



# Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 108) Share – May 7, 2022

Hello Fellow Locavores,

Welcome to the Immune Booster Week 108 Newsletter and to the 'Cinco De Mother's Day' share. We appreciate you all joining us for this special Mother's Day share, and we hope that this box of delicious and fresh local food brings joy to Mom and to those who celebrate her. This week's prepared food offers a vibrant and zesty mix of local Latin American cuisine as a quick nod to Cinco de Mayo, along with some gentle, sweet touches that are sure to make any mom or mother figure smile. We are also setting you up as always with a merry melody of fresh and always colorful, local produce. So hop aboard and let's take a 'moon boost' ride around town, and show mama what treats are coming home this Saturday.

Hanging out at the top of this fine share when you open your box, you will find two heads of 'primo' organic **Lettuce** from [Sell Farms and Greenhouses](#) that is hydroponically grown in a state-of-the-art greenhouse in Ypsilanti. I reckon this lettuce would work out perfectly for a fine taco salad, a garnish on a taco or burrito or mixed up with the spinach that is also in this week's share for a more comprehensive salad. So toss it up like you just don't care and get your greens game on.

Riding shotgun with the lettuce at the top of this share we have another tasty green - our first offering of "field-grown" **Spinach** from [Tantre Farm](#). This robust and buttery green is a great addition for your salad mission and is also amazing wilted down with a little water in a pan and served with a sprinkle of salt. If that doesn't float your boat, then maybe add the spinach to a quiche to fill the niche, whip it into a savory omelet or add it to your soup, stew, or stir fry.

Rolling right along as we sing our Immune Booster song, we have some robust globes of goodness with **Red or Gold Onions** from [Second Spring Farm](#), and just because you never can get enough onions, we discovered our [Tantre Green Onions](#) in the field are ready for harvest, so surprise! Hope you enjoy this taste of spring! These sulfur-laden bulb onions are certified organic and are a great versatile veggie for any savory occasion. Maybe a blooming onion appetizer is in your near future? Or a slow roast on the BBQ? A late-season onion soup perhaps, or in keeping with the theme of this share, mince the

onions up with cilantro and add to homemade tacos. The green onions are a nice garnish or a fresh sprinkle to a salad. With so many ways to consume this antioxidant-rich bulb, find one that gels with your taste buds and away you'll go to a healthier you.

Tuber, tuber, tuber galore, the more you eat the more potassium your body will store with this colorful **Rainbow Potatoes Mix** from [Tantre Farm](#). In your share you will get a mixture of Red Norland Potatoes, Yukon Gold, and a few of you will get a splash of Blue Adirondack potatoes. Great for the grill, the oven, or the frying pan, these super food spuds will gladly accommodate some 'Papa's' as a side to any of the prepared food dishes offered in this share. So find a way to make it a potato day.

It's time to root, scoot and boogie with a solid clutch of organic **Orange Carrots** from [Second Spring Farm](#). These storage carrots have been tucked away deep in the cool cellar air waiting just for this very share. Never frozen, but frozen in time by the dark stillness of the storage cellar where the conditions perfectly preserve nutrition, crispness and taste. These carrots are just as delicious as the day they were pulled from the earth late last fall just before the first snow. The cold fall weather ramped up the sugars in these carrots - nature's way to keep them from freezing in the fields - and you will notice they still hold onto this delightfully sweet flavor. So roast them up with the onions and potatoes, slice them into sticks for a stir fry, grate them onto a salad or even quick pickle them taqueria-style with the onions from this share, add a few of your own garlic cloves and jalapenos. There are quite a few recipes online for spicy quick pickle so give it a whirl; you'll be glad you did!

Navigating away from the fresh produce in this week's offering we pivot to a pint of organic **Dried Pinto Beans** from [Ferris Organic Farm](#). These robust and bold beans are grown right here in Michigan about an hour away from Ann Arbor and are gently harvested, minimally processed and then dried. Pinto beans offer a healthy dose of fiber and protein and are versatile in the culinary scene. I like to soak mine in water first thing in the morning for 6 to 8 hours. When it's time to cook, drain the soaking water, add new water with seasoning and salt, and bring the beans to a rolling simmer for up to 2 hours depending on the texture you desire. Once they are cooked through and tender, they can be served as whole beans with rice, fried potatoes, steamed veggies, a protein of your choice or even as a soup using the broth that they were cooked in. Either way, you will end up with a wholesome and healthy meal. If you cook the beans longer until they are super soft, you can make some delicious homemade refried beans to nicely complement the rest of the prepared foods offered in this share. The beauty is that you can try both recipes with just this pint. There are easily enough pinto beans to make two generous rounds for a couple of medium to large humans. So pinto bean up for this Latin fiesta!

