? Well, the sun is just not close enough yet to help the baby plants grow, combined with a lot of cloudy days, it is challenging to get an abundance of any one variety. Rest assured each variety of these high-quality shoots or microgreens are packed with a paramount of immune boosting properties in proven concentrates that are much higher than their adult parents would provide. Any of these greens would be a perfect dance partner to the salad, tossed onto an omelet or sprinkled across the top of any savory dish. Consume these greens within the first few days of receiving your share for optimal health benefits. Eat them up quick!

Moving on to tuber land we get things rolling right along with organic **Shallots** from [Second Spring Farm](#). Shallots are one of my favorite culinary ingredients and for most restaurant chefs this is a kitchen staple. Ironically, they tend to be hard to find in the local markets and retail stores. Maybe that's because the commercial food industry hogs them all? Regardless, we have the shallots for you this week for the chef in you. Sweeter than an onion and also more tender than onions when cooked to a caramelized state, these shallots will most definitely get your taste buds aroused as well as your immune system. Rich in antioxidants and proven to reduce blood sugar levels as well as increase circulation. These shallots are also excellent at promoting heart and bone health. All sound like a win-win to me so get your shallots on and fry them up with the sweet potatoes and chard to go with any of the prepared foods this week, toss them into any dish that calls for onion or simply cook them down to a rich caramelized dollop of amazing!

Closing out the share this week, we keep with the tuber theme in the form of organic **Sweet Potatoes** from [Second Spring Farm](#). These oh-so-sweet potatoes were domesticated over 5000 years ago in Central America and are now grown widely around the world and there's an obvious reason why its popularity continues to expand around the globe. They're super tasty, versatile in the kitchen, and packed with vitamin A for Awesome and beta-carotene. So get into your sweet potato groove with this diverse, nutrient dense vegetable that can be cooked into sweet desserts or savvy savory dishes to fulfill your culinary wishes. Sweet potato pie, oh my!

Bringing on the prepared foods now, we get things going with a freshly baked **Sesame Sourdough Loaf** from [Raterman Bread](#) that is composed of flour, water, salt and toasted yellow and black sesame seeds. This naturally fermented loaf is full of flavor, airy and with the toasted sesame seeds on top, simply delicious. Great for making sandwiches, paninis, toast or for wiping your plate clean, this bread is brilliant and pairs well with all the prepared foods in this week's share. So get your carbs on in a healthy way and also know we sell extra loaves of Raterman Bread on our market table each week so if you need round two, now you know what to do.

Need a little spread for that fine bread? Look no further than this week's **Sun-Dried Tomato Hummus** that is vegan and gluten-free from [Juicy Kitchen](#). This staple item at the cafe has been on the #1 Hits List at the top of the chart for many years now at Juicy Kitchen, and you'll soon discover why. Simply put, it

is amazing! This fine hummus is composed of chickpeas, sun dried tomatoes, tahini, garlic, extra virgin olive oil, lemon juice, salt and pepper. Blended to a creamy delight just beckoning for that Sesame Loaf from Raterman Bread. Yummmmayyyy!

Moving and grooving right along to a beautifully prepared dish from [Earthen Jar](#) in the form of a **Masala Tofu Curry**. This expertly layered dish finds it's depths in the day-long process it takes to get this simmering sauce to its peak form, taste, and texture. Composed of tofu, coriander, tomato, canola oil, salt, turmeric, cayenne pepper and mixed Indian spices, a lot of love went into this dish, and I hope you enjoy it as much as I did sampling it! I had to go back for seconds and thirds, just to make sure I got everything right for this newsletter, wink wink. If this dish leaves you hankering for more, pay head chef Sim at Earthen Jar a visit and pick up round two or head to Arbor Farms Market where you can find many of Earthen Jar's fine dishes every day of the week.

Trucking right along, we pivot to a dish that would pair ohh so well with the Masala Tofu Curry dish - an outstanding **Thai Fried Rice** from [Basil Babe](#). This authentic Thai fried rice is composed of jasmine rice, carrots, peas, onions, mushroom soy sauce, salt and sugar. Simple yet delicious and ohhhh so nutritious. Basil Babe and her family have deep roots connected to Thai cuisine, and their food backs all that up and then some. Basil Babe does pop ups all over the city and has had a meteoric rise in the pop-up food scene, and there's a reason for that. The food is fantastic! So look her up on social media for the next pop up or head over to the family restaurant called Siam Square in Ann Arbor for your next Southeast Asian food fix. You will be glad you did.

Closing out the share on a sweet note, we are happy to feature a vegan and gluten-free **Satsuma Sorbet** from [Zingerman's Creamery](#). This fine sorbet is composed of water, fresh satsuma mandarin orange juice, sugar, lemon juice, natural stabilizer and satsuma mandarin orange zest. Whipped together and flash frozen to retain its nutrients, this sorbet will wipe the winter blues away. These sorbets are available at most Zingerman's retail stores and businesses so seek them out and show them some support for round two or three.

As we ride off into the sunset this week, we would like to take the time to thank you all for signing up to this week's Immune Booster CSA Share. Not only a show of appreciation from us at Tantre Farm, but also on behalf of all the other local farms, bakers, restaurants and artisanal makers that you support through this project. Your hard-earned money invests in us at Tantre Farm, as well as all these other talented vendors each week which keeps them in business and their creativity ever evolving, growing and collaborating. Without you and these great local businesses, none of this would be possible. I am extremely grateful to be a 'bridge' in our local community, connecting like-minded businesses that share our local food movement vision with you, our beloved clients. I am excited to share the story with you about where this food comes from each week, who grew it, who cooked it and why it's beneficial to you and to your local food community. Together we are stronger! We hope you enjoy this week's share, and we look forward to seeing you this Saturday when you pick up your 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, February 20, regarding Tantre Farm's Immune Booster CSA Share, Week 98, for pick up on February 26, 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](mailto:immuneboosterbytantre@gmail.com).*

## Tantre Farm

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