



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 99) Share – March 5, 2022

Buenos tardes Locavores!

Welcome to the Week 99 Immune Booster CSA Newsletter. As always, we thank you for signing up! The Immune Booster CSA is a collaborative effort each week, working together with local farms, restaurants and artisans that we are so blessed to have in our community. This week we are excited to offer a colorful fiesta of a share with our 'South of the Border' menu. The prepared food featured in this share highlights the colorful cuisine of Mexico and Latin America. This share also delivers the regular weekly abundance of wholesome and nourishing produce to keep your immune system healthy and thriving, and of course a little sweet treat to cap things off. So let's delve into the delicious details of this week's share of plenty. Vamonos!

Empecemos esta fiesta! To get the party started, we get things popping with hydroponically-grown, organic Lechuga or **Lettuce** from [Sell Farms and Greenhouses](#). This sprightly, colorful lettuce is packed with iron, folate and vitamin K to keep the doctor away. So toss it up like a rock star and serve up some cool, early, spring greens in a taco salad to pair up with some of the prepared foods this week.

Keeping it green with the salad theme, next up we have Bebe Rojo Russian Col Rizada or **Baby Red Russian Kale** from [Goetz Greenhouse and Family Farm](#). These hoop house grown greens are top shelf quality bar none. Perfect size and texture and loaded with a nutritional reservoir to boost your inner economy. These super greens would be great as a salad on their own or to mix it up with the lettuce for a more comprehensive salad mix. They also serve well added to the fully cooked black turtle beans about 5 minutes or less before you turn off the beans and serve them. You'll be glad you did!

Need a little bling bling on top of that salad? Look no further than Rabano Daikon or **Daikon Radish Microgreens** from [Garden Works Organic Farm](#). These lean and ever so healthy microgreens are antioxidant rich. In fact, of all the microgreens on the market, Daikon Radish microgreens in particular have the highest levels of vitamin E, which is one of the body's primary antioxidants. Also packed with vitamin C and many other highly beneficial nutrients, these babies are sure to give your immune system a cracking boost. For full

nutritional benefit, they are best consumed within the first three days after picking up your share and can be incorporated into or added as a garnish to any dish. Try them sprinkled on the Mexican Rice Bowl or on top of the Tamales that are included in this week's share.

Keeping the veggies coming, we roll right into an organic Rojo Repollo or **Red Cabbage** from [Second Spring Farm](#). Cabbage is a nutritional jack-of-all-trades. It is good for your heart, contains cancer fighting properties, reduces inflammation and improves your digestive health. It is loaded with vitamin C for healthy hair, skin and nails and for boosting immunity. It also contains vitamin K for optimal brain health and strong teeth and bones. Cabbage can be cooked or consumed raw so try your hand at some Baja fish tacos with shredded cabbage on top, or take it a step further and have a go at making a Curtido which is a Central American slightly fermented cabbage dish. Pilar's Tamales, featured in this share and coming up shortly in this newsletter, serves up a wonderful Curtido. Just a tip!

Time for some super tubers in the form of Naranja Zanahorias or **Orange Carrots** from [Second Spring Farm](#). Once you crunch you can't stop the munch! These storage carrots are sweet and crisp from the long-ago summer sun and packed with beta carotene that makes me feel so healthy and lean. Delicious raw with your favorite condiments or even better, steamed and doused with the vegan 'Cheeze' sauce that is also included in this share. Mmmm... Por favor!

Closing out the fresh produce in this week's share, we have organic Oro Chalotes or **Gold Shallots** from [Second Spring Farm](#). A sibling of the onion, and similarly aromatic and pungent, the shallot belongs to the Allium family. Shallots pack a huge nutritional punch and provide a vast array of important health benefits, from enhancing brain function, improved blood circulation, allergy symptom relief, nourishing the heart, and antiviral properties that keep infections at bay. These zesty little tubers are bursting with flavor and a little bite of spiciness. A tasty way to consume these shallots is to slice them thinly, sauté them for 4 to 5 minutes in butter or oil. Then add some of the baby red Russian kale to the caramelized shallots and wilt it down and serve it along with carrots and 'Cheeze' sauce, as well as the tamales for a complete meal. Muy delicioso! Viva de local!