Switching lanes and cruising right along to the south side of Ann Arbor, let's swing by [Ann Arbor Tortilla Factory](#) to pick up some fresh-off-the-press **Chili-Lime Tortilla Chips**. These thick and crunchy tortilla chips are vegan and gluten-free, made from non-GMO corn and soybean oil, water, salt, citric acid, lime and cayenne pepper. A perfect balance of sweet and mild heat that will serve oh-so-well with the Char-Roasted Salsa Verde that is coming up. If you find yourself hankering for more, then head on out to find these delicious tortilla chips at many of our local food stores like Argus, Arbor Farms and the

As the mission continues forward on this local food adventure, we head to central downtown Ann Arbor to pick up a pint of **Char-Roasted Salsa Verde** from [EAT](#). Blake, the head chef and owner of EAT, dug deep into his culinary background to drum up this wonderful char-roasted salsa that complements all the other dishes in this share. This tantalizing, tongue-tingling salsa is composed of roasted tomatillos, jalapeno peppers, poblano peppers, garlic, onions, scallions and cilantro. Chopped and blended into a vibrant green, this earthy and smoky salsa is a sure-fire winner for your tamale and refried bean dinner. So get your chips ready to take a dip in the salsa verde pool. Yum!

Heading over to the northwest side of Ann Arbor, our next stop on this moon boost ride leads us to a charming little café that serves up a huge diversity of clever and in-season dishes year around. [Juicy Kitchen](#) is a foodie fan favorite, and their **White Bean Chicken Chili** is out of this world. This slow simmered chili is composed of Michigan Miller chicken breast, cannellini beans, corn, jalapeno pepper, green chilis, yellow onion, garlic, house made salsa verde, low sodium chicken broth, sour cream, lime juice, cumin, paprika, coriander, oregano and cayenne pepper. Another elaborate mix of ingredients, hard work and a lot of love went into making this savory chili, and I am pretty sure it will leave you curious as to what other tasty offerings Juicy Kitchen has on their menu. So head on over there for round two to support this innovative young business that supports our local farmers. Also if you're in a rush, they have a quick and convenient grab-and-go refrigerated display case just inside the café door that makes eating healthy on the go a breeze. Zoom Zoom!

Just to the south of Juicy Kitchen, we pull up to another celebrated and local fan favorite restaurant. Back by popular demand, we are elated to feature [Pilar's Tamales](#) with an awesome 3-pack of vegetarian and gluten-free **Tamales**. 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 enjoyed everything on the menu, and I love to wash down my meals with their delicious hibiscus tea or my all-time favorite tamarind drink. That tamarind drink is amazing, Hermosa!

Back on the road again and heading back east, full circle to Ypsilanti, we are headed to one of the most popular vendors we frequently feature in the Immune Booster share - the talented [Go! Ice Cream](#). This week's offering from Go! Ice Cream was too irresistible to pass up, so here we go! with an undoubtedly delicious pint of **Chocolate and Cherries Ice Cream**. Oh my! This magnificent pint of ice cream is composed of cream, milk, sugar, tapioca

starch, chocolate, milk powder, sea salt, vanilla, sour cherries, maraschino liqueur, honey, almond extract and spices. A perfect sweet treat for mom on Mother's Day and let her eat it all! For those who only get a taste, don't worry. Go! Ice Cream is open for business daily and serves up a wild and genius array of innovative flavors. If you find it hard to choose, simply buy a few pints to stock up your freezer. You can't go wrong!

As a special treat to close out the share this week, we have another beautiful gift for Mom. We are pleased to partner with [Seeley Farm](#) and present their potted flowering **Pansy** plant. These strikingly colorful plants are certified organic with edible flowers that are good for your inner economy as well as the pollinator environment. Plus they make Mom smile :) So cheers to a carbon-sequestering plant and, of course, to your mom on this special day of recognition.

As we drive away into the sunset and the beaming rays of the arching sun, we would like to thank you for coming along with us on this 'Moon Boost' ride, where we discovered just a handful of amazing, local, food producers in our community. We hope you enjoy this local bounty! By signing up for this very share, you have voted to support our local food system. By encouraging local food systems, we eat seasonably and provide our bodies with fresher and more nutrient-dense, wholesome food. We also encourage sustainability and secure accessible food resources - a comfort in our current time of uncertainty and disrupted supply chains. Eating local also reduces carbon food miles and helps protect our collective mother, Mother Earth.

A big shout out to all the moms reading this newsletter! We hope you have some fun plans lined up this weekend to acknowledge and commemorate the superwomen in your lives, present and past. Without a doubt, Moms are special - they make our world go round. They gave us life, nourished and guided us as we grew, comforted us when we were down and encouraged us to be our best selves. We wish you all a wonderful Mother's Day!

**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 8, regarding Tantre Farm's Immune Booster CSA Share, Week 108, for pick up on May 14, 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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