



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 117) Share – July 9, 2022

Hello Fellow Locavores,

Welcome to the Immune Booster Week 117 Newsletter, and thank you as always for signing up to this local food share. We appreciate your continued support! This week we have a brilliant, breakfast-themed menu, offering a splendid line up of fresh and colorful produce, delicious savory and sweet prepared foods, and a lot of local love. Designed to be breakfast or, for the late risers, it may become brunch, but rest assured this box of plenty has got you covered. So rise to a new day the healthy way and enjoy the local bounty that this share offers with friends, family and loved ones.

In keeping with our Immune Booster name, we might as well kick things off with a serious dose of immune boosting properties that can be found in **Lacinato Kale** from [Tantre Farm](#). This dark forest-green and flat-bladed kale is chock full of all the essential vital trace elements and vitamins that our anatomy needs. This kale is a perfect dance partner for an omelette, smoothies, oven-roasted kale chips, added to soups, pastas or stews. Chizo, a senior farmer at Tantre Farm, loves to make a wilted kale salad for his Wednesday lunches, and he uses any variety of wilted kale along with fresh cooked cold green beans, almonds, shredded red beets and fried potatoes. The salad is tossed in a house-made vinaigrette, splashed with a little soy sauce and stirred a couple times and it is DYNAMITE! It's my new favorite salad.

This week's allium comes in the form of **Leeks** from [Tantre Farm](#). These leeks were made for chopping and that's just what we'll do; maybe we'll toss them into that omelette or a quiche to fill the niche. One thing's for certain, these flavorsome leeks pack some serious health benefits, including flavonoid antioxidants that boost your immune system and defend your body from free-radicals, soluble fiber that reduces inflammation and promotes digestive health, and sulfur compounds that aid in detoxification and improved function of the liver. For all these reasons, it's more than okay to be a leek freak. Bon Appetit!

Need a little sprinkle of **Sunflower Shoots** from [Garden Works Organic Farm](#) to top off that omelette above? Then no worries, we have got you covered with their delicious roasted nutty flavor. Versatile in their use, they can be sprinkled

on just about any dish to add a different element of texture and taste, or simply picked as a snack right out of the container. Sunflower shoots are rich in biophotons, the smallest units of light, which are stored in the tissue of young plants. The sun's light energy is transferred to you as you consume the plant. Also rich in essential amino acids, antioxidants, vitamins C and E, selenium, magnesium and zinc, these tiny shoots pack one heck of a health boost!

Moving on down the line, we have our first round of summer **Orange Carrots** from [Tantre Farm](#). Once you crunch you can't stop the munch! These carrots are sweet and crisp from the summer sun and packed with beta carotene that makes me feel so healthy and lean. These carrots were picked late this week and are taking a ride home with you Saturday. Delicious raw or cooked, you can slice and dip into your favorite condiments, or steam with a touch of butter and a drop of honey - you can't go wrong.

Closing out the fresh produce in this week's share, we end things on a sweet note with an all-time summer favorite and supreme antioxidant-laden superfood - a pint of fresh-picked **Blueberries** from [Joe's Blues](#). Joe grew up in the blueberry belt on the west side of the state, so he knows quite a lot about these flavorful berries. Joe practices organic growing methods and takes pride in hand-selecting the finest berries in his vast groves so they are at their peak in taste and quality when they go home with you. A refreshing and versatile summer treat that my daughters will devour in about two minutes flat, so I'd better be quick if I'm gonna get any! Also as a side note, we will have extra pints for sale on Saturday morning but only at the Food Hub pick up location, so come prepared and get another round.

If you prefer a simpler and milder breakfast, we have that covered for you with **Rolled Organic Oats** from [Ferris Organic Farm](#), about an hour west and slightly north of Ann Arbor. Rest assured, these fine oats have passed rigorous inspections for quality and chemical make-up analysis to ensure they are wholesome, pesticide and herbicide free and match the criteria for organic standards. Rich in antioxidants and a powerful soluble fiber called Beta-Glucan which is great for reducing bad cholesterol as it strips the body's veins of plaque. Healthy for your heart is always a great way to start early in the morning. Mix in some of your fresh blueberries for sweet and juicy pops of flavor and a little honey that is also in this share and you're in the yummmm business.

For a perfect complement to our rolled oats, the next item to fill in this breakfast box is a **Local Spring Wildflower Honey** composed of 100% raw honey from [Hives on the Hill Apiary](#). This Chelsea, Michigan apiary has recently harvested this sweet golden lava from its bees, who have been hard at work pollinating all the local wildflowers and local food crops this spring. Jacob D'Lamater, the owner of Hives on the Hill Apiary takes great pride in looking after his hard-working bees and collects this liquid gold that is high in antioxidants as soon as the bees process the honey, thus serving you the freshest, pure honey at its antioxidant peak. So whether you drizzle some over your oats or spread it across your State Street Wheat Loaf toast that is coming up next, we are certain you will enjoy the taste and the health benefits.

