



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 119) Share – July 23, 2022

Hello my Locavore Friends,

Thank you for joining us and for signing up to this fresh and in-season Immune Booster share. Your support is our motivation to bring you wholesome, sustainably grown and healthy food whilst encouraging our local food purveyors to push creative boundaries and remain steadfast in their collaboration with our local farmers. As we curate our menus each week, we feature a wide range of farms, restaurants and food artisans with intention. We all have a shared vision of supporting the local food movement. We understand and advocate the greater benefit to the wider community; the choice of knowing where your food comes from, the reassurance that your food was grown purely by nature and without chemical intervention, the contribution back to nature in supporting the ecology of the fields and the biodiversity it offers. The spectrum of benefits is far-reaching and on so many levels. This is food with a purpose, and it begins with your sign up to the share! So join hands with us as we walk together through the fields of produce and the creative kitchens from not so far away, and let's take a closer look at what you'll be bringing home with you this week...

Brightening things up really quick, we have **Rainbow Swiss Chard** from [Tantre Farm](#). These tender field-grown greens are packed with vitamins A, C and K to keep the doctor away and can be incorporated as a salad green, a wilted salad, stir fried or used as wraps. Also, be sure not to throw those beautiful stems away! They are packed with fiber and can be diced and stir fried, tossed into soups or stews or used for making stocks. This is what I call a two-for-one veggie, the best type!

Rolling right along, let's roll right into some **Green Cabbage** from [Tantre Farm](#). These dense and tightly compacted leafy green globes are plentiful in vitamin C and K and help aid in digestion as well as keeping your heart healthy by reducing inflammation. Cabbage can be consumed raw or cooked in an endless variety of ways. Stir fries, stews, soups or slaws would be a great starting point to consume this crisp and versatile veggie.

The sun is shining, the weather is sweet... Makes you want to move your dancing feet, to pick some fresh **Sunflower Shoots** to eat. These sunflower

shoots from [Garden Works Organic Farm](#) pack a delicious roasted nut flavor and can be sprinkled on just about any dish to add a different element of texture and taste. Or you can simply snack on them 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!

This week's allium comes to us 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 a stew 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!

Next up, we have some superfood spuds in the form of **Red Potatoes** from [Tantre Farm](#). Bear in mind that these potatoes are the first batch out of the ground this season, so they are more water laden and may cook a little differently than what you are used to. My suggestion is to fry them up, roast them up or gently boil and mash them up. Abundant in nutrients and energy, you will be able to taste the local difference in these fresh out of the ground tubers. Enjoy!

Closing out the fresh produce in this week's share, we have the beta-carotene rich in-season so all the more reason **Orange Carrots** from [Tantre Farm](#). Perfect for slicing away on a hot summer day and dipping them in your favorite condiment or simply steaming or sautéing to a sweet summery treat. These carrots would be a perfect cooked dance partner to the prepared foods in this week's share so hop aboard and serve them up to make a more diversified and healthy meal.

Stepping out of the fields and into a bakery, we dive into the prepared food menu with an **Original Sourdough Loaf** from [Raterman Bread](#). This hand-mixed loaf is kneaded together on Wednesday afternoon and left to ferment with airborne yeast for two full days. As the yeast rises, the flavor intensifies, and these beautiful and robust rustic loaves of bread are born. So get that bread knife sharpened for this loaf of plenty!

Moving on down the line, we have a delicious **Butter Paneer with Rice** from [Tiffin Tonight](#). Composed of paneer, cream, onion, cashews, tomatoes, ginger, garlic, cilantro, olive oil, salt, turmeric and rice, this dish offers a savory delight in every bite. Many hours went into reducing this savory butter paneer sauce, building the flavor and texture in layers. Served with the rice, you have a wonderful meal for two that can be complemented well with a fresh chard salad, steamed carrots or stir-fried cabbage from the produce in this share.

Back by popular demand, we have a brilliant **Red Tofu Curry** from [Basil Babe](#). This is a recipe that resides on the coattails of someone who grew up in Thailand and learned to cook from their mother. Basil Babe offers a real look

into what authentic Thai food tastes like. This somewhat spicy and colorful dish is composed of red curry paste that consists of dried chili pepper, garlic, shallots, lemongrass, sugar, kaffir lime, galangal, coriander seeds, cumin and cardamom. It also has a dose of coconut cream, a splash of fried tofu, bell pepper slices, eggplant rounds, slender bamboo shoots and fresh basil to boot. All things that are healthy for your immune system and pleasing to your taste buds.

Away with the savory and bringing on the sweet, next up we have two **Lemon and Poppy Seed Muffins** from [Harvest Kitchen](#). Upon sampling these fluffy muffins last week while visiting Harvest Kitchen, they left me full and satisfied with their sheer size, density and flavor. Composed of milk, butter, eggs, lemon juice, lemon zest, flour, sugar, poppy seed, baking powder, salt, and baking soda, they are perfect for breakfast on the go or a nice dessert to top off a meal. Enjoy with a cup of tea or coffee to wash them down and you're in the yum business.

Lastly, we have two **Sparkling Tonics** from [Fruitbelt](#). I had the pleasure of driving out to Grand Rapids last week to meet this up-and-coming business and sample the three drinks they currently make. After trying these fresh, crisp and delightful drinks, it didn't leave me much choice, but to load up my truck with as many cases as it could hold. Made from all-Michigan ingredients, these sparkling tonics are designed to drink out of the bottle, over ice, used as a cocktail mixer or a mock-tail mixer. Any way you choose, the end result is delicious and refreshing, and we look forward to working with this vendor as they continue to diversify and grow. As a side note we will have these drinks for sale in singles and four packs on the market table for the foreseeable future, so if you want more just ask our market manager for round two.

So there you have it. Another week flown by, and another Immune Booster CSA share box of Michigan-grown food awaits you this Saturday for pick up. It gives me great pleasure to curate these shares each week and collaborate with local businesses on new ideas to present creative, fun and appetizing menus for you all. It's a lot of feel-good work, made even greater by the outpouring of support we receive each week when folks come to collect their shares. We hope you enjoy your share and if you know of some other local businesses that you think would fit our narrative, please send us an email and we will be glad to try and line them up in a future share.

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 24, regarding Tantre Farm's Immune Booster CSA Share, Week 120, for pick up on July 30,

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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