



# Tantre Farm CSA Newsletter **IMMUNE BOOSTER (Week 114) Share – June 18, 2022**

Hello Fellow Locavores,

Welcome to the week 114 Immune Booster newsletter and thank you for joining us this week for this very special Father's Day BBQ-themed share. This week we are celebrating Dad in style and serving up some extra-nice prepared foods perfect for a celebratory cookout, as well as a generous spread of fresh and in-season produce. Our aim was to set up all the dads with some savory grilling produce, burgers and buns, and some ready to serve salads along with plenty of do-it-yourself produce to add to the Father's Day feast. So kick off your shoes, step out on the back porch, gather up your loved ones and make Dad the star of the show with this fine treat of a share. We have lots to cover in this week's offerings, including some fun facts for Dad, so let's make haste!

Upon opening up your share, you will be greeted by a robust head of field-grown **Lettuce** from [Tantre Farm](#). Did you know that lettuce is the second most popular fresh veggie in the US, behind only the potato? The average American eats about 30 pounds of lettuce a year! Brought to the Americas by Christopher Columbus during his second voyage to the New World in 1494, there is evidence of much earlier cultivation. Hieroglyphic records show lettuce being grown over 6000 years ago! Since then, lettuce has been grown not just for food, but also for the health benefits it provides. Lettuce is a neuro-protector that supports physical connections in the brain, it has anti-inflammatory properties, enhances sleep quality, supports bone health and reduces anxiety. Not to mention that lettuce is also great for hydrating us on these sweltering, late spring days. A perfect addition to your burgers, tossed up into a fresh salad, added to sandwiches, tacos, burritos or wraps, you can eat this crisp and light veggie in so many delicious ways. Taste the freshness of your fresh-picked lettuce, harvested Friday morning and on your plate by Saturday afternoon.

Next up, we have savory greenhouse-grown **Sunflower Shoots** from [White Lotus Farms](#). These nutty flavored shoots go from seed to harvest in about 10 to 14 days and are clipped early Friday morning and packed up just for this very share. They boast a plethora of essential vitamins, minerals and antioxidants to keep your immune system running like a champ. They can be added as a topping to any savory dish such as soups, salads, sandwiches, pasta dishes or omelets and so much more. Interestingly enough, you can also enjoy both the

buds of sunflower plants and the petals of mature blooms. Be sure to consume your shoots within the first few days of collecting your share for optimal health benefits and freshness. Enjoy!

As the grill is getting warmed up, let's introduce a healthy and delicious finger food snack that is **Sugar Snap Peas** from [Tantre Farm](#). My two daughters absolutely love sugar snap peas, cracking the pods open and gobbling down the sweet peas inside and then eating the pods as an afterthought. Sugar snap peas are a healthy source of complex carbohydrates, offering fiber, protein and vitamin K which supports many functions in our bodies. So enjoy this hand-to-mouth snack while the grill warms up. You will be glad you did!

We can't have a burger without the onions, so we thought it would be a good idea to offer up a bunch of organic **Green Onions** from [Country Valley Farm](#). These onions will have small bulbs for the burgers and leafy greens for the do-it-yourself salads. Onions belong to the Allium family of plants. The same line also produces leeks, garlic, and chives. Onions along with their close relatives offer a wealth of health benefits, including cancer-fighting sulfur that is particularly effective in reducing the chances of breast and ovarian cancer in women. In addition, these onions are great at lowering bad cholesterol, reducing the risk of diabetes and keeping our intestines clean of plaque. So add them to your meal every chance you get - a generous slice for your burgers, chopped up on salads or better yet, just grill them as you receive them, whole and in one piece on the grill for a few minutes until they are tender and sweet. Yummy!

This could quite possibly be the last run of **Asparagus** from [Tantre Farm](#) for the season. A member of the lily family, Asparagus is generally a Mother's Day to Father's Day crop here in Michigan and so here we are at the very end of it, just in time for Father's Day. At the height of the season and in ideal conditions, an asparagus spear can grow up to 10 inches in a day! This vegetable is a proven mood booster with its high dose of folate. It is also packed with amino acids, rich in fiber and is full of chromium that aids in transportation of glucose to cells. Conversely, asparagus contains no fat, no cholesterol and is low in sodium. I suggest you give your asparagus a quick rinse, toss it on the grill next to those green onions and grill them until tender which should only take a few minutes. Slide them onto your plate as a delicious side to your juicy burger. Now we are talkin!

Closing out the produce in this week's share, we have sun-ripened and sugary sweet **Strawberries** from Tantre Farm's [HoneyBee U-Pick](#) Farm located on the west side of Ann Arbor. Each and every one of these juicy berries were picked by my very own two hands first thing Friday morning just for this very special occasion. These heart-healthy strawberries are loaded with all sorts of powerful antioxidants and encourage the burning of fat, the deceleration of our aging process, and the reduction of high blood pressure. Strawberries also contain more vitamin C than oranges. All these babies need is a quick rinse and then serve them up. Warning to dads: pay attention here because once they are out on the table, the rest of the family will naturally be devouring them, so make sure to grab a few between burger flips and bun roasting! A few interesting facts about the beloved strawberry... You think strawberries are only red? Think twice! There are yellow, blue, white, black, purple strawberries too. Some strawberries are the size of an apple. Be careful who you share your

strawberries with. According to a legend, if you cut a double strawberry into two, you would soon fall in love with whoever ate the other half.