Get that bread ready for the toaster with [Zingerman's Bakehouse's](#) vegetarian, **State Street Wheat Loaf**. Composed of organic Michigan-grown grains that

include freshly milled soft white wheat, hard red spring wheat and rye. A dash of olive oil, sea salt and Michigan organic honey and you're in business with this local bread. It's great for making simple buttered up toast to add to your breakfast or if you're feeling fancy, French toast. It also makes really good grilled cheese and peanut butter and jelly sandwiches, so give it a whirl.

Keeping things rolling right along, we roll right into **One Dozen Local Eggs** from [Webbed Foot Pines](#), cluck cluck, bok bok. These free-range eggs have a high protein content, omega-3s and are a great source of choline, an essential nutrient that supports cell growth and metabolism. The morning never looked so good with all these fresh ingredients to whip up a beautiful, cooked breakfast - lean and mean omelettes, scrambled eggs, hard boiled eggs or get naughty and do some deviled eggs for brunch, ohhh yaaaa.

Bring on the pancakes!! Your wish is our command, with a **Standard Pancake Mix** from [Westwind Mill](#). This pancake mix is composed of three simple ingredients - unbleached flour, baking powder and sea salt. The unbleached pastry flour is milled just west of Flint on a two-hundred-year-old old mill at Westwind Mills. They use a certified organic soft white wheat grown by DKB Farms in Columbiaville, MI, just over an hour north of Ann Arbor. The aluminum-free baking powder and sea salt is sourced from Frontier Co-op. Together, the ingredients are combined to create a basic yet clean and pure pancake mix that supports sustainable and fair-trade practices. So get your hot cakes on, infuse them with strawberries and/or blueberries and taste the local difference in this premier pancake mix.

Switching back to the savory, next up we have a real crowd pleaser with a twelve pack of **The Fun Guys Pierogis** from [Pierogi Queen](#). These handmade pierogis of delight have been stuffed with locally sourced ingredients that include potatoes, flour, mushrooms, James Farm cheddar cheese, sour cream, egg, garlic, onion powder and black pepper. They are easy to fry up in a splash of oil and cooking instructions are included on the packaging that are simple and easy to follow. So brown 'em up good and serve them hot with some of the other food in this week's share. You'll be glad you did, and if they leave you hankering for more. If you pick up at the Food Hub location, we will have six other pierogi varieties from Pierogi Queen in the freezers for you to stock up on.

Wrapping up the last prepared food in this week's share we have a **Southwest Hash** that is vegan and gluten-free from [Harvest Kitchen](#). This savory hash is composed of sweet potatoes, poblano peppers, red pepper, red onion, garlic, shallots, kale, cilantro, cayenne pepper, cumin, coriander, salt and pepper. This would be a perfect dance partner for eggs over easy and a slice of toast for a quick healthy breakfast or served well with The Fun Guys Pierogis as a side dish. So hash it up like you just don't care! As a side note, Harvest Kitchen is in the Kerrytown Farmers Market each and every Saturday so stop by and pay head chef Keith a visit.

Time to wash this feast all down your neck with a vibrant **Down to Earth Kombucha** that is vegan and gluten-free from [Unity Vibration](#). This super-healthy drink does wonders for your inner economy and gut biome, and tastes delightful indeed. It is composed of organic mint, organic lavender, organic blackberry juice, functional mushroom concentrate, organic licorice root, organic fair-trade kombucha culture and colloidal platinum. I was intrigued by

the mushroom concentrate ingredient in the drink. Mushroom consumption is on the rise, and there are so many types to consume. Mushrooms are forecast to be the next agricultural boom because of their beneficial health impacts, so get ready for many more forms of mushrooms finding their way into your food and drinks. This kombucha is brewed and canned in Ypsilanti, and Unity Vibration has a tap room that is open to the public. They are also hosting live bands from time to time, so pop on in and check out this hipster spot. It's well worth a visit.

As this week's newsletter comes to a close, we would like to thank you again for investing in the local food movement via our Immune Booster CSA. The cause and effect of doing so supports our neighborhood food systems here in southeast Michigan, allowing our farmers to grow more food, and our local restaurants and bakeries to prosper and let their artistry flow year around. All the while we eat local, we eat seasonal and we eat healthy, reducing fossil fuel miles by sourcing food locally. All mindful things that are important for the future of our ever-changing planet. We are grateful for your patronage and for all the collaborations each and every week with our farmer and restaurant partnerships. Many great things have happened behind the scenes thanks to this project, and new opportunities have opened up for many of our local businesses throughout the 117 weeks of the Immune Booster CSA Share so far. It's been a wild, fun ride on this Immune Booster mission, and we are grateful that you have come along for the journey. We look forward to many more weeks of bountiful, local food shares, and we will see you Saturday morning at your chosen pickup location.

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 10, regarding Tantre Farm's Immune Booster CSA Share, Week 118, for pick up on July 16, 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.

Tantre Farm

2510 Hayes Road, Chelsea
MI 48118 United States

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