



Tantre Farm CSA Newsletter IMMUNE BOOSTER Week 128 Share – September 24, 2022

Hello fellow Locavores,

Welcome to the first of the new season's newsletters, as we have officially passed the Autumnal Equinox! During the first half of this week, we had our final blast of summer weather, followed by a thunderously impressive show of lightning to cap it off. Then, an about face with a northern wind behind the storm to cool things down by almost 50 degrees within a 24-hour period. The cooler weather appears to be here for another week or more as we settle into the changing of the guard of the season. It's a beautiful time of year to work on the farm and watch the colors of fall unfold, the migrations of birds, the eagerness of the squirrels to stash away mid-winter snacks, and the busy bees working hard all day and resting in the flowers they adore all night until the warmth returns the following morning. The field work becomes a race against the weather to collect as many of the heat-loving crops as we can before the first frost bites them.

We clipped acres of winter squash this week and began to carefully stack them into crates for winter storage. We are beginning to pick all the remaining peppers and tomatoes that have color in them and closing out fields for the season to rest until next year. We are also continuing to plant cool weather, leafy green successions of all sorts in the fields until the frost takes them for good. It is a time of urgency to gather in earnest as much of the harvest as we can to provide produce each week for our markets, wholesale, and of course this very share. So with that, let's turn the page and take a fall ride to see what colorful local food has been rounded up for the Immune Booster box you'll be driving home tomorrow...Opening up your share this week, you will be greeted by a hearty bunch of mint green leaves with pastel purple stems that are **Red Russian Kale**. Where from? [Tantre Farm](#), of course (not Russia - we only serve locally grown food in this share, haha! This Red Russian Kale is widely considered a superfood, because it's super-packed with a little bit of everything that is good for our anatomy. This kale variety is tender and sweet and can be consumed raw or cooked in many different ways, so get creative and try something other than smoothies with it, and you'll be glad you did.

Time to get the pea shoot, scoot and boogie on, with **Pea Shoots** from [Garden Works Organic Farm](#). These pea shoots are packed with powerful antioxidants

that keep your inner economy flowing in the healthy direction. They are versatile in the kitchen and can be added to sandwiches, wraps, salads or topped on an omelette to add a clean, crisp taste and texture, as well as a mountain of nutrition. So pile them on high; they're incredibly good for you.

Nothing says good-bye to a beautiful Michigan summer like **Sweet Corn**, and I had the personal pleasure of harvesting the crop this week from [Tantre Farm's](#) fields for this Immune Booster share. We picked close to 300 ears of corn just for this week's boxes and in my due diligence to make sure it was sweet enough for you all, I sampled a few (maybe five) ears. Ha! It's just too good to resist. One for me, one for the box, one for me, one for the box...

Next up, we have a pungent **Onion Mix** from [Tantre Farm](#) that may include any of the following varieties: flat white Cipollini, red globe, gold globe, or the elongated Red Long of Tropea. These glossy alliums are packed with prebiotics, in the form of inulin, to maintain optimal gut health. All varieties could be caramelized or roasted, added to a fall chili or simply sliced and consumed raw with that lush kale bunch and pea shoots for a hearty fall salad. Alliums play many crucial roles within our internal anatomy, so make sure to get them mixed into your culinary adventures as frequently as possible. Good for your health, not so much for your breath... Pros and cons to everything!

Rounding out the savory produce in this week's share, we have a wonderful **Potato Mix** from [Tantre Farm](#). In your share, you will see two or three varieties of potatoes, all unique in the shape and color, as well as nutritional make up. If you can refrain from peeling these fresh out-of-the-ground spuds, your immune system will surely thank you because in the pigment of the skin lies some of the most beneficial compounds these taters have to offer. So take advantage of these superfood spuds that surely aren't duds, and work them into mashed potatoes, roast them in the oven or on a grill or lastly fry them up and toss them into that kale and pea shoot salad with a dash of caramelized onions for a unique twist.

Switching from savory to sweet, we have a Michigan fall favorite from a new vendor to the Immune Booster Share with **Bartlett Pears** from [Wasem Fruit Orchard](#), just south of Ann Arbor. These dainty teardrop-shaped pears will be at all stages of ripeness so eat the softer ones first while the harder ones soften on the kitchen windowsill for a later day. I recently enjoyed a visit to Wasem Fruit Orchard, a family-owned-and-operated farm since 1942, with my two daughters. We were happy to discover that in addition to pears, Wasem offers up to 13 varieties of apples with a 'you pick' option currently underway. Some varieties come in later than others so check their calendar online to see what varieties are available and when. We also walked through the 'you pick' pumpkin patch and the field had plenty to choose from and ended our visit on a sweet note with some donuts and fresh-pressed cider and donuts. Ahhh, the joys of the beautiful fall here in Michigan! I recommend you head on over to Wasem Fruit Orchard with the family, make a date out of it and look for the many bonsai-shaped apple trees in the orchards. They're really cool!

