



Tantre Farm CSA Newsletter IMMUNE BOOSTER Week 124 Share – August 27, 2022

Hello Fellow Locavores,

Welcome to the Immune Booster Week 124 Newsletter and as always, thank you for signing up for this locally grown and sourced CSA share. As the height of summer slowly slips away and the mornings bring a heavy wet dew across the fields, we have begun to see some of the weaker or smaller trees beginning to show some slight fall color. The black walnuts are always a first sign that fall is underway and just this morning while driving down the country lanes to the farm, I was greeted by a light cascade of yellowed, black walnut leaves falling in the gentle breeze. As it stands now, fall is officially 27 days away on our human calendar, but with nature the reduced daylight hours and the ever-fading sun's energy as the earth tilts away from the sun have a more profound effect on the plants, signaling that the growing season is coming to an end. Before fall proper and all its glory, we still have plenty of warm days ahead and hoop houses to keep our crops warm at night as the season winds down, so don't you worry just yet. There is still a lot to come out of the fields and onto your plates! So with that, we should switch gears and get started with this breakdown of your bountiful box of food and find out exactly what is coming home with you this weekend...

Bringing on the greens and purples this week, we get this share rocking with a colorful **Lettuce Mix** from [Garden Fort](#). This mix of lettuce is derived from up to 7 different types of clipping lettuce, so it has a wide range of color and texture as well as nutritional make-up. Lettuce is 95 percent water and loaded with vitamin K and A. Extracts from certain types of lettuce are also known to help promote a better night's sleep. These pre-washed greens could use one last gentle wash and then stack up high on your plate along with all the other produce items offered in this week's share. Salad up, buttercup!

Staying in theme with the healthy greens, next up we have the rich and nutty flavored **Sunflower Shoots** from [Garden Works Organic Farm](#). These shoots are a perfect dance partner for your lettuce mix, and they add a wealth of flavor to your salads as well as a heavy nutritional dose of all the key trace elements and minerals. So shoot for the stars and gobble them up within the first three days of receiving your share for optimal freshness and nutrition before they begin to respire. We don't want that now, do we???

In place of the Cherry Tomatoes advertised earlier this week, we did a last-minute pivot to a full-size **Red 'Geronimo' Slicer Tomato** just because we have an enormous bumper crop of them currently at [Tantre Farm](#). In your share, you will get plenty of these red globe beauties to slice away until your heart's content and your calcium levels are off the charts from consuming them. So add them to that salad, make a caprese salad, whip up some salsa, stuff them and roast them or simply slice and salt them and down the hatch they goooo!

Kicking it up a notch and into a sweet gear, we have some sugary **Sweet Corn** from [Tantre Farm](#). This corn is in its prime and our successions of it won't last forever, so we loaded you up with a healthy serving of ears to go around. Like a typewriter, just chomping on right down the line and then back down the other way, clearing the creamy sweet kernels from their cob. I love to eat this corn raw or alternatively placed into boiling water for 2 minutes or less and then serve. This corn is loaded with vitamin C and powerful antioxidants that combat free radical cell damage. So get that corn on the grill and roast it and then shave it off the cob onto your DIY salad or homemade salsa, boil it, make cream corn out of it, or just eat an ear of it on the way home and see what you think. You'll be glad you did!

Keeping things sweet, next up we have either round **Yellow Spanish Sweet Onions** or torpedo-shaped **Red Long of Tropea Sweet Onions** from [Tantre Farm](#). Rest assured, both onions are a sweet summer onion with a mild zest that can cause some tears of delight while slicing them. Both onion varieties pack a mighty dose of sulfur and are really good for cleansing out your vital organs. So slice them thin and add them to that salad, quick pickle them in a sweet brine thinly sliced or roast them whole on the BBQ and then peel the outer layer off and consume them. An allium a day keeps the doctor away!

Rounding out the fresh produce in this week's share, we go out with a head-sized **Cantaloupe** from [Goetz Greenhouse and Family Farm](#). These muskmelons are the real deal when it comes to sugar content and their burnt orange flesh is so tender and juicy with all this summer sunshine. These melons are also packed with fiber that decreases bad cholesterol and potassium that lowers your blood pressure. So go on, slice it up on the porch and munch away as the summer sun fades away.

Adding a little pop to the Immune Booster box this week, we have organic **Yellow Popping Corn** from [Ferris Organic Farm](#). This popcorn is grown about a half hour north of Jackson, Michigan, and this farm has been in operation by the same family for over 100 years. These premium kernels are great for your own stove top popping experience or an old school countertop popcorn machine, so give it a whirl. A few weeks ago, I popped some over some coals on my campfire and it was a fun and tasty experience for all involved. So get out there and give it a whirl!

Moving on to the prepared food, and first out of the gate is a fine and freshly baked bread called the **Roadhouse Loaf** from [Zingerman's Bakehouse](#). This medieval-looking loaf of bread reminds me of the iron works I saw in my castle hunting days in Wales some years back with its intricate pattern and colors. Composed of water, organic wheat flour, organic cornmeal, organic rye,

molasses and sea salt, your loaf will be freshly baked Friday afternoon and riding home with you first thing Saturday morning. If you have never visited Zingerman's Bakehouse, then you are surely missing out for they have a beautiful European-style café that is fully stocked and well-staffed. I'm sure you'll find way too many good things to bring home with you so be prepared! Also, the chocolate eclairs are a must try right out of their display cooler with a coffee or tea. Just an insider tip there.

