



# Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 98) Share – February 26, 2022

Hello Fellow Locavores,

Welcome to the Immune Booster Week 98 Newsletter, and thank you as always for signing up for this local food share. We appreciate your continued support! This week we have a brilliant, Breakfast-themed share with a lot of flair, offering a splendid line up of fresh and colorful produce, delicious savory and sweet prepared foods and a lot of local love. Designed to be breakfast, or for the late risers it may become brunch, but rest assured this box of plenty has got you covered. So rise to a new day the healthy way and enjoy the local bounty that this share offers with friends, family, and loved ones.

As the days get longer and glimpses of spring begin to take shape, we have lots to look forward to with the next outdoor growing season on our doorstep. We have gathered all our seeds for the season and are beginning to plant seed tray upon seed tray of baby plants. Soon they will spill out into the hoop houses and fill in the earth's canvas at Tantre Farm. This is a very exciting time of the year for us, and I cannot wait to get back into the swing of the growing season as we roll through the spring, summer and fall crops once again. But for now, it's a 'hurry up and wait' scenario until the days and nights warm up enough for our seedlings to tolerate the outdoor conditions. Sighhhh... So back to the details of this week's Immune Booster Share to brighten our day. Let's take a little ride on the moon boost to see what awaits you in this week's Immune Booster box...

Opening up your share this week, you will be greeted by two heads of hydroponically-grown, organic **Lettuce** from [Sell Farms and Greenhouses](#). This Ypsilanti-grown lettuce is pulled from its watery, root-based reservoir Friday afternoon and drives away with you on Saturday morning. This fast turnaround is hugely beneficial to both the plant and your nutritional intake from the fresh greens. The plant endures less stress meaning that they are less likely to begin to respire their nutrients. We like to practice with mindfulness and intention around here, and my intention is to make a side salad for every day of the week with this week's lineup of greens!

Riding shotgun with the lettuce this week, we have **Baby Red Russian Kale** from [Goetz Greenhouse and Family Farm](#). A beautiful pale mint green leaf with pastel pinkish-purple veins throughout. This young and tender kale can be

made into a yummy hash with the onions and potatoes that are also in this week's share, consumed raw in a leafy green salad, or used in any savory dishes of your culinary wishes. However you enjoy this beautiful leafy green, you will taste the local difference.

Wrapping up the leafy greens, we close things out with Rainbow **Swiss Chard** from [Goetz Greenhouse and Family Farm](#). This hoop house grown green is robust and full of nutrition and headed straight for your kitchen. Mix it into a trio of all the leafy greens featured in this share or it can be wilted or sautéed as a side to any dish. The stems are a great fiber addition to any savory soup, stew, casserole or stock, so please don't throw them away.

Next up, we have some super tubers in the form of **Red Onions** from [Second Spring Farm](#). These alliums pack a zesty little punch and a wealth of nutrition and are great additions for the hash, omelets or salads in your DIY produce line up. Proven to be packed with cancer fighting sulfur compounds as well as properties that reduce high cholesterol, these fine and versatile red globes should be consumed as often as possible.

Rolling right along with our next produce item, we have **Yukon Gold Potatoes** from [Tantre Farm](#). These super food tubers are a welcome site for any breakfast occasion so get creative with the hash browns, fried potatoes, potato pancakes or a hash with all of the savory produce in this share along with some of The Brinery Tempeh. Now we are in business. The yum business!

Switching from savory to sweet, we change lanes from veggies to fruit with **Frozen Blueberries** from [Joe's Blueberries](#). These blueberries were picked at the height of this past summer and flash frozen, encapsulating all that summery sugar awesomeness. Blueberries are the king of antioxidant-rich foods and have far reaching health impacts by reducing damage to our DNA, helping fight off free radicals as well as lowering blood pressure. They are also packed with iron, calcium and magnesium among many other vital vitamins and minerals that keep our immune system's engine running. So break out the pancakes, make a smoothie or just eat them right out of the bag on the way home from pick up.

Rolling on, we have a superb dry good that is 100% **Rolled Organic Oats** from [Ferris Organic Farm](#). These whole grains deliver fiber to help strip away plaque in our arteries, clean healthy carbs to give us energy that lasts and a plethora of essential vitamins and minerals. So get your oatmeal pan ready for some hot porridge in the morning along with the blueberries and honey provided in this share. As a side note for the ambitious, these oats make great oatmeal cookies as well, hint hint.

