



# Tantre Farm CSA Newsletter IMMUNE BOOSTER Week 133 Share – October 29, 2022

Hello Fellow Locavores,

Welcome to the Immune Booster Week 133 Newsletter and thank you for signing up to this Spook-A-Licious share!! We have a kaleidoscope of colorful, fresh-out-of-the-field produce and no-tricks-all-treats, prepared foods lined up for you all this week to match the current height of fall colors here in Michigan. It's a beautiful time of year to be out and about in nature as the season moves towards winter. We look forward to the ghoulish fun of Halloween, along with several holidays coming down the pipe over the next few months, so get ready to mix and match the fresh with the prepared to make nutritious and delicious meals for the festivities and the cooler weather ahead. Time to buckle up buttercup, this 'Monster Mash' is about to dash!

First up, we have spooky **Spinach** from [Tantre Farm](#) looming out in the fog, but don't be scared, this is primetime spinach-growing weather with mild days and cool nights. This spinach is in peak form and packed with bone-supporting vitamin K and folate. So take care of your skeleton and salad away to wipe away the gloomy gray.

Jumping further into some deep local, we have **Broccoli Microgreens** from [Garden Works Organic Farm](#) located right here in Ann Arbor. These baby plants are not only tasty, but are also full of powerful antioxidants, an outstanding dose of vitamin E, as well as iron and zinc. These babies respire quickly and have a relatively short shelf life in the fridge, so the sooner you consume them the better for maximum immune boosting health benefits. A delicious addition to pretty much any dish, from salads to pastas and sandwiches to wraps so no 'Dead Man's Party' here.

Next up, we have an in-season non-demon that is the **Baby Bear Pie Pumpkin** from [Tantre Farm](#). Packed with fiber and beta-carotene these beauties can be roasted and consumed in a myriad of ways from savory to sweet for that special trick or treat. Roast away on a cool, fall day and then mix the roasted flesh into a soup for a deliciously 'Strange Brew', that is sure to please. Alternatively make a pumpkin pie, a batch of cookies, or menacing muffins with frosted eyeballs on top!

Tired of feeling like a zombie? Then bust out the **Brussels Sprouts** from [Tantre Farm](#) because they are packed with fiber and protein to keep your heart clean. They are also great at reducing bad cholesterol and are a hearty staple crop that descends deep into the fall and winter. Steam 'em up, gently boil, or roast on a pan with some cubed pumpkin and get ready for the Halloween game bean bag toss.

Lurking deep within the dark, damp cellar, we search for an **Onion Mix** from [Tantre Farm](#). Not long ago they were safe out in the fields, but with the frost they had to be pulled from their dirt beds and cured in the hollow barns where the wind blows fierce. But don't you worry, because these alliums pack quite a bit of zest to bring out the best in your culinary adventures. These antioxidant laden onions can be consumed raw, pickled or throw them on the grill whole and look out for a troll behind the knoll.

No need for any 'Superstition' with this next bunch of nutrition on this Halloween-themed food share mission as we come to **Purple Carrots** from [Tantre Farm](#). These sweet and crisp carrots were resurrected just this past week from the depths of the Tantre fields in mighty yields and are packed with all the essential elements our anatomy desires. So maybe roast them on a baking tray with the Brussels, onions, and baby bear pumpkins for a melody that will have you dancing like 'Thriller.'

Prowling through the night we have another purple delight in the form of **Purple Bacchus Radishes** from [Tantre Farm](#). These fine little tubers go from seed in the ground to sliced on your salad in roughly 26 days. Pretty amazing turnaround for these calcium and potassium-rich tubers. They have a crisp texture for that extra crunch with a mild sweetness and a light zest. Not a fan of raw, sliced radishes? Try steaming them whole. They will be much milder, softer, and a nice addition to any savory dish, including soups and stews. Or get radical with your radishes and use them up in a quick pickle and give that 'Werewolf' behind you a quick tickle.

Next up, we have a rare delight that packs no fright with fresh **Ginger Root** from [Blue Spring Farm](#), grown right here in Ann Arbor just around the corner from the Food Hub, where most of you will pick up your share. Cultivated as far back as 475 BC in China, ginger has since spread across the globe to many tropical regions where it is cultivated and thrives. India produces 32 percent of the world's annual global consumption. This specific ginger seed stock came from a grower in the Hawaiian Islands earlier this spring and has been hoop house raised on our doorsteps. This is as fresh as it comes - a far cry from store-bought ginger. This ginger will have a soft, pale, tan-orange skin that is also edible, so no need to peel or skin this ginger. You will also see the plant's leafy green stalk intact, because the Immune Booster loves to take advantage of the benefits of the whole plant. Steep the greens in teas or broths to get that faint ginger taste, in a similar manner to how you would use lemongrass. Ginger is packed with a pungent phenolic substance called gingerols which acts as an anti-inflammatory that helps fight against certain cancers. It's also great for fighting off the flu and common colds. I like to consume my ginger thinly sliced into hot green tea for a sweet taste. The heat from the hot water releases oils from the ginger root that contain the gingerols. Alternatively, a gingersnap cookie may be on your horizon or an exotic Chicken Arroz Caldo dish that I made for the very first time this week with a fresh sample of ginger

from Jon at Blue Springs Farm. It was an amazing dish and a right fit for the cool evenings we have been having. So get creative with this extraordinary tuber – ginger like this doesn't come around often.

