



Tantre Farm CSA Newsletter IMMUNE BOOSTER Week 123 Share – August 20, 2022

Hello Fellow Locavores,

Welcome to the Immune Booster Week 123 Newsletter and thank you for turning out to support this local food purveyor's share this week. The Immune Booster project is a collaboration of local folks who love to do what they do, from the farmer growing the crops, to the chef creating culinary masterpieces, to me composing menus that are inspired by our local food talents and driven by our client feedback. The creative talents in the fields and in the kitchens speak volumes to what our local food systems can do when working together to make complete shares just like the one you are picking up tomorrow. We are blessed to have such a diverse set of farms and kitchens here in southeast Michigan and forever grateful to work with as many folks as we can that support the 'local' and 'in-season' narrative. As we follow the field crops' growing season, our shares reflect what's in abundance in the current time. This week we highlight some of the produce at its current peak, as the summer begins to wind down... But not just yet! We still have plenty of warm weeks ahead, with much more bounty to go around. So with that, let's open up this week's share and see what tasty, healthy and local food will be riding home with you all this Saturday morning.

Opening up the share, you will be greeted by a large bunch of vibrant, green fan-shaped **Collard Greens** from [Tantre Farm](#). These high in fiber greens are also loaded up with a mighty dose of vitamin A and C, as well as iron and folate, so don't hesitate to whip these kickin' collard greens into a savory southern-style comfort food dish. There are a billion and one recipes online to stimulate your collard greens culinary vision, so give one a whirl and find a new staple addition to your weekly cooking routine as summer begins to fade.

Can't have collards without the **Sweet Corn** from [Tantre Farm](#), now can we? This sweet yellow corn is delicious whether consumed raw or gently blanched in a rolling boil of salted water and then served. Its sweet and juicy kernels are loaded with vitamin C and contain a fair amount of potent antioxidants, such as lutein and zeaxanthin, that combat free-radical cell damage. So get that sweet corn on the grill, husk and all, eat it raw or gently blanch for the best yum in the summer fun.

Speaking of grilling, next up we have the perfect pepper for your grill with **Shishito Peppers** from [Tantre Farm](#). These forest to light green Japanese peppers are packed with a mild zest as well as vitamin B6 and K, plus a solid dose of potassium for good measure. They are best served grilled, blistered, sautéed or roasted. Blistered and slightly wilted are my preferred method for these fine peppers, and I would suggest you use them as a side for the Spicy Noodle Salad or the Yellow Curry Stew that's in this week's share.

Next up, we have beta-carotene rich **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.

Since we are red hot, we might as well bring on the **Red Slicer Tomatoes** from [Tantre Farm](#). These red lycopene-laden beauties are packed with vitamins B and E, and the lycopene in the red skin of the tomato protects the tomato from ultraviolet rays in much the same way consuming it will do for your own skin. So tomato up in the summer sun and load up a summer salad with them, make a caprese salad, add them to a sandwich or simply slice and gently salt for a quick, hydrating, nutritious snack. You'll be glad you did!

Tater time anyone? Well, well what we have here is a **Potato Mix** from [Tantre Farm](#). Somewhere way down in the box there is a hefty bag of potato gems in colors of red, gold and/or blue. Rich in protein and life-nourishing potassium, these superfood spuds sure are studs. So grill them up, bake them good, slice them and fry them any ol way a good 'ol matie should.

Round and round we go at the Tantre fields of green. What's that over yonder, my dear, that I see? Rinds of sugary delight are now in my sight as it appears a **Watermelon** from [Tantre Farm](#) nears. Hidden within this green rind you will find either a red, gold or orange flesh, full of electrolytes and juicy sweet flavor. So slice them without haste and serve them away as the summer sun fades for the day.

Pivoting away from the loud and proud produce, and into the refined bakery, we present a heart-healthy, **Multigrain Sourdough Loaf** from [Raterman Bread](#). This highly nutritious and rather delicious loaf is composed of flour, water, salt, cracked rye, cracked wheat, sunflower seeds, oats, flax seeds, red quinoa and pumpkin seeds. This fresh loaf of bread is baked into the late hours on Friday night and handed out to you bright and early the next day. It doesn't get much fresher or wholesome than this, and if this tasty loaf leaves you hankering for more, Nick the owner and operator of Raterman Bread, is at the Kerrytown Farmers Market each and every Saturday with his entire inventory of baked goods and breads. So pay him a visit and tell him Ryan from the Immune Booster sent you.