You can't have a Mexican fiesta without some sort of beans, so we sourced for you the best organic Frijoles Negro Tortuga or **Black Turtle Beans** from [Ferris Organic Farm](#) in Eaton Rapids, MI. These black turtle beans were grown, dried and processed on Ferris Organic Farm, which has been in operation since 1837! Let's see, this organic farm began its first season of crops about 140 years before I was even born! Fast forward to today and they are still selling out every year. Why? Because their products are grade A for Awesome! Black turtle beans are frequently used in Latin cuisine and are extremely nutritious and also offer one of the finest alternative vegetarian protein sources. In addition to protein, black turtle beans are an excellent source of fiber, vitamins, minerals and antioxidants, providing many health benefits, such as improved blood sugar control and heart health, and a lowered risk of chronic disease. When cooked without salt or other additives, black turtle beans are free of cholesterol and low in fat and sodium. Soak these beans for up to 8 hours, gently simmer for a few hours and serve. They will pair like a match made in heaven with all the

prepared foods featured in this share. Perfecto!

Time for a little crunch with a garlic punch! Introducing **Garlic Flavored Tortilla Chips** that are vegan and gluten-free from [Ann Arbor Tortilla Factory](#). These authentic, hand-processed, stone ground, tortilla chips are the real deal, and they are composed of non-GMO corn, water, lime, salt, non-GMO sunflower oil and garlic. So nacho up with the 'Cheeze' sauce like a real boss or dip away in the Fire Roasted Vegetable Salsa that's on the way and serve with the Mexican Rice Bowl for a complete meal. Tan buena!

Let's get some dips for them chips with a unique and tasty '**Cheeze' Sauce** that is vegan and gluten-free from a new face to the Immune Booster share. This week we welcome [Friendly Foods Vegan Kitchen](#). This husband-and-wife duo based out of Chelsea has cleverly developed this plant-based cheese from Tantre Farm potatoes, Second Spring Farm orange carrots, inactive yeast, water, lemon juice, garlic powder, onion powder and sea salt. Its smooth and creamy texture pairs well with any steamed veggies, baked potatoes or for Mac & Cheeze lovers. Hint hint. So whether you nacho it up or veg it out, you got yourself a win-win here, and if it leaves you hankering for more you can find their fine vegan foods at Argus and Agricole for round two.

More dip for you chips on the way with a **Fire Roasted Vegetable Salsa** from [Juicy Kitchen](#). This mouthwatering salsa is vegan and gluten-free and is composed of tomatoes, onions, poblano peppers, olive oil, garlic, jalapeno peppers, cilantro, lime juice, salt and crushed red peppers. It's mildly spicy and fits the bill perfectly with the other prepared foods in this 'South of the Border' box. So scoop some on your nachos, DIY tacos, DIY burritos or even Pilar's tamales for an additional burst of unforgettable flavor. As a side note, Juicy Kitchen cooks a wide variety of colorful and healthy, internationally influenced cuisine every day of the week with many of the dishes incorporating an in-season narrative. They are definitely worth a visit, and while you're there you might as well stop by El Harissa next door. Get all the goods in one swoop!

