



# Tantre Farm CSA Newsletter IMMUNE BOOSTER Week 122 Share – August 13, 2022

Hello Folks,

Welcome to the Immune Booster Week 122 Newsletter, and as always thank you for signing up to this week's share. We hope you have all had a great week and that you have had a chance to get out and about in this beautiful summer weather. It's the perfect weather for farming with the patchy clouds slowly drifting by, the night rains and then the warm, but slowly fading summer sun. The high heat crops such as sweet corn, tomatoes and watermelons are hitting their crescendo and are now flowing in abundance along with so many other summertime favorite fruits and veggies. The workload is heavy, but it's a labor of love when you approach farming as a constant student. Learning, adapting and unlocking the secrets of the natural world's flora and fauna is limitless and fascinating. So much to learn in what feels like not enough time. In less than 4 months, the rainbow-colored fields will be idle, brown and quiet in the frozen landscape and these times of abundance will seem a distant memory. But we are not there yet! So let's live it up in the summer sun and go have some fun. Maybe take this share and its occupants out for a picnic with loved ones, or an easy and fun cookout in the backyard. Whatever you choose, we aim to bring a smile to your face with the delicious prepared foods to delight your taste buds and fresh produce items to bring out the chef in you with your own culinary masterpiece creations. So with that, let's break down what is in this week's offerings and see what's coming home with you this Saturday...

Getting the Immune Booster rolling on down the track, first up we have a rather fine herb that is **Parsley** from [Tantre Farm](#). Parsley is native to the Mediterranean region and has been proven to reduce high blood pressure and deter allergies. It is also loaded with antioxidants and antibacterial properties, along with a wide range of essential vitamins and trace elements that are perfect for our anatomy. So what to do with this bunch of parsley? The first thing that comes to mind is a tabbouleh salad! Super easy to make and super healthy. Alternatively, there are many parsley pesto recipes online that are intriguing and worth a try. Parsley can be used cooked or raw, mixed in at the last minute to soups, stews or even sprinkled lightly on a salad. For the carnivores amongst us, a favorite way of mine to use parsley is in a pork loin crock pot. Place the pork loin on a bed of diced up garlic and onion. On top of

the pork loin, sprinkle salt and pepper and layer on more of the garlic and onion. Cut the pre-washed bunch of parsley in half inch clips over the top of the pork loin to encapsulate it. The parsley will act like a blanket and trap the moisture in the meat while adding rich flavor. Cook it on low and slow for 8 hours or more. The end result is a delicious roast dinner or better yet, pork tacos, and burritos.

Sweetening things up a bit, next we have a rainbow of color with a splendid **Cherry Tomato Mix** from [Tantre Farm](#). In your share, you will receive a combination of colorful cherry tomatoes that range from orange, to red, to purple or even super sweet green ones. These tomatoes are high in calcium and each color of tomato offers a diverse makeup of nutrition ranging from chlorophyll, carotenoids, flavonoids and betalains which are all excellent for our immune systems. So toss these beauties in that tabbouleh salad, eat them on the way home or just have them as a hand snack at your picnic or cookout. You'll be glad you did!

Next up, we have the lean and not so mean **Yellow Green Beans** from [Tantre Farm](#). These yellow beans lack chlorophyll, which is the green pigment in the produce. However, they are full of carotenoids, giving the beans their yellow color and a healthy dose of antioxidants, lowering inflammation. They are chock full of fiber, folate and vitamin C. These beans are on my radar to make a green bean casserole or to turn them into a cold summer salad. With the latter salad idea, gently boil the beans with a splash of salt until tender. Rinse in cold water and then add them to a bowl of chopped kale. Shave some corn kernels off one of the ears of corn in this share, sprinkle into the bowl and toss in some diced cherry tomatoes for good measure. Whip up a little homemade vinaigrette, drizzle over the salad and gently stir. The end result is a tasty, filling and healthy salad that will surely have you coming back for more. Switch out the veggies to your own taste as this green bean salad is extremely flexible. Kidney beans are a great addition, just FYI.

Moving right along while we sing our Immune Booster song, we run into some mighty **Leeks** from [Tantre Farm](#). These non-leaky leeks are a member of the allium family and pack a high dose of vitamin K that keep our bones healthy and strong. They are also really good for our eyes as they contain lutein and zeaxanthin, protecting our eyes and reducing the risk of cataracts and age-related macular degeneration. So get your leeks on and maybe sauté them down and add them to that yellow green bean casserole for a little extra pep in that casserole's step. Alternatively, incorporate them into a quiche or a potato and leek soup, use them in place of onions, or add them to a stir fry. There are so many culinary tips on how to use this impressive allium, so get out there and find one that fits your fancy.