Moving on with the prepared foods for this week's share, we have a real crowd-pleaser with a **Kohlrabi Papaya Salad** from [Ginger Deli](#). This colorful and creative salad is vegan and gluten-free, but does contain nuts that are served in a separate container. This coleslaw-style salad quenches a hot day with its crisp, sweet crunch, unique taste and healthy composition. Containing a

julienned melody of fresh peeled kohlrabi, green papaya, bean sprouts, carrot, mint, mango, beet and shallots, the salad comes with a sweet and tangy dressing that is served in a separate container. The dressing is composed of water, apple cider vinegar, lime, garlic, red pepper flakes and maple syrup. As you can see, head chef Te Phan had a long and thoughtful vision to create this delightful salad, so if you just can't get enough, head on down to Ginger Deli's restaurant on Liberty Street in downtown Ann Arbor and grab another kohlrabi papaya salad, along with a bowl of tasty pho, spring rolls or egg rolls, and a completely home baked and handmade banh mi sandwich. I was just there today, and I loaded up with a nice little set of goodies to feed the family for dinner. It was dynamite!

To complement this fine salad, next up we have a clever **Spicy Noodle Salad** that is vegan and gluten-free, but does contain nuts from [Juicy Kitchen](#). This seasonal salad is composed of organic linguini pasta, tri-colored bell peppers, cucumbers, carrots, green onions, cilantro, crushed peanuts and then all mixed together with a house-made, spicy peanut dressing. It's quickly becoming a hot topic on Juicy Kitchen's menu and would most definitely be worth a visit for round two. Whether visiting on the fly and picking up healthy dishes out of their self-serve cooler in the front of the café, taking out or eating on the patio out front of the café, you're pretty much guaranteed a healthy and creative snack or meal. So check them out and see what other wonderful dishes they make on their ever-rotating menu.

Rounding out the savory in this week's share, next up we have a **Yellow Curry Stew** that is vegan and gluten-free from [Harvest Kitchen](#). This slow-roasted stew is composed of zucchini, sweet potatoes, carrot, onion, shallots, coconut milk, vegetable stock, corn starch, garlic, ginger, lemongrass, curry seasoning, kaffir lime leaves, cumin, spices and olive oil. Quite the mix of healthy ingredients, and a serious dose of nutrition with a plant-based focus. It's good for you to indulge in some comfort food like this with a slice of the multigrain bread and a side of blistered shishito peppers. For more Harvest Kitchen creations, visit them at the Kerrytown Farmers Market every Saturday and you will discover a full display of granolas, sweet treats and a wide variety of savory dishes. So go say 'hi' to Chef Keith and see what's cooking!

Closing out the share, we have a two-pack of crisp and refreshing local drinks to wash down all this tasty food with [Fruitbelt Tonic](#) beverages. In your share, you will receive any two of the following drinks: **Elderberry, Tart Apple or Cherry sparkling tonics**. These drinks are all composed of Michigan-grown produce and can be consumed right out of the can for a light and refreshing healthy drink or made into mock-tails or cocktails for happy hour. These drinks also pack a nutritional punch and are composed of some serious antioxidants to keep the doctor away. If you're picking up at the Washtenaw Food Hub, we sell them inside the retail store (in glass for the back deck or in aluminum cans for the lakes and river floats). So get your Fruitbelt Tonics on and hydrate up!

As we draw the curtains this week, we would like to once again thank you all for coming out this week and supporting this local food project. As the wheels turn and the cogs grind each week the Immune Booster CSA shares spin off more and more thoughtful and talent-rich menus from folks that grow the crops and cook the local harvest here in southeast Michigan. Your dollars invest in these businesses as well as Tandre Farm and in return the produce fields are

tended to and the chefs can be more creative. It's a win-win on many levels, all of which focus on local mindfulness. Our aim is to rally and build community, reduce fossil fuel miles on our food and the material waste that comes with our food, encourage our clients to consume food with the seasons and to become more knowledgeable about their food, such as who grows it, where it comes from, ways to use it and why it's good for you. All things that are worth noting when it comes to feeding your body. As we depart, we hope this share serves you and your loved ones well, and we look forward to seeing you all at both pick up locations Saturday morning.

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 21, regarding Tantre Farm's Immune Booster CSA Share, Week 124, for pick up on August 27, 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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