



# Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 103) Share – April 2, 2022

Hello Fellow Locavores,

Welcome to the Immune Booster Week 103 Newsletter. As always, thank you for joining us this week on our local food mission. We hope you enjoy this beautiful spread of fresh produce and hearty prepared foods that are sure to warm your core with the cold blast of weather we have endured this week. Spring has turned the page, but the lingering winter just can't let go. Let's hope spring can fight back in earnest in the next week or two and warm up the earth for our eagerly awaited growing season to ramp up. For now, we must hurry up and wait, so let's occupy our time with the delicious details awaiting you in the Immune Booster box that you will be taking home this Saturday!

Opening up the share this week, you will be greeted by two heads of fresh picked, crisp, organic **Lettuce** from Sell Farms and Greenhouses. This lettuce is perfect for spring salads, sandwiches, wraps, tacos or burritos, so go on and pile it high! It's good for you. Not only does lettuce contain vitamin K, a good source for bone strength, but it also contains vitamin A for improved eye health, and 95% water for excellent hydration.

Spinning right on around, we spin right into some fresh, hoop house-picked **Spinach** from Tantre Farm. This spinach has waited many moons to finally grow to fruition and be picked, washed and bagged just for you. It would go well with the lettuce greens as a more complete salad or wilted into any savory dish of your choosing. Mixing spinach to your salad will provide additional health benefits, such as reducing hypertension, stabilizing blood sugar levels, and regulating inflammation. Not to mention that it contains a high source of zeaxanthin and carotenoids for flushing out the free radicals from your body and in doing so helping to prevent cancer.

Rounding out the leafy greens in this week's share, we have **Daikon Radish Microgreens** from Garden Works Organic Farm. These tasty baby plants are packed with such a plethora of nutrition that they attain superfood status. They pack a little zest of radish flavor with a little kick. Ideally, you should consume them within the first few days of collecting your share for optimum nutrition and taste. Incorporate into salads, wraps, pasta dishes or even the chili in this week's share. So go on, add a sprinkle here and there to liven up the

dishes of your culinary wishes.

Next up, we venture to the land of the allium with organic **Red and Gold Onions** from Second Spring Farm. These zesty bulbs offer an elixir of nutrients that help fight off free radicals and help cleanse the heart, so we are off to a great start! Onions are versatile and can be cooked or served raw in pretty much any savory dish. So maybe try your hand at some onion rings, a French onion soup or just simply sliced and added to any dish you think they will suit. Nothing to cry about here!

Rolling right along, let's roll right into some **Yukon Gold Potatoes** from Tantre Farm. These superfood spuds offer a bounty of nutrition that our inner economy desires, so make sure to gobble them up quick! From fried to mashed and everywhere in between these potatoes are always a welcome sight in your culinary dreams. They're so easy to prepare, so get creative and make something special with these nourishing tubers of delight.

Closing out the produce in this week's share, we have hit a pot of gold with **Jonagold Apples** from Kapnick Orchards. These robust and rather large apples are perfect for hand to mouth action, or better yet for baking. Just this week I peeled and cored them, sautéed them in butter for about 20 minutes until tender and then added cinnamon and brown sugar to finish them off. In total it took about half an hour and the end result was a delicious and juicy topping for my family's weekend waffles and pancakes, as well as a generous filling for a fine apple crumble. Easy peasy and quite pleasing!

Another way to use up those apples is to cut them up small and add them to the **Rolled Organic Oats** from Ferris Organic Farm. These oats are great for your heart as well as stripping your veins and organs of plaque, so make sure you feature them in your culinary scene. They can simply be cooked down and served for breakfast or made into oatmeal cookies with some of those cooked down apples. Now we are talking!

