



# Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 107) Share – April 30, 2022

Hello Fellow Locavores,

Welcome to the Immune Booster Week 107 Newsletter, where I'll guide us along in detail of this week's share offerings. With the cooler spring days as of late, we thought a colorful mix of fresh produce combined with some savory, core-warming, comfort, prepared foods would fit the bill just perfectly. So let's buckle up and take a ride around southeast Michigan to see what our local food scene has produced for us in this week's share.

About 25 minutes south of Ann Arbor, our first stop is at [Goetz Greenhouse and Family Farm](#) to pick up some hoop house-grown **Rainbow Swiss Chard**. Why rainbow? The chard stems range in vibrant colors from yellow, to red, to white to pink and a few colors in between with each colored stem unique in its nutrient make up. So make sure to eat both the leaves and the stems with this 'two-for-one' leafy green. The crisp greens are great for salads, sandwiches or wraps. The stems are great for pasta dishes, soups, stir-fries, or stews. So many ways to enjoy the rainbow!

Roughly 22 miles due west of Ann Arbor, we pull up to my home farm, [Tantre Farm](#) that is, to pick up another luscious hoop house-grown green that is a broad leaf **Spinach**. This buttery flavored and iron-rich, leafy green is full of vitamin A and calcium. Incorporate into your culinary creations in a myriad of ways, from steamed and wilted to salads and savory soups. This leafy green is versatile and really good for you any which way you eat it. Go on, give Popeye a run for his money!

Since we are here at [Tantre](#) we might as well poke around and see what else is lurking in the fields here and there for this Immune Booster share. Over the hill and across the way, it appears as the grass that sways. But upon a closer look we soon discover some young **Green Garlic** ready to be picked. These plants look similar to a small green onion and can be used as an alternative to green onions, but with a medium to mild garlic taste. These young plants are packed with sulfur which is a natural antibiotic and manganese that helps with good cholesterol. The whole plant is edible besides the roots. For a milder flavor, mince and gently cook into any savory dish of your choosing. For a stronger taste, I like to finely clip them with scissors over the top of salads, pizza or

baked potatoes... delicious!

Hopping back in the truck and heading 'Up North' a couple clicks, we arrive at [Second Spring Farm](#) to gather up some organic **Orange Carrots** and **Sweet Potatoes**. Another 'two-for-one' stop which is good for us, good for this local farm and good for you, because both of these roots offer some serious beta carotene and potassium. So get your roots on and make up a pureed soup out of the pair, steam them, stir fry them or roast them. There's plenty of creative options out there to turn these beautiful veggies into dishes of your dreams.

After loading up the roots, we exchange a few fist bumps with the Second Spring crew and get back to it... Next stop, just a tad further west of Ann Arbor for some **Frozen Michigan Blueberries** from [Joe's Blues](#). These big and bulbous berries of delight were picked in their prime of last year's summer heat and immediately washed and dried, bagged, flash-frozen and stored for this share. So here we are with these antioxidant-laden berries that pair up nicely with a little dance partner such as **Organic Rolled Oats** from [Ferris Organic Farm](#). This combo is sure to get you boot scootin' and boogieing on down to the last bite in your oatmeal bowl and rest assured, there are plenty of oats and blueberries in this week's offerings to rinse and repeat for wholesome breakfasts throughout next week.

After a quick fly-by at the Food Hub in Ann Arbor to drop off and refrigerate the produce items, we head just a few miles south to pick up our first prepared food for this week's share. Fresh out of the oven we have a flavorful and flirty six-pack of **Challah Rolls** from [Zingerman's Bakehouse](#). These fluffy rolls say 'eat me' and are great for making homemade sliders, hot sandwiches or even peanut butter and jelly sandwiches for the kids or the kid in you. They also would pair up well with any of the other prepared foods in this week's share so enjoy them while they last. I'm betting mine will be gone within the hour after they show up in my kitchen on Saturday afternoon.

Back in the truck and riding out just a few miles west of Ann Arbor we pull up to [White Lotus Farms](#) to pick up a delightfully colorful and flavorful **Radish Boogie Woogie Salad**, that is vegetarian and gluten-free but does contain nuts. The following produce ingredients were all grown at White Lotus Farms and curated into this fine salad, composed of a trio of lettuces, sunflower microgreens, radish microgreens, D'Avignon radishes, Marigold flowers, Nasturtium flowers, Dahlia flowers and Calendula flowers. The salad also includes Manchego cheese, produced from White Lotus Farms' infamous and super cute goats, a handful of walnuts, a splash of olive oil and a balsamic vinaigrette dressing. This salad is extremely colorful, both visually and in flavor, and is really scrumptious. Head on down to the Kerrytown Farmers' Market on Wednesdays or Saturdays to see what other creative and tasty salads White Lotus Farms has to offer.

Cruising back into the heart of Ann Arbor, we have our final three prepared food pick-ups. Closing in on the city our next stop is at [Tiffin Tonight](#) to pick up a deliciously rich and hearty **Mixed Daal** that is vegetarian and gluten-free. I was recently introduced to Priti Kaur, the owner and head chef of Tiffin Tonight, and upon sampling her fine cuisine, I knew we had to feature her in the Immune Booster share. I found her dishes layered up delightfully with balanced flavors and texture. The end result is an authentic, home-cooked meal mastered through repetition over years of tradition. This Mixed Daal is composed of a mix

of yellow lentils, onions, tomatoes, ginger, garlic, cilantro, cumin seeds, salt, turmeric, black pepper, olive oil and ghee. So get your Challah Rolls ready for a little dip in the daal just for y'all.

In the heart of downtown, we stop in at [Earthen Jar](#) to pick up a fantastic **Gobi Alu** that is vegan and gluten-free and composed of cauliflower, potato, onion, ginger, canola oil, salt, turmeric and mixed Indian spices. This dish is chunky and has the texture and consistency of a potato salad with an Indian twist. It serves best warmed up and served as a side to the Mixed Daal. Head on over to Earthen Jar to take away more of their tasty dishes or seek out their ready-pack meals at Arbor Farms Market.

Closing out the share this week, we end things on a sweet note, because that's just the rules now these days! Try something different and surprisingly yummy in the form of a beautiful **Sweet Green Pea Pastry** from [Yoon's Bakery](#). This eye-catching and mouth-watering pastry is composed of wheat flour, sugar, salt, egg, butter, yeast, milk, water, green peas and soybean. The sweet filling is creatively wrapped, so the vibrant green of the peas shows through like stained glass windows. A perfect partner to a hot cup of tea or coffee, you will most likely want more, and you'll soon be driving over to Yoon's Bakery on the north-east side of Ann Arbor for the next round. While you're there try the lemon scones, the apricot twists or the flat pizza bread with sausages and spicy mayo on top. Just a few local tips from a guy, who knows good food!

So there you have it, another road trip around southeast Michigan's local food scene for the masses. We are grateful that you joined us for this Immune Booster mission, and we hope you enjoy this share with friends and family. We look forward to seeing your smiley faces at the Food Hub and Agricole, and we hope this newsletter finds you happy, well and excited for the pickup this Saturday. I know I am... See you there

**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, May 1, regarding Tantre Farm's Immune Booster CSA Share, Week 108, for pickup on May 7, 2022.

Eat well, be well, do well,

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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