Rounding out the produce in this week's Spook-A-Licious share, it's time for bobbing for organic **Golden Delicious and Gala Apples** from [Almar Orchards and Cider](#). The golden delicious apples have a pale, greenish-yellow skin, tend to be soft and are excellent when consumed hand to mouth, tossed onto salads, made into apple sauce or even apple butter. The Gala apples are blistering-red orbs that are crisp and sweet for a little trick or treat that can be made into caramel apples, sprinkled with nuts and devoured. No spook here, just 'That Ole Devil Called Love'.

Switching gears, we dip into the prepared foods with an **Old-World Pumpernickel Loaf** from [Zingerman's Bakehouse](#). This is a dark, rich and moist bread composed of organic wheat flour, water, rye, rye chops, caramel color, sea salt, yeast and caraway seeds sprinkled across the top for a nice roasted caraway flavor. This bread is a perfect dance partner for that pumpkin curry soup or that autumn salad that is coming up. So get ready to rip and dip like the "Headless Horseman", because this unique bread is quite tasty.

As the Halloween leaves shift hither and dither in the cool breeze, next up we have an intriguing **Autumn Salad** that is vegan and gluten-free from [EAT](#). This seasonal salad is composed of mixed greens, sliced apples, roasted butternut squash, roasted delicata squash, toasted pumpkin seeds and comes with a house-made vinaigrette that is composed of grape seed oil, olive oil, sesame oil, miso, maple syrup, rice vinegar, ginger, scallion, garlic, salt and pepper. Lots of local in-season love going on here and a nutritional punch to boot. This salad will have you howling at the moon in delight.

No need for 'Superstition' here on this local food mission, because next up we have a **Pumpkin Curry Soup** from [Roaming Goat](#). This savory soup is composed of assorted Tantre Farm pumpkins, curry spice, coconut milk, toasted sesame seeds, liquid aminos and salt. A perfect soup for the Halloween season that pairs brilliantly with a slice of bread, that autumn salad and some pierogies that are coming up next. A pumpkin a day keeps the grim reaper away!

Closing out the savory like a guillotine in one fell swoop, we are elated to feature a packed bag of 12 pieces of **The Becky Pierogies** from [The Pierogi Queen](#). These breaded and stuffed pockets of joy are composed of flour, cheddar cheese, sour cream, cream cheese, salt, guar gum, jalapenos and eggs. They serve best fried in oil of your choosing and have very easy to follow instructions on the packaging. So simmer them slowly, simmer them quick, simmer them until they are well roasted, swollen and thick. Dip them in your favorite sauce and show them who is the real boss.

As the fog settles and the night becomes still, we have come to our last Halloween thrill with a final no-trick and all-treat **Monster Ice Cream Sandwich** from [Go! Ice Cream](#). This bone-chilling ice cream is sure to put a spell on you. Primarily composed of cream, milk, sugar, tapioca starch, milk powder, vanilla bean paste, sea salt, butter, white sugar, brown sugar, eggs, flour, baking soda and chocolate chip sprinkles, the result is guaranteed to

satisfy the ice cream sandwich vampire in you. So swoop in and devour it in the night with great pleasure and delight. If you find yourself wanting more, head on over to Go! Ice Cream and discover why this talented vendor is making huge waves in the ice cream business. It's hauntingly goooooood!!

So there we have it! Another week of the Immune Booster has passed like a ghost in a flash. Soon the pumpkins will rot and collapse. Before we know it, Thanksgiving will be here, but for now let's focus on our Halloween gear. Tricking or treating or passing out candy, we have packed you a share that your immune system will find handy. Thanks as always for signing up to our local food mission, and we look forward to seeing you this Saturday morning after you have arisen.

**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 30, regarding Tantre Farm's Immune Booster CSA Share, Week 134, for pick up on Nov. 5.

**ONE FINAL NOTE:** This will be the last week for the Chelsea Farmers Market pick-up location as the market is closing for the season this Saturday Oct. 29. We will resume pick-up in Chelsea at Agricole Farm Stop for our Fall/Winter Location beginning Saturday, November 5, and each and every week until the market re-opens next summer.

All the Beast,

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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