Speaking of honey, we have a one-pound glass jar of **Wildflower Honey** from [Hives on the Hill Apiary](#) to complement the oats and blueberries. This honey was harvested, processed and stored late last summer, just for winter treats like this. The bees that made this honey pollinated many types of local flowers and consuming it may help with your allergies as we roll into spring. Honey can be used widely across the culinary world in boundless ways in many drinks, prepared foods or just simply drizzled over a hot bowl of oatmeal and blueberries. This triple combo trio of awesomeness is sure to please in the cool winter breeze.

To complement your breakfast, we bring to you a naturally leavened **Cinnamon Raisin Loaf** from [Zingerman's Bakehouse](#). This flavorful breakfast bread is composed of Michigan organic wheat flour, water, raisins, Michigan honey, sea salt, vanilla extract and cinnamon. Great for simple toasting with your favorite spread or for the ones that want to make it a bit naughty, this bread is great for making into French Toast. Hmmmm, wonder which direction I'm heading here... FRENCH TOAST of course with a light honey glaze and some juicy blueberries on the side. MmmmHmmm!

Time to switch gears to the savory with two slices of **Spinach and Parmesan Quiche** from [EAT](#). This quiche is made from scratch and is quite a delightful addition to this breakfast edition. The handmade crust is composed of flour, lard, water, egg, salt, and apple cider vinegar. The filling is composed of spinach, eggs, cream, milk, parmesan, thyme, nutmeg, salt and pepper. My suggestion is to make a veggie and tempeh hash from the produce provided in this week's box to make a complete meal. You will be glad you did!

Bringing on round two of the savory, we have a lottery of **Tempeh Bacon Strips or Tempeh Chorizo Crumbles** from [The Brinery](#). You will be able to choose one or the other for your share. They will both be available, and hopefully you will get the one you prefer, but it depends on when you get there, since there is a limited amount of each variety. Both options of tempeh are vegan and gluten-free, and are composed of a melody of herbs, mild spices, and dried vegetable powders. My suggestion is to cook the tempeh with your favorite oil on medium heat. If it appears to look like it's burning just lower the temp a little and add more oil to it. I find the longer it cooks, the more savory it gets. Combine this protein with the produce in this share for a splendid hash that perfectly pairs with the quiche. So good!

Swinging back to the sweet for our final prepared food this week, we have a real treat in the form of a **Lemon Curd Chia Pudding with Granola Topping** that is vegan and gluten-free but does contain nuts. This masterful creation is composed of organic chia seeds, lemon, coconut milk, turmeric, fresh blueberries and house made vanilla almond granola. The house-made granola is composed of rolled oats, almonds, cinnamon, Michigan maple syrup, coconut oil, extra virgin olive oil and salt. If you have never had this sweet treat from [Juicy Kitchen](#), then you are in for a real delight. This has been a café favorite now for many years and there's a real inclination as to why. Because it's extremely flavorful, rich, hearty and delicious as well as nutritious! So pay Juicy Kitchen a visit for round two and tell them Ryan from the Immune Booster sent you.

Closing out the breakfast-themed share this week we have a sweet and tangy surprise with two bottles of **Cherry Sparkling Tonics** that are vegetarian and gluten-free from [Fruitbelt Tonics](#). These fine bitters are composed of sparkling water, Michigan montgomery tart cherry concentrate, honey, dandelion root, chicory root, Michigan heirloom apples, propolis, aronia berries, quassia, cherry bark, ginger extracts and citric acid. So cheers to you and yours and if you choose to pass them up for breakfast and have them later in the day, they make a fine mocktail or cocktail. If you're looking for more of the handcrafted sparkling tonics on Saturday at the pickup we will have three different flavors of Fruitbelt Tonics available for purchase at the Food Hub market table and also at

As this week's newsletter comes to a close, we would like to thank you again for investing in the local food movement via our Immune Booster CSA. The cause and effect of doing so supports our neighborhood food systems here in southeast Michigan, allowing our farmers to grow more food, and our local restaurants and bakeries to prosper and let their artistry flow year around. All the while we eat local, we eat in season and we eat healthy, reducing fossil fuel miles by sourcing food locally. All mindful things that are important for the future of our ever-changing planet. We are grateful for your patronage and for all the collaborations each and every week with our farmer and restaurant partnerships. Many great things have happened behind the scenes thanks to this project, and new opportunities have opened up for many of our local businesses throughout the 98 weeks so far. It's been a wild, fun ride on this Immune Booster mission, and we are grateful that you have come along. We look forward to many more weeks of bountiful local food shares, and we will see you Saturday morning at your pickup location.

**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 27, regarding Tantre Farm's Immune Booster CSA Share, Week 99, for pick up on March 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](mailto:immuneboosterbytantre@gmail.com).*

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