



# Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 112) Share – June 4, 2022

Hello Fellow Locavores,

Welcome to the Immune Booster Week 112 Newsletter and thank you for signing up! This week we have a splendid mix of fresh in-season produce, a bunch of new prepared food vendors setting out on their journey with the Immune Booster family, and featuring their first ever dish in our share, plus a tasty sweet treat and a potted Genovese basil plant for the gardener in you. So let's buckle up and take a ride on this immune boosting mission and see what the local food purveyors have grown, harvested, cooked, and collaborated on to seamlessly pull together this very share.

Kicking things off this week with a little pep in our step, we get the engine warmed up with a mildly spicy green that is **Arugula** from [Tantre Farm](#). This arugula is hoop house-grown so it is tender with a slight peppery kick, whoo hoo. Arugula is a superfood green that has many beneficial impacts on our longevity, especially with heart function and keeping our valves clean and pumping. Arugula boasts many essential vitamins and minerals, and it is versatile to prepare, served cooked or raw. So maybe mix this into the spinach that is coming up next for a well-rounded salad, toss it on a pizza before it goes in the oven, add it to your favorite wraps and sandwiches, cold or hot pasta dishes or even try blending into a pesto. So many great ideas to consume this heart healthy green!

Next up, we have some super dense, buttery and iron-rich **Spinach** from [Tantre Farm](#). This field-grown spinach loves these milder late spring days and is in full peak form with its broad leaves and robust stems. Spinach has a high dose of calcium to keep our bones and teeth strong as well as carotenoids which our body can turn into vitamin A that helps with vision, cell division and immunity. All good things to say the least, so rest assured when you're having your salad feast you are consuming food right off the plants in less than 24 hours from being harvested. Toss it up with the arugula for a more complete leafy green mix, add some roasted asparagus, some pea shoots and some cooled fried potatoes for a seriously hearty salad. Wanna skip all the fuss? Then just toss the spinach in a quart pan with a splash of water and cook until wilted. This method turns a lot of spinach into a little, but it also packs a massive nutritional punch and is excellent served as a side with any savory meal.

Passing the buck and you're in luck, with pretty **Pea Shoots** from [Garden Works Organic Farm](#). These organic, crisp, and fresh shoots are hoop house-grown right here in Ann Arbor just around the corner from the Washtenaw Food Hub where most of you will pick up. Picked fresh Friday mornings and on your plate Saturday afternoon. These fine shoots are packed with chemoprotective agents that prevent cancer and are great at easing inflammation as well as reducing blood sugar levels amongst many other health benefits. They are a splendid addition to salads, cold or hot pastas and lastly added to burgers or tacos for a crispier crunch. They also taste great right out of the container as an on-the-go snack. So shoot for the stars with these fine pea shoots and make sure to consume them all within the first few days of receiving your share for optimal freshness and nutritional benefits before they begin to respire.

Keeping with the green theme, next up we have **Green Garlic** from [Tantre Farm](#). To most folks, green garlic is a new frontier in the allium world as most of us are familiar with the garlic bulb, garlic scape, or garlic cloves. In this share, you will get what appears to be green onions with a small bulb on the end, but if you look at the anatomy of the plant, the green leaves of the garlic are flat, not round and hollow like a green onion. The greens and the bulb are all edible, cooked or minced and served raw. They pack a serious dose of sulfur, excellent for turning away free radicals from our inner economy. This green garlic can be used in place of green onions and serves really well when added to a skillet for a quick sauté before you crack your eggs for a quick scramble. Alternatively, they can be minced up and added to a stir fry for that all familiar and delicious roasted garlic taste in your dishes. I also like to clip the greens thinly with scissors onto salads, soups, beans, lentils, pastas or sandwiches for a nice dash of spice and a good dose of free radical fighters.

If we humans had to eat one food that would fulfill our anatomical needs to function whilst staving off hunger, do you know what that one plant would be? It's tuberlicious, delicious, and mighty nutritious, and is the almighty potato. In this week's share you will get a mix of **Yukon Gold Potatoes** from [Tantre Farm](#). The nutritional makeup of these super food spuds checks off all the boxes of what our body needs to function properly, and they are so versatile to incorporate into our diet. Records indicate that potato cultivation started in the Andes of Peru dating as far back as 10,000 B.C. Since then, they have gained so much popularity that they are now considered the most widely consumed vegetable on the planet. The average American consumes more than 120 pounds of potatoes every year! So find your favorite way to prepare these delicious potatoes, whether you bake them in the oven, throw them on the BBQ, slice and fry them up for homemade French fries or grate them up with some of the other produce and sauté until crisp for a satisfying hash. The options are endless!