Bringing on the bread this week we have a **Multigrain Sourdough Loaf** that is vegan from Raterman Bread. This highly nutritious and rather delicious loaf is composed of flour, water, salt, cracked rye, cracked wheat, sunflower seeds, oats, flax seeds, red quinoa and pumpkin seeds. This fresh loaf of bread is baked into the late hours on Friday night and handed out to you bright and early the next day. It doesn't get much fresher or wholesome than this, and if this tasty loaf leaves you hankering for more, Nick the owner and operator of Raterman Bread, is at the Kerrytown Farmers Market each and every Saturday with his entire inventory of baked goods and breads. So pay him a visit and tell him Ryan from the Immune Booster sent you.

Need a little dance partner for that fine bread? Look no further than a hearty **Vegan Chili** from EAT that is also gluten-free. This seasonal chili is composed of vegetable stock, black beans, onion, celery, carrots, sweet potatoes, bell peppers, ancho peppers, chipotle, chili powder, salt and pepper. Perfect for this 'Chili' weather we have been having and so delicious and nutritious. Blake, the owner and head chef at EAT has many tricks up his sleeve and offers a wide range of meals at both locations in Ann Arbor. Pay him a visit sometime and see what other innovative dishes he and his crew have to offer on their constantly rotating menu. You will be glad you did!

Along with the fresh baked bread and chili we have another delicious and complementary offering in the form of **Punjabi Rice** from Earthen Jar. This blindingly yellow-colored rice dish is composed of basmati rice, canola oil, salt, turmeric and a mix of secret Indian spices. Perfect for keeping that warm and savory theme running and chock full of flavor. To finish off a four-course meal, I would suggest adding a side salad to this trio above and then you'll be in the comfort food business. My kind of business! Sim, the owner and head chef at Earthen Jar has many generations of handed down recipes and sells many of his culinary delights each and every day at Arbor Farms Market on the westside of Ann Arbor. Just a tip!

Bringing on the beef in the last of the savory feast, we close out the prepared foods with a **Beef Empanada two-pack with a side of Salsa Verde** from Juicy Kitchen. These savory little hand pies are composed of Vestergaard Farm ground beef, Sparrow Market chorizo, bell peppers, poblano peppers, sweet potatoes, yellow onions, garlic, tomatoes, green Olives, parsley, hard-boiled egg, Manchego cheese, smoked paprika, cayenne pepper, cumin, chili powder, salt and pepper. The empanada pastry is composed of flour, unsalted butter, lard, water and salt. Quite the mix of ingredients here and quite a mother load of work went into making each and every one of these delightful hand pies, all from scratch. Thank you Juicy Kitchen!! These empanadas would also serve well with the chili, rice and a side salad to boot. So get your grub on and mix and match these up with the other prepared foods and fresh produce to suit your fancy. I am pretty confident that these empanadas will leave you hankering for more so head on down to the Juicy Kitchen Cafe and get another round or two, and while you're there, pick up a couple of their blueberry and lemon curd pop tarts for dessert. Hint hint!

Closing out the share this week we end things on a sweet note, as we do, with none other than a **Michigan Blueberry Jam** that is gluten-free from Miss Kim's Jams. This jam is simply composed of Michigan blueberries, sugar and pectin. Its dance partners in this week's share are the fresh baked multigrain loaf and the rolled oats, of course. Can't have it all savory now, can we? So if you play your cards right, we have you covered for breakfast, lunch, and dinner for a few days next week no problem, and if you're looking for more of Miss Kim's jams and pickled goods, head on over to Argus Farm Stop or Agricole for round two.

So there you have it, another week of the Immune Booster share has rolled on by and delivered, yet another local box of fresh and wholesome food from a collective of local farms and businesses. Collaboration not only builds our local economy, but it also builds community and friendships amongst all - the farmers, the restaurants and the patrons. We are all in this together building and securing a local food industry for the future, on which many folks will depend. This narrative is on the rise across the globe, and it is apparent that it is the best way towards a healthier planet, healthier you and healthier food economy. We are grateful for your continued support in buying these shares, and we hope you enjoy all the offerings that many hands came together to grow, process, cook and hand out to you, our beloved patrons. We look forward to seeing all your smiley faces this Saturday morning at both 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, April 3, regarding Tantre Farm's Immune Booster CSA Share, Week 104, for pick up on April 9, 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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