



# Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 96) Share – February 12, 2022

Hello Dear Valentines,

Welcome to the Immune Booster Week 96 Valentine's Day Share. We are grateful that you joined hands with us this week and shared the love in supporting our many local, talented farmers, bakers, artisans, and restaurants. Without you and these other fine craftsmen and women, none of this would be possible. We are extremely grateful to be the bridge and a beacon of light for local food produced by local folks and picked up by you each week. Like a shot from Cupid, we have a produce line up that offers the full spectrum of the rainbow that will most definitely fill your heart, bellies, and soul with love. The prepared foods are, well, extremely comforting this week and geared towards kicking up your feet with a big, cozy blanket and devouring our sweet treats while watching this next polar blast just roll right on by, ahh shucks. But you don't get off the hook that easily, the secret artist in you will have to test your talents with a DIY pizza kit to share with your loved ones. So saddle up, buttercup, it's time to navigate what's in store in this week's Immune Booster share....

Opening up your share this week, you will be greeted by the apple of your eye, well maybe not that far, but two heads of organic, hydroponically-grown **Lettuce** from [Sell Farms and Greenhouses!](#) This light and crisp leafy red and green mix is infused with iron and vitamin K and adds a perfectly fresh bite to any meal. Feature in salads, sandwiches, or wraps. A local delight, rare for this time of year, you can taste the freshness of this lettuce, harvested in the hoop house the day before you pick it up. Salad away to a brighter day!

Keeping with the green theme as we dream...The sun is shining, the weather is sweet... Makes you want to move your dancing feet, to pick some fresh **Sunflower Shoots** to eat. These sunflower shoots from [White Lotus Farm](#) pack a delicious, roasted, nutty flavor and are classified as a superfood. Versatile in their use, they can be sprinkled on just about any dish to add a different element of texture and taste, or simply picked as a snack right out of the container. Sunflower shoots are rich in biophotons, the smallest units of light, which are stored in the tissue of young plants. The sun's light energy is transferred to you as you consume the plant. Also rich in essential amino acids, antioxidants, vitamins C and E, selenium, magnesium and zinc, these tiny

shoots pack one heck of a health boost!

What's love got to do with it, got to do with it, who needs a bunch of **Rainbow Swiss Chard** in this frozen tundra? I do! These tender hoop house grown greens from [Goetz Greenhouse and Family Farm](#) are packed with vitamins A, C and K to keep the doctor away and can be used as a salad green, a wilted salad, stir fried or used as wraps. Also, please don't let those beautiful stems get thrown away. They are packed with fiber and can be diced and stir fried, tossed into soups or stews or used for making stocks. This is what I call a two-for-one veggie, the best kind!

Slow dancing to our next produce item, we have organic **Red Onions** from [Second Spring Farm](#). Unique tubers with their own little zest, these allium globes are heart healthy, packed with cancer fighting compounds and help cleanse the liver from your Valentine's celebration. They are versatile and can be quickly pickled, sliced for that salad, roasted, minced, and fried, steamed and incorporated into your dishes in many other tasty ways. It's an important staple to include in your daily consumption.

Continuing the dance with [Second Spring Farm](#), what is this we see? Goodness gracious, great balls of organic **Red Cabbage!** These storage cabbages have stored away a fair bit of shimmy and shake from the summer sun with vital nutrients that help lower blood pressure and cholesterol to sustain a healthy heart, while also improving the digestive tract. Cabbage can be consumed in pretty much any cooked dish or raw for optimal health benefits. So get creative, make a 'slaw' or a stir fry, Pad Thai... oh my, so many ideas that make our immune system fly high. I'm having the time of my life!

Pirouetting away from the final produce item in this week's share, we send you off on a sweet note with organic **Sweet Potatoes** from [Second Spring Farm](#).... Heaven.... I'm in heaven.... Labeled as a superfood by many health professionals, as well as by my taste buds, sweet potatoes are a delight in whatever culinary journey you intend to take them on. Mash, roast, fry or bake into casseroles with marshmallows on top, either way you just can't go wrong with sweet potatoes, so get creative and find a comfort food recipe to perk up those taste buds all the while boosting your overall health. As a side note you will want to eat these tasty tubers up quick. They don't like the fridge, and they are fickle on the countertop.