Wrapping up the fresh produce in this week's share, we have **Asparagus Spears** from [Tantre Farm](#). This happens to be the height of the short-lived season for asparagus here at this latitude. In general, asparagus is a Mother's Day to Father's Day crop here in Michigan, so it's a brief window and we must take advantage while we can, fresh out of our fields and harvested twice a day. Once in the morning and again before sunset. Why? Because it grows really really fast, sometimes up to 6 or 7 inches in one day! Asparagus is packed with

fiber and folate and improves digestion, lowers blood pressure and helps cleanse the liver and kidneys of toxins. So steam these spears up, roast them in foil on the grill, add them to beans or lentil dishes, top your salads with them, and enjoy them while they last!

Pivoting away from the always fresh and always local produce, next up we have a six-pack of **Rustic Italian Rolls** from [Zingerman's Bakehouse](#). These fluffy balls of delight are simply composed of organic wheat flour, water, sea salt and yeast. Baked up fresh late into Friday afternoon and in your back seat riding home with you Saturday morning, it just doesn't get any fresher than this! These rolls will complement any of the prepared foods in this week's share or that DIY salad we have been discussing. Alternatively, they make delightful peanut butter and jelly rolls, homemade savory sliders with a side of fried potatoes or mini Reuben sandwiches for the family. So many good ideas to consume these tender and light rolls, so take your pick!

For our first prepared food dish featured in this week's share, we bid [Ayer's Turkish Cafe](#) a warm welcome to the Immune Booster project. This week Ayse, the head chef and owner of this fine Turkish cafe, offered their very popular **Red Lentil and Vegetable Soup** as the perfect debut to fit right into the share and complement the rest of the menu. Composed of red lentils, rice, carrots, olive oil, onion, salt, pepper and red pepper flakes, this savory dish is layered up with texture and flavor. Ayer's Cafe has been open since 1993 and is known for its home cooked authentic Turkish cuisine. Located on the Northeast side of Ann Arbor on Plymouth Road, Ayse takes pride in shopping the local farmers markets and sourcing local ingredients for their dishes. Ayer's Turkish Cafe makes a wide variety of vegan, vegetarian and omnivore dishes, so pay them a visit and mention that Ryan from the Immune Booster sent you.

For those of you always on the hunt for the delicious and instant gratification of a ready-made salad, then look no further than **The Wanderlust Salad** from [Roaming Goat Coffee and Craft House](#). Another newcomer to the Immune Booster share, this is Roaming Goat's first feature dish, and one of many to come based off of the creative talent of Britt who owns, operates and builds up her seasonal menus as the tides of produce roll through the year. This week's The Wanderlust Salad is a great example to showcase the current produce season and is composed of Garden Fort arugula (awesome local collaboration!), beets, carrots, radishes, asparagus ribbons, mint, pansies and black beans. This salad also comes with a zesty green garlic dressing just to put the exclamation point on the in-season narrative. Britt, who has deep roots in yoga and the nutrition that aligns with a healthier lifestyle, has written many recipes based on the three Ayurveda body types in yoga classification. Britt is also a well-studied forager and has a deep connection to medicinal culinary practices. So in short, you are definitely going to get some creative immune boosting and healthy food, no matter your body type, when we feature Roaming Goat dishes. Roaming Goat hails from the little village of Grass Lake and well worth a country lane drive to visit this interesting café.

Closing out the savory in this week's share, we welcome another new face to the Immune Booster share with **The Whole Bowl** from [Hutkay Fusion](#). This dish comes with a roasted red pepper sauce as well as a five seed and five nut dessert that is all vegan and gluten-free. Swaroop, the head chef, owner and operator, is into some seriously healthy and seriously delicious food that is

