



# Tantre Farm CSA Newsletter IMMUNE BOOSTER Week 129 Share – October 1, 2022

Hello folks,

Welcome to the Immune Booster Week 129 Newsletter! We appreciate you for signing up and supporting our local food systems. We are blessed to live in a community with an abundance of local food purveyors. From farms that provide a wide diversity of seasonal produce year around to local restaurants who believe in the in-season cuisine and support local farms to make creative and tasty dishes just for this very share. I am grateful to have the opportunity to curate and gather healthy, colorful and tasty food CSA shares at an affordable price each and every week. It's a beautiful collaboration of many food visionaries from diverse backgrounds that make these shares so unique. Diversity is what drives this share and building relationships that go well beyond the week-in and week-out offerings. Behind the scenes, there is a constant cross pollination and collaboration that keeps this blossoming project unfolding each week and as we descend into Fall proper, we will continue to unveil many more wonderful shares that celebrate the new season. So with that, let's delve into the details of this week's share of plenty and take an Immune Booster ride around southeast Michigan to see what exactly is coming home with you this Saturday...

Opening up the share, what will we see in there? A fresh, crisp bunch of **Arugula** from [Tantre Farm](#). Arugula, also known as 'Rocket' is composed of a thin forest green leafy blade with a slightly bitter, but ohhhh soooo peppery taste. It is loaded with vitamin C and is really good for our hearts as we age. This week while harvesting the arugula, I had to sample the leaves right off the plants, because I love this leafy green. I have to say it's got some kick! If it's too overpowering when featured raw in a salad (which I also find amazing), then resort to wilting it into pasta sauces, stews, soups, chili or even scrambled eggs. The latter happens to be my favorite way to consume this fine tender green!

Next up, we bring on the lean and not so mean **Green** or **Yellow Wax Beans** from [Tantre Farm](#). In your share, you could get yellow green beans or green northeaster pole beans. Both beans love to grow in this cooler weather and have a sweet, crisp crunch. Rich in folate, fiber and protein, these beans taste great when steamed and served up as a side dish to any of the prepared foods offered in this week's share along with a slice of bread for a complete and

healthy meal. Enjoy!

Time to get some sweet and sugary roots with cool, crisp fall **Orange Hercules Carrots** from [Tantre Farm](#). These carrots are perfect for grating over that arugula as a side salad for a colorful dose of tastiness. They would also serve well steamed and served as a side with the prepared foods in this week's share as well. For the adventurous, who wants to warm up the house a bit as well as fill it up with a sweet aroma, my suggestion is to make a carrot cake loaf or muffins with the sweet, white frosting to ring in the fall. Now you're talking!

As we continue along down the produce aisle, we come to a mix of sweet **Carmen** or **Bell Peppers** from [Tantre Farm](#). In your share you could get green, shades of green and red mixed or shades of yellow and green mixed bell peppers. As the season winds down on these sun-loving and high-heat sweet pepper plants, we figured we would give them one last hurrah and feature them while we still can. Serving a good dose of vitamins A and C, these peppers would complement that leafy green arugula salad or better yet, take all the savory produce in this week's share and make a stir fry to go with the Earthen Jar rice dish that we will come to later. Boom! That makes things really easy and healthy. A sure-fire winner to use up all this beautiful produce.

Closing out the savory in this week's produce offerings, we go out with a bang with a fresh bunch of **Leeks** from [Tantre Farm](#). A member of the allium family, leeks are larger, milder and sweeter in flavor than onions and scallions. Leeks are nutrient dense and a good source of soluble fiber, which feeds the beneficial bacteria in your gut. In turn, these bacteria reduce inflammation and promote digestive health. Sauté in a pan with butter/olive oil and seasoning or incorporate into soups, casseroles or that stir fry for a zesty kick.

It's the season of plenty for fruit so let's follow suit! A rare but welcome treat, the following three produce items are fruit. The first are **Purple Stanley Plums** from [Wasem Fruit Farm](#). The dehydrated version of these plums are known as prunes - a great way to store them for a winter snack. If you decide to eat them fresh, you will discover that behind the dark purplish-blue skin, the flesh is a yellowish/green color with a pretty high sugar content. They are also great on salads or added to baked goods and even jams if you're so inclined.

Continuing on with the fruit of the current season, we have sugary-sweet **Bartlett Pears** from [Wasem Fruit Farm](#). These pears are in their peak form and if a few of them still feel hard, just leave them on the windowsill for a few days and they will turn a pastel yellow and become somewhat soft to the touch. Get your napkins ready because these juicy pears will be dripping down your chin if you choose to consume them without slicing. If you're picking your share up at the Washtenaw Food Hub, we will have more of the plums and pears for sale for your canning needs if you're looking to stock up that pantry with a bunch of canned sweet goodies for the long winter ahead.