To complement your do-it-yourself salad and bread, we have a unique and tasty salad dressing made by [Roaming Goat](#). This brilliant **Coconut Cilantro Salad Dressing** is vegan and gluten-free and composed of coconut milk, apple cider vinegar, Tantre Farm cilantro and maple syrup. Whipped and blended into a creamy and colorful delight and then dashed across your salad and an extra dash on the side to dip your bread. Britt from Roaming Goat even suggests drizzling it on a cantaloupe salad or roasting it with chicken and tomatoes! This is all about the yum business and just one of several creative salad dressings on offer by Roaming Goat. I suggest stopping by in Grass Lake for a visit, and since they're just down the road from Tantre Farm, why not pay us a visit too? Come and see your food growing in the fields and after your field trip head on over to Roaming Goat for some healthy and colorful lunch. Either way, tell the staff at Roaming Goat that Ryan from the Immune Booster CSA share sent you. They will be stoked!

Next up, we head back to the carbs with a lottery of **Basil Fettuccine or Spinach Fettuccine Pasta** from [Al Dente Pasta Company](#). The main ingredients for both varieties of pasta are the same and include durum wheat semolina, eggs and either dried basil or powdered spinach. When they make this pasta, they take in a major harvest of either basil or spinach and process it immediately into pasta to retain as much nutrition as possible. The cook time on this pasta is relatively short and the noodles have a real tender and flavorful depth to them. So gently boil them and get ready for the sauce that is coming up next! We now have a handful of other Al Dente pasta varieties for sale at The Food Hub market space on Saturdays, so if that's your pick-up location, you can easily acquire more for that second round of pasta.

Moving on to the sauce! Since basil is currently in season, [Juicy Kitchen](#) is setting you up with a fantastic **Fresh Basil Pesto Sauce** that is vegetarian and gluten-free, but does contain nuts. This rich sauce is composed of Tantre Farm basil, extra virgin olive oil, walnuts, fresh-squeezed lemon juice, parmesan cheese, garlic, salt and pepper. Whipped and blended into a smooth and creamy rich delight, I found this pesto to be rather delicious when sampling it this week at the café. So go and get your Italian-themed dinner in line with a DIY salad, slice of bread, fresh cooked pasta and this fine pesto for a complete and healthy meal. Also note that this pesto sauce is currently available most days of the week at the café, so pay Juicy Kitchen and their extremely friendly staff a visit and pick up a few extras from their reach in display case to take home with you.

Wrapping up the savory in this week's share, we go out with a heavy hitter that is the **Ambrosia Pierogies** from [The Pierogi Queen](#). These super tasty pierogies are composed of flour, eggs, spinach, feta cheese, potato, sour cream, garlic and spices. These pierogies are perfect for pairing up with a salad and are relatively easy to cook and serve up in no time at all. If these fine

pierogis leave you hankering for more, look for The Pierogi Queen and her pop ups at York of Ann Arbor or HOMES Brewery-Brewpub. Alternatively, simply open the freezer door in the retail space at The Food Hub on Saturday morning if that is your pickup location and grab another tasty bag of them. See, we make it easy for ya.

Closing out the share on a sweet note, we have a lottery of jams on offer and in your share, you will receive one jar of either **Raspberry, Blueberry or Grape Jam** from [Miss Kim's Jams](#). All varieties of jams are composed of Michigan-grown fruit, sugar and pectin. These spreads are good for any occasion from ice cream toppings to PB&J sandwiches or spread across some of that Roadhouse Loaf from Zingerman's Bakehouse. We also sell other varieties of jams made by Miss Kim's Jams at The Food Hub or the Kerrytown Farmers Market in downtown Ann Arbor. So seek her out and find your favorite flavors of jams, pickled beets or cucumbers and pie fillings and tell her you found her products via the Immune Booster.

As this week's share comes to a halt and we wrap up this Immune Booster menu breakdown, we would once again like to sing our gratitude for your continued support on this local food mission. Many hands came together, and many hours were spent growing, harvesting, washing, preparing and processing the food you are going to consume over the next week. Best of all, almost everything in this box was grown and made here in Michigan and financially supports our local farmers and food purveyors. An investment that involves mindfulness and collaboration within our local food community as well as reducing material food packaging waste and fossil fuels. It's a win-win for everyone involved and a way that everyone can be included, whether you're the farmer, baker, chef or patron. This circular economy is becoming the new norm and is similar to what our food systems used to look like up until after World War II when we switched into industrial farming, monocropping and food from all corners of the planet - a path that was never sustainable. Moving back to local food and eating with the seasons can have a real impact on our health, our local economy and our shared home, so good on you! We hope this share leaves you and your loved ones full and content. Until next time....

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 28, regarding Tantre Farm's Immune Booster CSA Share, Week 125, for pick up on September 3, 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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