gently prepared, layered with flavor and genuinely authentic. Swaroop has a deep appreciation for health longevity and specializes in vegan and mostly gluten-free food. He lets the food dictate the flavor instead of over seasoning or salting and the results are refreshingly divine! The Whole Bowl starts with a base of basmati rice that has rainbow carrots, a rainbow of bell peppers, green peas, fennel, beets and wilted greens. The roasted red bell pepper sauce that you will want to pour over the rice once you have heated it up is composed of roasted red bell peppers, garlic, soy sauce and cider vinegar. Lastly, this dish also comes with its own super healthy Date Nut Ball, which is a 5-nut and 5-seed dessert that is composed of almonds, cashew nuts, pistachio nuts, walnuts and pecans, along with hemp seeds, chia seeds, pumpkin seeds, sunflower seeds and watermelon seeds. The seeds and nuts are crushed and rolled into a ball bound by dates and plantains. Another delicious part of this dessert is in a separate container labeled Chocolicious (cacao, orange zest and coconut butter), so dip the nut ball into the sauce, and enjoy this pure healthy sweetness! As you can now see, this is wholesome food on a very broad spectrum that is prepared to deliver optimal health. My suggestion is that you visit Swaroop at Hutkay Fusion, where he welcomes anybody and everybody as if they are family with his kindness and unique, creative dishes. You will surely be glad you did, especially if you try one of his mango lassis or 'Power of 7' smoothies to wash down your meal. They are amazing!

Need a little sweet treat to cap off all the savory? Well, we got a bit naughty this week with a two-pack of yummy **Spelt Baked Donuts** that are vegetarian and low in gluten from [Juicy Kitchen](#). In your share, you will receive one cinnamon-covered donut and one chocolate-covered donut, composed of spelt wheat, sugar, cinnamon, salt, apple sauce, vanilla, coconut oil, water, baking soda, baking powder and melted chocolate. Juicy Kitchen definitely puts a lot of yum in this two-pack of donuts that really are not all that bad for you at all so rest assured, they're still immune boosting as well as mouthwatering. So maybe bring a cup of coffee or tea to the pick-up and have yourself a little road snack on the way home. You may need to pay Juicy Kitchen a visit for round two and pick up a few to go items in their display case just inside the front door. You are guaranteed clean healthy food with a great staff that serves it up with a smile.

Moving right along while we sing our Immune Booster song, we bring you a two-pack of tasty **Fruitbelt Tonic** beverages from Michigan's own [Fruitbelt Tonic](#) to wash down all this healthy food. In your share, you will receive any two of the following drinks: Elderberry, Tart Apple or Cherry sparkling tonics. These drinks are all composed of Michigan-grown produce and can be consumed right out of the can for a light and refreshing healthy drink or made into mock-tails or cocktails for happy hour. These drinks also pack a nutritional punch and are composed of some serious antioxidants to keep the doctor away. If you're picking up at the Washtenaw Food Hub we sell them inside the retail store (in glass for the back deck or in aluminum cans for the lakes and river floats). So get your Fruitbelt Tonics on and hydrate up!

Our final offering in this week's share is a potted **Genovese Basil Plant** from [Frog Holler Farm](#). This potted plant will be 'hardened off', which means it can safely be planted outside in direct sun if you choose. It can tolerate full sun from the day you pick it up and likes rich, moist soil. The plant will try to send upright tight green buds with no leaves at the top of each growing stem. If you

pinch those off with your fingers, the plant will 'fork' again and again as you pluck off the buds to produce more branches that will create the new growth of the flavorful leaf that we desire. In short, the longer you take the buds off the plant, the more leaf productive the plant will be for your consumption. If the plant makes it to the early part of fall, it could get up to 3 feet tall and two feet wide. Let it go to 'flower' where the green buds will turn into white flowers that emerge upward away from the leaves. The bees and other invaluable pollinators will thank you for this late season nectar. If planting indoors, my suggestion would be to 'up pot' the basil plant, meaning re-plant the basil into a larger pot for longevity. Place it in a south - or better yet - westerly facing window for optimal pick-as-you-desire basil leaves until the plant goes to flower. Get ready for some homemade pesto or clip the leaves onto fresh salads or rice dishes. This type of basil is great for lowering blood pressure, so gobble it up regularly, because it's good for you.

As we close out the newsletter for this week, we can ride off into the sunset knowing a hefty bounty of local and seasonal food is awaiting you in the morning. On behalf of Tantre Farm and all of our vendors, we thank you for your continued support in signing up for these shares. Our aim is to share wholesome, grass roots local food that is fresh from the farm fields and minimally processed prepared foods from the local kitchens, all the while reducing fossil fuel miles on the food we serve you. By voting for local food with your hard-earned dollars, we create a circular food economy and invest in a diverse mix of local farms and food related businesses that in turn enrich our local economy and continue to innovate and evolve. We hope you enjoy this share of plenty with friends, family, and loved ones. Eat well, be well, do well!

**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, June 5, regarding Tantre Farm's Immune Booster CSA Share, Week 113, for pick up on June 11, 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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