Making our way into the prepared foods, let's cut to the chase and get to the cookout's showcase menu item with a 1-lb package of **Ground Beef** from [Tantre Farm](#) **OR** a 4-pack of **Tempeh Burgers** from [The Brinery](#) that are vegan and gluten-free, depending on your choice of protein at the sign-up. For those of you who are unfamiliar with the product, Tempeh is an indigenous food from Indonesia, where it has been consumed as a staple for more than 300 years. Made by fermenting various nuts, grains and beans with the *Rhizopus* species of filamentous fungus, Tempeh is a significant source of protein, vitamin B12, and other healthy bioactive compounds. Comparing nutritional value, tempeh has more protein, fiber, calcium and iron than beef. It also has less saturated fat, lower cholesterol, and lower sodium content. Definitely worth a try! Regardless, it's time to get your favorite condiments out, cheese or no cheese, and get ready to grill in the welcome summer breeze. We will have extra beef and tempeh burger patties for sale in our market space tomorrow only at The Food Hub pick up location if you need more!

What's a burger without the bun? No fun. So let's put some fun back in the bun for these tasty burgers with a 6-pack of **Challah Hamburger Buns** from [Zingerman's Bakehouse](#). These soft buns are composed of organic wheat flour, malted barley, water, egg yolk, honey, corn oil, sea salt and yeast. They are the perfect dance partner for those lip-smacking, chargrilled burgers and are great lightly toasted on the grill just before serving.

Need a little pickle to add a twist to these burgers? Then look no further than the **Dilly Carrot Pickles** that are vegan and gluten-free from [The Brinery](#). These crunchy, savory, thinly sliced carrots are pickled in filtered water, sea salt, garlic, fresh dill, dill seed, yellow and brown mustard seed and coriander seeds. All the flavors of a dill pickle in thin carrot slices! Perfect for the burgers, added to leafy green salads or topped on sandwiches or wraps. This unique recipe has got me hooked, and if you love cucumber dill pickles, they might just steal a bit of that pickle thunder. If they leave you hankering for more, we will have plenty of them for sale in the Food Hub market space along with other fine ferments that The Brinery offers, all of which would complement this BBQ-themed share. Come get some!

Time to cool things off a bit with a **Cold Pasta and Vegetable Salad** from [Silvio's Trattoria e Pizzeria](#). This tasty cold salad is composed of Tantre Farm veggies such as green and yellow zucchini, sugar snap peas, broccolini and green onions. Gemelli pasta made from semolina and white flour is combined with smoked mozzarella cheese, salami, basil, olive oil and vinegar. This in-season for all the right reasons cold salad is perfect for this cookout extravaganza and will surely hit all the right buttons on your taste bud hit list. So serve it up with the burgers as a side, and get ready to put a lot of yum in the BBQ fun.

Keeping with the side salad theme for the BBQ burger dream, next up we have the fan favorite **Broccoli Salad** from [Juicy Kitchen](#). This extremely tasty salad is composed of broccoli, red grapes, red onion, sliced almonds, dried cranberries and carrots. The dressing is mixed into the salad and is composed of cashews, maple syrup, apple cider vinegar and garlic. All things healthy here

and one of the most requested salads we have ever featured. Why? Because the Juicy Kitchen staff have just nailed it on all levels. Crunchy, savory, sweet and everything in between. No dreaming here, just clean and flavorful eating. Yummmay!

Closing out the share this week, we treat Dad to another huge fan favorite that took many moons to orbit back around until it was in season again here in Michigan. We welcome back a pint of **Michigan Strawberry Ice Cream** from [Go! Ice Cream](#). This seasonal delight is composed of cream, milk, sugar, Michigan Strawberries, tapioca starch, balsamic vinegar, milk powder and sea salt. We featured this flavor last year and patrons talked about it for weeks and asked if we could feature it again, so we did. But then the strawberries faded away from the fields and now the long wait is over. Hooray!! As a side note for all you ice cream lovers, we will now be stocking a select few of Go! Ice Cream's top-selling pints of ice cream at the Food Hub with flavors such as this Michigan Strawberry Ice Cream, Local Honey Ice Cream (another huge favorite), Fair Trade Chocolate Fudge Ice Cream and Key Lime Pie Ice Cream. So come prepared and choose wisely, because they are all top-notch ice creams.

As the Immune Booster newsletter winds down, and we come to the end of the Father's Day share breakdown, we hope that you all enjoy this menu with loved ones on this very special day. We also hope you enjoy what our local food purveyors have grown, cooked and processed. Each unique with their own style of farming, processing, cooking and artisanry. We are blessed with a community of talent and by buying this very share you are voting to keep their dreams alive, whilst controlling your source of food and reducing fossil fuel miles. It feels good to support a budding and ever-growing circular local food scene. A scene that is the future of food with fair trade practices and pricing, and without global supply chains or needless amounts of fossil fuel burning. We take pride in sourcing local food and following the seasons. It's a mindful practice that is good for you and bigger yet, the ecology that has to work around our food systems. Together we are working towards a cleaner, healthier local meal each and every time we sit down to consume the food from these shares, and I am glad that you have joined us on this Immune Booster mission. We look forward to seeing each and every one of you this Saturday at the hand outs and we wish you a wonderful Father's Day in honor of all dads, past, present and future.

**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 19, regarding Tantre Farm's Immune Booster CSA Share, Week 115, for pick up on

June 25, 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).*

### **Tantre Farm**

2510 Hayes Road, Chelsea  
MI 48118 United States

You received this email because you signed up on our website or made a purchase from us.



[Unsubscribe](#)

