



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 115) Share – June 25, 2022

Hello Folks,

Welcome to the Immune Booster Week 115 Newsletter, and as always thank you for signing up to support not only us here at Tantre Farm, but all the other food purveyors who contributed to this week's offerings. With your continued support and hard earned dollars, we continue to invest in all sorts of local farms, bakers, restaurants and artisanal makers each and every week. The diversity is far and wide here in southeast Michigan and we look high and low for folks doing things the local way with locally grown food. We are always looking for more local talent, so if you have some local food businesses or farms in mind that you would like to see featured in the share, just simply reply to this newsletter and tell us what you love about them. But for now, we have our hands full with this week's colorful and extra healthy menu, so let's get ready to moon boost our way to better health with this diverse offering of nutritious food.

Three, two, one, we have lift off with **Lettuce** from [Tantre Farm](#) to cool us down in the summer heat with this water laden treat. This robust field-grown lettuce is sure to hydrate you on these sweltering days ahead and nourish you with calcium, potassium, vitamin C and folate. So get your salad bowls ready, because the rest of the produce in this week's share can be piled high atop these fine leafy greens.

Riding shotgun this week we have pleasant **Pea Shoots** that are crisp and full of a wide range of nutrition from [Garden Works Organic Farm](#). These organic shoots are soil-grown inside a canvas hoop house and go from seed to plate in roughly 20 days give or take a few. They would be a lovely companion to add to the lettuce greens or made into a stand-alone salad by themselves. My daughters eat them right out of the container as a hand snack and my favorite way to consume them is to clip them with scissors over a fried egg or two. That sweet pea nutty flavor with the savory yolk is a winner every time so give it a whirl if you consume eggs. One final note - the pea shoots should be consumed within the first three to 5 days of getting your share for optimal health benefits before the plants begin to respire. So make haste, we don't want all those nutrients to go to waste!

Sitting somewhere in the middle with the cat and the fiddle on this moon booster mission, we have gone coo coo for **Cucumbers** from [Goetz Greenhouse and Family Farm](#) and [Tantre Farm](#). This cucumber combo offers different types of cucumbers from each farm which is what we like. Diversity. Since we like to raise the bar, let's say cheers to the Cucurbitaceae family that these electrolyte-laden cucumbers come from and slice them up for that salad mix, make a tzatziki sauce to go with the other prepared foods in this week's share or simply slice and enjoy as a hand to mouth snack on a hot summer day. Hooray!

Next to the 'cukes', we have some little firecrackers in the form of **Red Bulb Spring Onions** from [Tantre Farm](#). These fine alliums are packed with powerful antioxidants to keep the lurgy at bay and the heart pumping the right way. These alliums pack an elixir of heart healthy and cancer fighting agents and can be consumed raw or cooked. So dice them up and toss them on that salad, add them to that tzatziki, BBQ them whole on the grill or add them to any savory soups, stews or sandwiches. You'll be glad you did.

It's time to 'Beam me up, Scotty' with some beautiful **Red Beets** from [Tantre Farm](#) that offer a two for one deal. Leafy greens and a root. Incorporate the iron-rich leafy greens into your salad or cook them down into stir fries, casseroles or omelets. The dark red roots are gorgeous roasted in a honey glaze or grated raw over the top of your salad. I like to roast and sweet pickle my beets in apple cider vinegar and serve them on sandwiches, salads or combine into chutneys. So many ways to consume this leafy green/root combo, so dig deep and muster up something nice with these 'Just beet it, beet it, beet it, beet it, no one wants to be defeated' Thanks Michael!

Singing our Immune Booster song as the moon boost ship blasts along, we collect some super sweet and juicy fresh-picked **Strawberries** from Tantre Farm's [Honey Bee U-Pick](#) that is located right here in Ann Arbor on the west side of the city. Sitting pretty in fields that hold plenty, we have painstakingly picked thousands of these sun-ripened red hearts of delight. These strawberries are solid red all the way through and bursting with nutritional goodness and energy to keep up with this local food mission. So go on and treat yourself to a homemade strawberry shortcake, cook them down with the last of the season's rhubarb and serve over vanilla ice cream or simply rinse and consume. These strawberries taste best when stored on the countertop, not in the fridge. Gobble them up within two to three days before they begin to perish. I'm sure it won't be hard!

