



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 118) Share – July 16, 2022

Hello Fellow Locavores,

Welcome to the Immune Booster Week 118 Latin-themed share, and thank you for joining us for this local fiesta. We have a loaded share full of fresh and seasonal produce to complement all of the carefully crafted, prepared dishes featured in this week's menu--a mix-and-match spread that has heaps of nutritious and delicious local food for you to enjoy with loved ones, friends, and family. So let's dive into this share of plenty, and find out what exactly is coming home with you this Saturday...

Upon opening up your share, you will be greeted by fresh, crisp **Lettuce** from [Tantre Farm](#). This field-grown lettuce is composed of 95 percent water to hydrate you on these hot summer days, vitamin K to bolster bone health and a hearty dose of vitamin A to improve eye health. So whip up a cool, crisp salad to go with this week's prepared foods, perfect for a complete and healthy meal with plenty left over for a few more rounds.

Next up, we have a smorgasbord of either **Yellow or Green Zucchini** from [Tantre Farm](#). These water-laden zucchini are limited in their calorie make up but are composed of high nutrients that our anatomy needs. They are native to Central America and Mexico, so they are fitting for this very share and can be used in a myriad of different ways from a simple sauté in a pan with olive oil to a quick grill on the BBQ. My wife loves to bake them into zucchini bread and watch with glee as my daughters gobble them up. One of my favorite ways to incorporate zucchini into a fun meal for kids and adults alike is to make them into tasty patties. Grate the zucchini into a bowl and add two eggs. Stir in ½ cup each of flour, parmesan cheese and shredded mozzarella cheese, ¼ cup of minced onion, 2 tablespoons of vegetable oil and a generous dash of salt and pepper. Use the mixture to make some round patties. Fry on medium-high heat until golden brown on both sides and serve with sour cream or a marinara sauce. Then, you're in the YUM business - our kind of business... Heck Ya!

Cooling things down, we bring on the **Cucumbers** from [Tantre Farm](#). A summer highlight for the fresh cucumber lovers or the pickle makers in you. Cucumbers pack a wealth of water and electrolytes for these sweltering, hot, summer days as well as a high dose of vitamin K to keep the doctor at bay.

They also pack a high dose of cucurbitacin, which helps prevent cancer by preventing cancer cells from reproducing. So load up that salad with thin sliced rounds, add them to a cold veggie platter along with your favorite condiments or make a splendid tzatziki sauce (my favorite) and scoop some up with the tortilla chips in this week's share. See, we like to make things easy and delicious around here.

Cranking right along, we move on to the mighty **Ailsa Craig Onions** from [Tantre Farm](#). These robust heirloom onions can grow surprisingly large - well over 5lbs in size if grown in the perfect soil! The flesh is relatively mild and sweet and perfect for caramelizing down as a side dish with this week's tamales or enchiladas. Alternatively, thinly slice and add to your salads, since this is a sweet onion. These onions help fight off inflammation, decrease triglycerides and reduce cholesterol levels as well as many other health benefits. So get your Ailsa Craig onions on, your inner economy will thank you!

Rolling through the fresh veggies, we have come to our last vegetable in this week's share with a fresh round of right out of the ground **Carola New Potatoes** from [Tantre Farm](#). These potassium and protein rich potatoes will appear to look like the more familiar Yukon Gold potato. This variety, however, tends to be firmer, with a freckled pale yellow color and a creamy white dense flesh that is moist and low in starch. Perfect for dicing and frying up in a skillet to serve as a side with the other prepared foods or gently boiled in salted water and served with a knob of melted butter. Whichever way you choose to prepare these fine spuds, they will be a treat for your taste buds!

Closing out the fresh produce in this week's share of plenty, we have the antioxidant-rich **Fresh Blueberries** from [Joe's Blues](#). These bulbous berries are rather large and an oh so sweet summery treat, packed with all sorts of healthful compounds that relieve oxidative stress, promote heart health, increase bone strength, help regulate blood pressure and improve mental health, just to name a few of the health benefits. So whether you make a blueberry scone for a breakfast treat, serve them on cereal or oatmeal, or just eat them right out of the container on your way home, they are going to be juicy and delicious. So eat them up quickly while they are fresh and firm.

You can't have a Latin fiesta without some sort of beans, so we sourced for you the best organic Frijoles Negro Tortuga or **Black Turtle Beans** from [Ferris Organic Farm](#) in Eaton Rapids, MI. These black turtle beans were grown, dried and processed on Ferris Organic Farm, which has been in operation since 1837! Let's see, this organic farm began its first season of crops about 140 years before I was even born! Fast forward to today, and they are still selling out every year. Why? Because their products are grade A for Awesome! Black turtle beans are frequently used in Latin cuisine and are extremely nutritious, offering one of the finest alternative vegetarian protein sources. In addition to protein, black turtle beans are an excellent source of fiber, vitamins, minerals and antioxidants, providing many health benefits, such as improved blood sugar control and heart health, and a lowered risk of chronic disease. When cooked without salt or other additives, black turtle beans are free of cholesterol and low in fat and sodium. Soak these beans for up to 8 hours, gently simmer for a few hours and serve. They will pair like a match made in heaven with all the prepared foods featured in this share.