Next up, we introduce another new face to the Immune Booster, and one that's been on our radar for quite some time. We are stoked to welcome [Lucha Puerco](#) who is showcasing his vegan and gluten-free **Mexican Rice Bowl** aka the Lucha Bowl. John Moors, the owner and operator of Lucha Puerco caught my attention based off the way he layers up his food. This Mexican Rice Bowl is a great showcase of that diverse palate and clever use of braiding in the depth of each contribution to the bowl to make it pop in all directions. John has been practicing these recipes for nearly two decades and decided to hit the local pop-up scene about two years ago at the beginning of the pandemic. He has now participated in over 200 pop-ups here in southeast Michigan and has had quite a meteoric rise to notoriety, not only with Mexican cuisine, but also with Korean, Filipino and American-style BBQ twists. This Mexican Rice Bowl is composed of Jasmine rice mixed with lime, cilantro and onion, black beans infused with avocado leaf, cumin and tamari, pickled red onions that have been pickled in red wine vinegar and sugar. Oh, still more to come... A sesame slaw that is composed of cabbage, apple cider vinegar, sugar, celery seed, and sesame oil and a salsa verde that is composed of cilantro, parsley, coriander, black pepper, cumin, lemon juice and vegetable oil. Topping it off is a chickpea chorizo that is composed of chickpea, chiles, annatto seed, cumin, garlic and onion. So by now you can see what I mean by layered up cooking! There is a lot

of thought, love and dedication to making this bowl which is reflected in the beautiful presentation and taste. I am sure it will get you ready to go out on the hunt for Lucha Puerco at his next round of pop ups.

Serving up the star of the show, and back by popular demand, we are elated to welcome back [Pilar's Tamales](#) with a 3-pack of vegetarian **Tamales**. Most definitely a fan favorite! In your share, you will receive two Michigan-grown black bean and cheese tamales and one jalapeno and cheese tamale. The black bean and cheese tamales are composed of corn flour masa, canola oil, black bean broth, Colby cheese, Monterey cheese, mozzarella cheese, Michigan black beans and white rice. The jalapeno and cheese tamale is only mildly spicy at best and is composed of corn flour masa, canola oil, vegetable broth, Colby cheese, Monterey cheese, mozzarella cheese, fresh jalapeno peppers, garlic powder, onion powder and salt. To reheat the tamales, remove the wrapping and place them on a plate in the microwave for a minute or two. Serve with anything and everything that is in this week's share, and you will be in business. The yum business! If you have never been to Pilar's Tamales, Silvia the owner is always there cooking and running the whole place. She is extremely kind, community-oriented, and well worth a visit for all her tasty offerings. I have tried everything on the menu, and I always get either their hibiscus tea or my all-time favorite tamarind drink to go with my meals. That tamarind drink is amazing, Hermosa!

Closing out the share this week, we end things on a sweet note... because that's what we do each and every week! We have held nothing back in the sweet treat department with a **Black and White Brownie** from [Zingerman's Bakehouse](#). This rich, vegetarian brownie is composed of the Zingerman's Bakehouse Black Magic Brownie with a topping of the Zingerman's Bakehouse Vanilla Coconut Macaroon. A killer combo that is sure to bring a smile to your face. This delightful brownie is composed of sugar, eggs, wheat flour, unsweetened chocolate, butter, milk, cream, coconut, coconut water, sea salt, vanilla extract, baking powder and vanilla bean paste. Everything naughty and nice that's sure to suffice. The Bakehouse offers many other sweet and savory treats, breads and now some prepared foods so head on over and tell them Ryan from the Immune Booster sent you. Sabe espectacular!

So there you have it! Our 'South of the Border' food fiesta breakdown has come to an end. We hope you enjoy this Mexican-Latin inspired share. May you feel inspired to challenge yourself with some of the suggested recipes and serving tips included in this newsletter. The culinary world is boundless, and we intend to take you on Immune Booster missions each week to seek out well-known and loved or yet-to-be-discovered prepared food gems and offer new recipe suggestions to encourage you outside of your culinary comfort zone and try your hand at some new dishes with the featured fresh produce. Moreover, the fine restaurants and food artisans featured in our weekly shares would be overjoyed to have you stop by and try their latest talented offerings. Sometimes it's fun to let the chefs do the work for you! Mis amigos, eat well, do well, be well and we look forward to seeing you this Saturday at The Washtenaw Food Hub and Agricole pick up locations.

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, March 6, regarding Tantre Farm's CENTENNIAL Immune Booster CSA Share, Week 100, for pick up on March 12, 2022. It promises to be another amazing box with some memorable vendors from the very first days of these 100 shares.

Todo lo mejor (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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