Bringing on the super summer treat, we finally get our first taste of **Sweet Corn** from [Tantre Farm](#). This summertime favorite is a staple to our share this time of year, so we will gladly load you up with plenty of ears to go around. Sweet corn is packed with vitamin B6, niacin and potassium which reduce high cholesterol and triglyceride levels in our bodies. So get your corn on the grill, gently boil it on the stove top or make it into a delicious sweet corn stuffing... the latter I just recently tried for the first time, Southern-style in Nashville, Tennessee. It was out of this world!

Rounding out the fresh produce in this week's share, we finish things off on

another sweet note with either a **Red, Yellow or Orange Flesh Watermelon** from [Tantre Farm](#). This thirst-quenching beauty is composed of 92 percent water on average and sooo good for hydration. Watermelon is nutrient-rich, packed full of electrolytes and offers a steady dose of vitamin A and C. So take this bundle of joy out on the picnic date or slice it up for the neighborhood cookout. We will have extras for sale at both pick-up locations, so get your summer fill while you still can!

Kicking things off with the prepared food this week, we have a **Jewish Rye Loaf** from [Zingerman's Bakehouse](#). This traditional turn-of-the-century rye bread is composed of organic wheat flour, water, rye, sea salt, yeast and caraway seeds. Its distinct flavor and caramel colored crust is a perfect dance partner for any salad, stew, soup or roasted dinner. It also makes a killer Reuben sandwich, so just so ya know, you know. So gobble it up and taste the uniqueness of this old world style bread. Your taste buds will be happy.

Need a crisp, fresh salad to pair up with that scrumptious bread? Hmmm... Yes please! This week we are elated to feature [El Harissa's Sun Salad](#) which does contain nuts, is gluten-free and will have cheese in a separate container. This colorful salad is composed of a light and crisp mix of leafy greens, anise, baked sweet potato, spiced lentils, dates, toasted almonds and pomegranate seeds. It comes with a house-made dressing that contains green tahini, fenugreek and cumin. When sampling this salad earlier in the week, I found my utopia! It's got a great mix of flavors, texture and balance that is simply delicious. If you need seconds like me, head on over to El Harissa and tell them Ryan from the Immune Booster sent you.

Grab another round of sliced bread! Next up, we have a unique and wholesome **Green Bean Stew** from [Ayse's Turkish Cafe](#). This slow-simmered stew is composed of local green beans, tomatoes and onions along with olive oil, Turkish spices, pepper and salt. Ayse, the head chef and owner, takes real pride in making home-cooked Turkish meals in her restaurant and has been in her current location on the north-east side of Ann Arbor for over 25 years. There is a reason why, and that is because her food is very good and very diverse. I found this green bean stew very inviting, warm and comforting. Served together with the rice dish that is coming up, they are quite the combo so get ready for some real comfort food.

With a bit of spice and everything nice we move on to a **Mirch Masala Rice Dish** from [Earthen Jar](#). This tasty rice dish is composed of basmati rice, onions, tomatoes, canola oil, mixed Indian spices, cayenne pepper and salt. This rice has a medium to medium-high heat to it with the cayenne pepper, but it serves so well with the green bean stew that cools down the spice. Serve with a slice of bread and some Sun Salad and you're onto another dimension on this Immune Booster mission. If you find yourself hankering for more of Earthen Jar's fine food, then head on over to Arbor Farms Market for the widest to-go selection of Earthen Jar takeaway foods. There are all sorts of hidden gems there waiting just for you!

Our last featured item is upon us, and what better way to go out than to offer up a pint of freshly made **Michael's Granola** from [Harvest Kitchen](#). Particularly popular for their granola, Harvest Kitchen knocks it out of the park with this Michael's Granola that is composed of Ferris Farm's organic Michigan-grown

oats, Lesser Farms honey, expeller-pressed canola oil, walnuts, almonds, sunflower seeds and pumpkin seeds. Harvest Kitchen sells their foods in Argus, Agricole, and at the Kerrytown Farmers Market on Saturdays if you're interested to check out a wider range of dishes that this local kitchen has to offer. We also sell their frozen baked pot pies at the Food Hub, along with a variety of other tasty granolas.

So there we have it. Another share has come to pass on these fine summer days. We hope you enjoy this week's offerings, and we are grateful for your continued support of this local food project. It not only supports Tantre Farm, but also all the other local food purveyors that join hands with us each week to feed local food to the local folks, the way it should be. Many hands make light work and if we all work together in harmony great things can happen. In closing, if you have a local food business that you think would be a great fit to the Immune Booster, please do reply to this email and let us know who you're cheering for, and I will be happy to look into what they are all about. For now, we look forward to seeing you this Saturday morning at both pick up locations, and we hope you have a wonderful 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](#) 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, August 14, regarding Tantre Farm's Immune Booster CSA Share, Week 123, for pick up on August 20, 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).*

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