Closing out the fresh produce in this week's share, we have the beloved and organic, **Honeycrisp Apple** from [Almar Orchards and Cider](#). Honeycrisp apples are great for cleansing your heart and lowering your risk of diabetes. They also contain prebiotic compounds that help prevent cancer. The

Honeycrisp apple was developed in Deb's (one of the owners of Tantre Farm) home state of Minnesota by the University of Minnesota, Twin Cities. Designated in 1974 to research, patented in 1988 and released to the public in 1991, this apple has surged to the forefront of everyday slicer apples. Designed to be super sweet, crisp and consumed immediately. We hope you enjoy the best of both apple world's - baking and slicing. As a side note, Almar's is open year-round for retail business and has many offerings beyond apples, including fresh off-the-tap hard and non-alcoholic ciders, donuts, locally grown organic food and fine cuts of USDA organic pork products. Promoting the cycle of polyculture, Almar's pigs are orchard-raised to consume apple product waste, infusing their meat with unmistakable flavor. My last suggestion is to take a drive on one of these colorful fall days 'up north' to Almar's as they also offer apple picking, fresh-pressed cider and hot-off-the-press donuts. On your way up there, stop at Spicer's Orchard--yet another great fall spot to visit!

Moving and grooving right along, we move into a freshly-baked **Motown Multigrain Loaf** from [Avalon International Breads](#). This heart-healthy loaf is composed of filtered water, organic whole wheat flour, organic white flour, organic rolled oats, flax seed, sunflower seeds, sesame seeds, wheat berries, sea salt and citric acid. Once mixed, the bread rises for a day and half, gets baked Friday morning and bagged Friday afternoon and delivered to us. Saturday morning, we hand it to you along with your share for optimal freshness. If this fine loaf leaves you hankering for more, pay a visit to the Ann Arbor location for round two or even take a ride to the original location in Detroit that is located in an old factory. They have a really solid menu there with some super tasty goods on offer.

Time to get stuffed on some **Stuffed Green Peppers** from [Roaming Goat](#) located in Grass Lake, Michigan. A tasty vegan dish composed of Tantre Farm green bell peppers, black beans, corn, smoky tomatoes, onions, garlic, cilantro and farro. Roaming Goat is a quaint, warm and charming café that offers a wide selection of seasonal dishes created from mostly local produce gathered from numerous local farms, including Tantre Farm. They are worth the trip out, and sometimes offer live music as well, so look them up and see what other clever and tasty dishes you would like to try.

Turning up the volume, let's get our Fall Equinox party bouncing with a layered and robust **Carthage Salad** from the culinary depths of [El Harissa](#). Crafting master salads is one of El Harissa's many undeniable talents and based on other salads we have featured in our previous shares, you are in for a vegan and gluten-free treat! Cleverly crafted for sheer pleasure, this salad is composed of a young leafy green spring mix, tomatoes, olives, roasted chickpeas, poached figs, pomegranates and a dressing (on the side) that is composed of fig jam, pomegranate molasses, mint, balsamic vinegar, nigella seed and lime. A marvelous melody that will both satisfy and leave you wanting more!

For the cooler days ahead, we close out this week's prepared foods with a savory and savvy **Saag Paneer** that is vegetarian and gluten-free from [Tiffin Tonight](#). This rich and thick dish is composed of creamy spinach, paneer cubes, onions, tomatoes, ginger, garlic and Indian spices. It is a very savory dish that would pair well with a slice of bread and either that Carthage Salad or the Stuffed Green Peppers. The choice is yours, and if you need round two, Tiffin

Tonight sells their ready-made foods at Argus Farm Stop. Head on over and grab another delicious dish from the reach in coolers and support this budding local vendor.]

Closing out the share, we have a very healthy, probiotic-packed **Autumn Zen Kombucha** from [Boochy Mama](#). This unpasteurized, non-GMO brew is composed of filtered water, organic sugar, organic sencha tea and organic black tea. Infused with local apples, organic local rosemary, organic grapefruit peel and organic live probiotic cultures. It is made in raw, small batches and is a living, sparkling, probiotic tonic that will wake up your taste buds and boost your gut. So suck, sip, slurp it down with the rest of this healthy box of food and pay Boochy Mama a visit at the Kerrytown Farmers Market before it gets too cold out there. As an insider tip, their Booch-Ade is really good!

As the share comes to a close, we thank you as always for signing up for this week's offerings and joining hands with us to support our local food mission. It's a healthy investment for all involved. With the cooler days ahead, we still have plenty of time to celebrate the harvest yet to come. Fall is a great time of the year to grow some last-minute crops that you will soon be enjoying in upcoming shares. We will continue to mix and match all sorts of fresh and storage produce throughout the fall season and align prepared foods that follow suit with the vegetables in their current peak. We have much to look forward to, much to be thankful for, and we hope you enjoy this week's bounty with loved ones. We look forward to seeing your smiley faces this chilly Saturday morning at both pick up locations!

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, Sept. 25, regarding Tantre Farm's Immune Booster CSA Share, Week 129, for pick up on October 1, 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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