



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 105) Share – April 16, 2022

Hello Fellow Locavores,

Welcome to the Immune Booster Week 105 Newsletter. We are glad you joined us for this Hippy Hoppity share! A curated local feast that leans into prepared foods from the far east, as well as a splendid mix of fresh and colorful produce, dried lentils, a dozen eggs, sriracha hot sauce and a local apple pie filling to cap it off. So get ready to Immune Boost to another dimension, while we cover the details of all the goodies that will be coming home with you this Saturday morning...

Kicking off the greens this week, we get the ball rolling in the right direction with organic, hydroponically grown **Lettuce** from [Sell Farms and Greenhouses](#). Packed with vitamin K for bone health, vitamin A for eye health and a good dose of H₂O, this crisp and freshly picked lettuce is in its prime for those loaded up salads you'll enjoy throughout the week. So pile it on high and add some of the other fresh produce items to really make these salads pop. Maybe add some of the green lentils too for an extra touch of plant protein. You'll be glad you did!

Bringing back the **Baby Red Russian Kale** from [Goetz Greenhouse and Family Farm](#) was a no-brainer for this week's share, because it's packed with a plethora of life nourishing vitamins and minerals to keep you healthy. So add it to the lettuce mix for a more comprehensive base for your salads or perhaps toss it into a savory stew, stir fry or soup in the last few minutes of cooking the dish. It won't take but less than two minutes for the baby leaves to turn from crispy and crunchy to a soft palate-pleasing texture. Kale it up buttercup!

Closing out the lean, mean and ever so green, leafy greens we have **Spinach** from [Tantre Farm](#). This hoop house-grown spinach is buttery and succulent and would partner up well with the other two leafy greens in this share for an awesome salad base mix. Alternatively, this spinach can be wilted in a small amount of water, added to an omelet or quiche to fill the niche. So get creative and get your greens on! Your inner economy will thank you.

Bringing out the rainbow in this week's share, we have a comprehensive **Rainbow Potato Mix** from [Tantre Farm](#). In your mix, you will receive Adirondack

blue potatoes, Red Norland potatoes and Yukon Gold potatoes. Diversification is how we roll around here and the more color variety we can offer you, the better it is for everyone. So maybe make a colorful potato salad with these super spuds, fry them up, roast them, or hash brown them with some of the fresh eggs this week. Potatoes are limitless, so find a creative way that speaks to you to consume these fine tubers.

Wrapping up the fresh produce, we have a fabulous root, that's oh so fitting for this week's Hippy Hoppity share with organic **Orange Carrots** from [Second Spring Farm](#). These sweet and crunchy carrots are chock full of immune boosting nutrients such as beta carotene and vitamin E, so make sure you grate some over the top of those salads, steam them in rounds, add them to soups or stews, or simply cut them into sticks and serve with your favorite dips. See, we make things easy around here to incorporate healthy produce into your lifestyle.

Next up, we have an organic legume in the form **Green Lentils** from [Ferris Organic Farm](#). No need to soak these fine legumes before cooking, just add them to water, season accordingly and gently simmer for about 45 minutes. They are quick and easy and full of fiber and protein to keep your energy levels up and your taste buds happy. Whether you go for a show-stopping lentil soup or simply cook them with a pinch of salt, cool them down and add them to your salads, we are sure you'll enjoy these wonderful legumes.

With a 'Bok Bok' here and a 'Cluck Cluck' there, next up we thank our chickens for **One Dozen Local Eggs** from [Webbed Foot Pines](#) and [Tantre Farm](#). These farm fresh eggs are the real deal, and they are ready for those Easter deviled eggs, omelets, fried eggs, scrambled eggs, quiches, custards and cakes. So get creative and get 'em cracking, because they are full of a little bit of everything that helps keep our immune systems running at full capacity.

Bringing on the bread for this week's share, we offer a roasted **Sesame Sourdough Loaf** from [Raterman Bread](#). This fine loaf of bread is composed of flour, water and toasted yellow and black sesame seeds. Simple, yet delicious, this robust, chewy and tasty loaf is one of my favorite offerings from Raterman Bread. If you are hankering for more, just head on down to the Kerrytown Farmers Market where you will find Nick, the owner of Raterman Bread, selling his wares. He will have the whole shebang of Raterman Bread products there, so take your pick and tell Nick that Ryan sent you.