Back by popular demand we lassoed up a diverse mix of fantastic fungi from [Detroit Mushroom Company](#) this week and they never disappoint with their **Mushroom Mix**. In your set, you may find any of the following in your share: Lion's Mane that is white and resembles a lion's shaggy mane, Golden Chestnut mushrooms that have long and skinny beige colored stems and a bright golden cap, Shimofuri mushrooms that tend to be girthy and larger than all the other varieties with thick white stems and a blueish-brown cap, Blue Oyster Mushrooms in tight clusters with smaller bluish-gray caps or Yellow Oyster Mushrooms that are also in tight clusters with a canary yellow cap. These mushrooms are packed with fiber, protein, and antioxidants, and should always be cooked before consumption and what better way to cook them on your DIY pizza kit this week! Alternatively other consumption methods that I highly recommend would be to sauté them with other veggies, eggs, meat, tempeh, or tofu. Badda bing badda bang!

Turning up the volume, let's get our Valentine's Day party bouncing with a layered and robust **Carthage Salad** from the culinary depths of [El Harissa](#). Crafting master salads is one of El Harissa's many undeniable talents and based on other salads we have featured in our previous shares, you are in for a vegan and gluten-free treat! Cleverly crafted for sheer pleasure this salad is composed of a young leafy green spring mix, tomatoes, olives, roasted chickpeas, poached figs, pomegranates, and a dressing (on the side) that is composed of fig jam, pomegranate molasses, mint, balsamic vinegar, nigella seed and lime. A marvelous melody that will both satisfy and leave you wanting more!

Gather round with loved ones because the DIY (Do It Yourself) fun is about to begin with a **16-inch Pizza Kit** from [Silvio's Trattoria e Pizzeria](#). These 3-piece pizza kits were made entirely from scratch and include a fresh pizza dough crust that is composed of organic flour, water, yeast, salt, olive oil and sunflower oil. Next, a generous portion of house-made pizza sauce that is composed of organic Roma tomatoes, onion, garlic, rosemary, oregano, parsley, olive oil, sunflower oil, salt, pepper and red pepper flakes. Lastly, a cheese and pepper topping that is composed of organic mozzarella from Indiana and local grilled, red peppers. Bake at 350 or 400 degrees, but keep an eye on it, since it is a thin crust and will heat quickly. If you are craving seriously authentic Italian food, made the traditional way with love and passion then Silvio's is your type of place. Mamma Mia!

Passing the buck, we are in luck with **Dilly Dally Pickle Spears** from [The Brinery](#). These small-batch pickles are made with locally grown cucumbers and fresh dill seed from Green Things Collective. Fresh cucumbers sit in a brine of filtered water, sea salt, garlic, flowering dill, dill seed, yellow and black mustard seed, and coriander seeds. These dill spears are the real deal, clean and crisp and full of flavor and crunch. The Brinery kindly gave me a jar at last week's Immune Booster pick-up, and I ate almost the whole jar in one sitting because I am a pickle freak! Sorry - no peter piper picked a peck of peppers here, just Dilly Dally Pickle to fancy your tickle. Woot Woot!

Bringing on a bit of bling bling as we keep doing our thing, next up we have a vegetarian **Hot Chocolate Mix** from [Go! Ice Cream](#). This unique and locally crafted mix is composed of cocoa powder, chocolate chips, dark brown sugar, malted milk powder, milk powder, kosher salt, Vietnamese cinnamon, espresso, and nutmeg. This is no ordinary mix as Go! Ice Cream adds a bit of milk powder for creaminess, real dark chocolate chips for richness and a selection of spices to give it a warmth and dimension you just won't find in most hot cocoas. Simply mix ¼ cup of the mix with 8 to 10 ounces of very hot water, stir for 30 seconds until the chocolate chips dissolve and then sip away until your heart's content.

Closing out the share, we are done dancing around like we just don't care, and we are ready for a 2-pack of delicious **Valentine's Day Cupcakes** from [Zingerman's Bakehouse](#). Best served with that yummy hot chocolate, for double the treat!! Ya heard the word! These scrumptious cakes are composed of butter, sugar, buttermilk, wheat flour, eggs, baking soda, baking powder, sea salt, water, shortening and have a center full of love that is stuffed with a cherry jam that is composed of Michigan-grown, red tart cherries. Won't take

long to devour these tasty cakes and wash it down with a mug of hot chocolate, that's a guarantee. My hunch is that you'll be left wanting to rinse and repeat this fine combo of fine cake and hot cocoa and you're in luck because Zingerman's Bakehouse is just a short drive away.

As you ride away Saturday from picking up your share, all this color and flare above will be silently waiting for you to unpack at home. A box full of love, nourishment, friendships, and collaborations from people right here in our backyard. We kindly thank you for signing up and supporting our local food businesses in making this special Valentine's Day Immune Booster 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 13, regarding Tantre Farm's Immune Booster CSA Share, Week 97, for pick up on February 19, 2022.

With endless love,

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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