The final produce item in this week's share are **Organic Honeycrisp Apples** from [Almar Orchards and Cider](#). These sweet and crisp apples are hands down a zillion times better than store bought apples. Only picked when fully ripe, these apples are bursting with a super flavorful and natural high sugar content. Perfect for hand to mouth snacks or delicious when incorporated into your

baking adventures, like apple hand pies or baked apple tarts. Either way, you will taste the local difference.

This week we get the prepared foods ripping and dipping with none other than the **Original Sourdough Loaf** from [Raterman Bread](#) that is kneaded and baked at the Washtenaw Food Hub where most of you will pick up your share. This loaf is simple yet satisfying and is composed of organic wheat flour, salt and water. A perfect dance partner for the Green Curry Squash dish or the Roasted Poblano and Sweet Potato Chili that is still to come. So hold your horses and get ready to dip, swipe, swirl and twirl this bread across your bowls and plates.

Kicking off the first of a trio of savory prepared foods, we get things going with a **Green Curry Squash dish** that is vegan and gluten-free from [Ginger Deli](#). This tasty and slow-simmered curry dish is composed of Tantre Farm acorn squash, onion, garlic, basil, cilantro, tomatoes, red peppers, white tofu, coconut milk, green curry, olive oil, vegetable stock, sea salt and black pepper. It would serve best with a white rice, some steamed carrots and green beans and a leafy green salad with a slice of bread. All of which is conveniently packed in your share this week :) Also if you have never been to Ginger Deli's downtown Ann Arbor location, you are missing out! Head on over for a freshly-made-from-scratch Banh Mi sandwich or a warm bowl of pho. Everything Ginger Deli has to offer is well thought out and slow cooked from the fresh baked bread to the pickled veggies to the marinated meat that is cooked just right. As the mercury declines and the days become cooler and shorter this is a perfect place to visit and fill up on clean, healthy, local, comfort food. If you visit, tell the staff that I sent you and mention the curry dish in this share. They will be touched by it.

Round two of the savory coming right on up with a **Roasted Poblano and Sweet Potato Chili** that is vegan and gluten-free from [Juicy Kitchen](#). This fall chili is composed of black beans, pinto beans, sweet potatoes, Tantre Farm poblano peppers, onions, tri-colored bell peppers, tomato, garlic, vegetable broth, lime juice, olive oil, smoked paprika, Spanish paprika, chili powder, cumin, salt and pepper. Quite a melody of fresh produce as well as a long slow simmer has gone into this hearty dish and once again would serve well with a side salad and a few slices of bread to make a complete meal. Juicy Kitchen serves up a wide array of in-season dishes that range from savory to sweet, and it is well worth your time to pay this quaint, bustling cafe a visit. They also have a convenient grab and go glass door refrigerator just inside the front door of the cafe for an easy 'fly by' to grab some healthy grub on the go, so pop on in and see what other delightful offerings they have in store.

Round three of the savory prepared food comes in the form of a **Rajma Chawal** that is vegan and gluten-free from [Earthen Jar](#). This rice dish is composed of kidney beans, rice, tomato, onion, canola oil, salt, turmeric and mixed Indian spices. As with everything Earthen Jar offers, this is another fantastic slow-cooked dish that is layered up with a lot of flavors and would serve well with a DIY stir fry with all of the savory produce in this week's offering. So get that wok out and get chopping. You'll be glad you did, and your immune system will thank you for the nutritional dose. If this dish leaves you hankering for more, then head on over to Earthen Jar's establishment for a grab-and-go take away meal or head to Arbor Farms Market on the westside of town for a

wide selection of all of Earthen Jar's offerings.

Closing out the share on a sweet note as we do each and every week, we have a six-pack of **Ginger Jump-Up Mini Cookies** from [Zingerman's Bakehouse](#). Ahh shucks, nobody wants cookies, right??? Um, yes, we ALL do! These sweet treat cookies are composed of organic wheat flour, crystalized ginger, molasses, butter, muscovado sugar, egg, baking soda, demerara sugar, caramel color, ginger, cinnamon and cloves. A perfect dessert to balance all this savory, I'll be enjoying mine with a glass of milk. These cookies are a marvel of flavor and may end up being consumed on your way home after picking up your share. Why not treat yourself before you get home and avoid the scramble as the family dives right into them? We don't want you to miss out now, do we? Ha!

So there we have it, another week flown by and another local collaboration of in-season local food that is full of wholesome nourishment and creativity. It's a team effort here and the culmination of a handful of amazing partners in our local food community working together to make this magic happen. I take pride in being the bridge that flows food from farms to the share and to the restaurants, and in turn to you, the end user. This local, circular, food economy just makes sense on all fronts. A labor of love, the fulfillment and gratification I receive from connecting the dots of this local food mission is well worth the energy it takes to pull these shares together each week. It is a beautiful thing, and it has brought me lifelong friendships for which I am forever grateful. On behalf of all the vendors in this week's share, thank you all for your support. We look forward to seeing your smiley faces Saturday morning and we hope you enjoy your Immune Booster box this week!

**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, October 2, regarding Tantre Farm's Immune Booster CSA Share, Week 130, for pick up on October 8, 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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