Moving down the menu to our prepared foods, we step into the cantina with **Stone Ground Tortilla Chips** that are vegan and gluten-free from [Ann Arbor Tortilla Factory](#). These fine hand-processed corn tortilla chips are composed of non-GMO corn, water, lime, non-GMO sunflower oil and salt. These traditional and extremely tasty tortilla chips have been on my radar for some time now and what better week to explore their tasty magic than this Latin-themed share. So nacho up or dip away with the salsa that's coming up next. These tortilla chips are the real deal.

Need a little freshly made salsa to go with those fine tortilla chips? Then look no further than the **Pico De Gallo Salsa** from [Juicy Kitchen](#). This fine salsa is composed of Roma tomatoes, corn, serrano pepper, red onion, cilantro, lime juice, salt and pepper. Simple, yet delicious, and rather nutritious, this salsa hits all the hot buttons and can easily be incorporated into your meals this week with the tamales and enchiladas still to come. So dip away and taste the local difference in this hand-chopped salsa. As always, if this salsa leaves you hankering for more, then pay Juicy Kitchen a visit. Pick up some fresh and tasty food from the cafe and dine in on their patio in front of the cafe or take something to go from their very convenient reach in cooler just inside the cafe front door. They make it easy to eat healthy and their staff is always so kind and friendly.

Back by popular demand, we are happy to welcome back [Pilar's Tamales](#) with a 3-pack of vegetarian **Tamales**. Most definitely a fan favorite! 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 for a more complete meal. 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 tried everything on the menu, and I always get either their hibiscus tea or my all-time favorite tamarind drink to go with my meals.

Next up, we have a set of two **Vegetable Enchiladas with Mole Sauce** from [Roaming Goat](#). These colorful and rather delicious enchiladas are wrapped in a flour tortilla that is filled with sharp white, vegan cheese, black-eyed peas, mushrooms, and a full Tandre Farm lineup of squash, zucchini, onion, kale, broccoli and carrots. These ingredients are bound by a freshly made, in-house garlic scape pesto that is composed of garlic scapes, avocado oil, liquid aminos and salt. To cap it off, the enchiladas also come with a separate container of mole sauce that is composed of tomatoes, paprika, sunflower oil, garlic, salt, brown sugar and cacao. As you can see these enchiladas are well thought out and based around a paramount of nutrition from plants. I found these enchiladas to be flavorful, colorful, healthy, and a very interesting spin on what is traditionally not such a healthy choice. These enchiladas bring a whole new level to plant-based Latin food, and I wholly enjoyed my visit to the cafe for this delicious sampling. So if you're so inclined to take a little road trip out for

seconds, please do visit Roaming Goat in Grass Lake, and tell them that Ryan from the Immune Booster sent you!

Need a little more spice to heat up those tamales and enchiladas? We've got you covered with **Verde Solanales Hot Sauce** from [The Brinery](#). This fine fermented hot sauce is vegan and gluten-free, and contains green jalapenos, distilled vinegar, filtered water, sea salt and garlic powder. I find this hot sauce to range in the medium to hot index and the best way to see if it fits your palate is to try a little and work your way up to trying a lot. I love spicy food and hot peppers and this hot sauce does not disappoint. So spice it up, clear out those sinuses and get a glass of water handy. Woot Woot!

Closing out this Latin-themed share, we have a **Strawberry Ginger Granola** from [Harvest Kitchen](#) that is vegetarian and gluten-free. This granola is composed of Ferris Farm organic oats, almonds, Tantre Farm dehydrated strawberries, sunflower seeds, coconut, honey, canola oil, ginger and pink salt. A tasty granola that is one of my favorite additions to Harvest Kitchen's granola line, this is a great snack right out of the container, an added touch of crunchy sweetness to any cereal with your preferred milk or take it a step further and make a yogurt parfait that would be a great breakfast meal to get your day started on the right track. If this granola leaves you wanting more, be sure to pay Keith a visit at the Kerrytown Farmers Market each and every Saturday.

So there you have it, another week flown by and another Immune Booster share has been broken down detail by detail, ensuring not to miss a single little morsel of goodness. Again, we thank you on behalf of Tantre Farm and all the other vendors who collaborated to make this very share possible. As always, it was a labor of love that resonates in the quality of the fresh produce and the creativity of the prepared foods. We are grateful for your continued support of this local food project, and we hope you enjoy this week's share of plenty. We look forward to seeing your smiley faces at both pick up locations this Saturday and lastly, please do let us know if you do have any other prepared food vendors you would like to see us feature in upcoming shares. We will be happy to follow up on your suggestions!

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, July 17, regarding Tantre Farm's Immune Booster CSA Share, Week 119, for pick up on July 23, 2022.

Eat well, do well, be well my friends,

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.*

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](#)