Kicking off the prepared foods for this week's Hippy Hoppity share, we start with a **Mushroom and Leek Soup** that is vegan and gluten-free from [Miss Kim](#). This super tasty and in-season soup is composed of leeks, mushrooms, garlic, scallions, royal fern, ginger, canola oil, chili flakes and sweet potato noodles with a little spice and everything nice. I found this soup to be extremely tasty a few weeks back when I had the pleasure of sampling a few bowls just to make sure it was a good fit for you fine folks. Wink wink. While I was visiting Ji Hye, the owner and operator, I saw so many appetizing dishes coming out of the kitchen that I will be returning to sample! If you have never visited Miss Kim, now would be a good time to pay the restaurant a visit and tell them about your leek and mushroom soup experience. It's sure worth the journey!

Next up, we jump into a **Veggie and Tofu Stir Fry with Rice Noodles** from

[Ginger Deli](#). Composed of red pepper, green pepper, red onion, green onion, garlic, fried tofu, tamarin, olive oil, sesame oil, pepper flakes, maple syrup, fresh rice noodles, basil, cilantro and cherry tomatoes, this dish provides quite the line-up of wholesome ingredients. A Vietnamese-influenced, stir fry and one that you may soon not forget. Ginger Deli is located on Liberty Street in downtown Ann Arbor and serves up some of the best pho and banh mi sandwiches around. So head on over and see what other local delights this fine deli has to offer.

Closing out the prepared foods this week, we have a very colorful and flavorful **Smoked Gochujang Glazed Tofu Bowl** from [Lucha Puerco](#). This dish comes in 2 containers with the tofu on the rice in the larger round container and the toppings in the container with the cucumbers on top. Put them together and yum! Purple or white rice, toasted sesame seed and chili threads form the base of this energetic bowl that offers many vibrant toppings, including gochujang glazed tofu for protein, which is composed of gochujang, tofu, tamari, sesame oil, honey, garlic, ginger and sugar. Fermented beet kimchi from Side Biscuit Restaurant is another topping, composed of Victory Farm golden beets, Second Spring Farm candy cane beets, Kapnick Orchard's Granny Smith apples, garlic, ginger, Thai chili, and scallions. A sesame cucumber topping adds a cool crunch, composed of cucumbers, rice wine vinegar, sesame oil, arbol chili, sugar and ginger. The final topping is a sesame-yuzu slaw that is composed of purple cabbage, rice wine vinegar, red wine vinegar, sesame oil, sugar, celery seed and yuzu extract. As you can see, there are a lot of layers and depth of flavor to this Korean-fusion bowl of fine culinary delight. We hope you enjoy this colorful and tasty bowl and that you seek out a local pop-up where Lucha Puerco is serving up his amazing tacos, burritos and other creative offerings.

Perfect for adding a little spice to these savory dishes above, we bring to you [The Brinery's](#) well-balanced and flavorsome **Sriracha Hot Sauce**. This fine hot sauce is composed of local red jalapenos, cane sugar, filtered water, sea salt and distilled vinegar. Simple yet delicious, this is a fermented product that is incredibly beneficial to your gut biome. So pass the sriracha hot sauce and add it to any delicious dish of your choosing to make it just that little bit more awesome.

Closing out the share on a sweet note as we do, and without further ado, I present to you, an **Apple Pie Filling** that is vegan and gluten-free from [Miss Kim's Jams](#). This simple, yet delicious, apple pie filling is composed of local apples, apple juice, sugar, modified corn starch, citric acid and cinnamon. Perfect for filling up a 9-inch pie pan, but first you'll have to put your crust making skills to the test, or you'll have to head to the grocery store and buy one. Either way you'll be in the apple pie business for dessert, and you'll be glad you did. If you need more than just one jar of this apple pie filling for your Easter feast, we will have plenty of extra jars for sale at the Washtenaw Food Hub if that is your pickup location.

As the Hippy Hoppity Immune Booster share comes to a close for this week, we thank you all once again for turning out to support all our local food scene, vendors and farms. Many hands came together to grow, process and turn out this diverse and colorful offering, and we hope that you enjoy sharing it with loved ones over this Easter weekend and into next week. Be sure to keep your

eyes peeled for the Immune Booster Week 106 menu launch this Sunday, April 17. We have some really cool ideas lined up for our special Earth Day celebration share next week on Saturday, April 23. We look forward to seeing your smiley faces at both pick up locations this Saturday morning!

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.

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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