Leaving the Earth and its bounteous crops behind, we make our way to the moon for our prepared food picnic. Time for the **Sesame Sourdough Loaf** from [Raterman Bread](#). This fine loaf of bread has a real savory and nutty, mouth-watering flavor that invites you for just another slice or two for the bread-lover in you. This golden roasted loaf is composed of flour, water, salt, toasted yellow and black sesame seeds. A perfect dance partner that compliments all the prepared foods that are coming up next as we stare back in awe at our beautiful planet.

To liven up the dull moonscape, we brought along a colorful and zesty **Tabbouleh Salad** from [Humus Falafel](#). Perfect for brightening up any atmosphere, this tasty salad is composed of parsley, tomatoes, green onion,

olive oil, mint, cracked wheat, lemon juice, salt and black pepper. This super clean and heart-healthy salad is sure to please in the moon's absent breeze as it starts to freeze in the long shadows past minus 30 degrees. So let's hop back aboard the moon booster ship and take a sharp dip at a rather fast clip back to our Mother Earth.

As we descend on our prepared food adventure back to our blue oasis, we need something to warm us up, and that dish happens to be a hearty **Kale Bean Stew** that is vegan and gluten-free from [Ayse's Turkish Cafe](#). This Turkish stew is slow simmered and continuously layered up with ingredients as it is reduced in the pot and melds all of its fine ingredients together. This delicious dish is composed of Tantre Farm Kale, tomatoes, pinto beans, white beans, brown rice, onion, olive oil, salt, pepper and Turkish maras pepper. Simple yet delicious and a wholesome and healthy meal that is sure to keep us humming right along to our comfort zone.

Closing out the savory in this week's share, we have a very special and well thought out dish called **Shanu Chaat with Tamarind Rice** from [Hutkay Fusion](#). An impressive amalgamation of many healthy ingredients that blend into a unique and flavorful meal. The base of the Shanu Chaat is composed of sprouted black and white chickpeas, peas, tamarind, dates, mango, lime, mint, cilantro, spinach, cumin and rock salt. The Shanu Chaat topping resembles a sliced sushi roll and in India is called a Colocasia Roll. This wildly interesting roll is semi-sweet and composed of taro leaf, chickpeas, flour, cumin, mustard seed, dates, lime and salt. The second element to this combo dish is a semi-spicy Tamarind Rice composed of tamarind, turmeric, cumin, peanuts, cashew nuts, mustard seeds, curry leaves, ginger and chili peppers. When consumed together your taste buds are treated to a mix of sweet and savory with a little kick of spice. Be sure to check out Hutkay Fusion's restaurant menu for more wholesome and delicious culinary delights!

As we enter the earth's atmosphere and are full of immune boosting healthy food, we have one last hurrah for this week's share, with **Hail Mary Granola** from [Harvest Kitchen](#). This top-notch granola is composed of organic rolled oats, organic sunflower seeds, organic cashews, organic sesame seeds, organic coconut, Lesser Farms honey, organic canola oil, cinnamon, Guittard dark chocolate chips and cranberries. Another super healthy offering for our sweet treat this week to cap off this moon booster mission. If you find yourself hankering for more, we now sell several varieties of Harvest Kitchen's granola including the Hail Mary variety at each and every Immune Booster hand out, so come on in and see what else the Food Hub retail space has to offer when you pick up your share this Saturday morning.

As this moon boosting mission comes to a gentle landing, we are grateful that you have joined us for a little adventure and humor, a lot of hard work, ever-present mindfulness and a caring touch by all who grew and prepared this food for each and every one of you this week. Though times can seem in peril of late, this share has become a breath of fresh air for many. On both sides of the fence, whether the patron or the producer, we are all sharing in the benefit of real, fresh, local food. I hope you have enjoyed learning about where your food came from this week, and the suggested uses for each item in the share. A comprehensive healthy box of food that is mostly plant based is what we aim to offer each and every time. Bon Appetit! We look forward to seeing you all at

the pick-ups this weekend.

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](https://www.instagram.com/immuneboosterbytantrefarm) or [@tantrefarm](https://www.instagram.com/tantrefarm) to learn more. We are also active on [Facebook](https://www.facebook.com/tantrefarm) and [Twitter](https://twitter.com/tantrefarm) 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 26, regarding Tantre Farm's Immune Booster CSA Share, Week 116, for pick up on July 2, 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.*

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