



Tantre Farm CSA Newsletter IMMUNE BOOSTER Week 130 Share – October 8, 2022

Hello Fellow Locavores,

Welcome to Week #130 of the Immune Booster CSA by Tantre Farm. This week Ryan has headed west to some of his old California stomping grounds with his family, so the newsletter is in Deb's hands once again. We apologize for the delay in receiving it, but there was a lot to do to cover crops and final harvesting of herbs and flowers before the freeze tonight. Please enjoy the newsletter with some recipes, good food tips, etc., and let us know if you need any help in finding any other creative ways to use the following items.

THIS WEEK'S SHARE

LETTUCE MIX (Wildfire) from [Tantre Farm](#): a beautiful bag of dark reds and vibrant greens including Green and Red Oakleaf, Green and Red Romaine, and Redleaf lettuces; rich in calcium, iron, and vitamins A and C, your lettuce has been rinsed once.

-How to use: raw in salads, wraps, sandwiches, or use in soups, and even smoothies.

-How to store: refrigerate up to a week in a plastic bag

ITALIAN FLAT-LEAF PARSLEY from [Tantre Farm](#): Flat leaf or Italian is used primarily in cooking because of its more robust flavor; flat, glossy, dark green leaves have a strong parsley/celery flavor for use dried or fresh; high in vitamins A and C, and other minerals, such as iron.

-How to use: especially good in omelets, scrambled eggs, mashed potatoes, soups, pasta and vegetable dishes, as well as, sauces

-How to store: keep in plastic bag or damp towel in refrigerator for up to 1 week.

LEAFY SALAD WITH PARSLEY-GARLIC VINAIGRETTE Serves 6-8

8-10 cups assorted salad greens

For the vinaigrette:

1 bunch parsley

2 garlic cloves

2 Tbsp stone ground mustard

2 Tbsp tamari or shoyu

1/4 tsp freshly ground pepper, or to taste

1/2 cup extra-virgin olive oil

Rinse the salad greens, tear them into bite-size pieces and set aside. Chop the parsley and mince or press the garlic and place in a large salad bowl. Mix in the mustard, tamari, pepper and oil. Add the greens to the bowl just before serving. Toss gently from the bottom to coat evenly with the dressing. Serve immediately.

YELLOW BEANS from [Tantre Farm](#): This variety of yellow bean called Rocdor is a long, slender, yellow bean; meaty, firm texture and no watery taste. The only difference between a yellow bean and a green bean is its lack of chlorophyll. Beans are low in calories, high in fiber. Supplies Calcium, Phosphorus and moderate amounts of vitamins A and C.

-How to use: raw in salads, steamed, sautéed, stir-fried, etc.

-How to store: refrigerate in plastic bag for up to 1 week.

POTATO MIX (Carola, All Blue, and Red Sangre) from [Tantre Farm](#): These potatoes are a good source of antioxidants, which may reduce the risk of chronic diseases like heart disease, diabetes and certain cancers. You will receive Carola (yellow potato from Germany; smooth, creamy texture that is good for baking or frying), Red Sangre (one of the prettiest of all red skinned varieties with medium-sized oblong tubers; creamy white flesh that is especially delicious boiled or baked), and All Blue (an heirloom potato with deep blue skin and flesh; moist texture; perfect in salads, baked, or boiled)

*Interesting note: Most blue fleshed cultivars contain 90 times more antioxidants than white tubers, and the antioxidants in potato tubers are enhanced by cooking them.

-How to store: keep in cool, dark place in paper bag

GARLIC BULBS from [Tantre Farm](#): a bulb of several papery white cloves; believed to help in fighting infections, cancer prevention, bolstering the immune system, lowering blood pressure and preventing heart disease, used as an expectorant or decongestant, and at least some people believe that it can ward off vampires and insects.

-How to use: minced raw in salad dressings, sautéed and added to stir-fries, meats, vegetables; make garlic butter with 1/2 cup of softened butter mashed with four minced cloves of garlic; try roasting garlic by cutting off tops of garlic bulb, so cloves are exposed, brush with olive oil and bake for 1 hour at 350 degrees, squeeze garlic out of skins and spread on a good, crusty bread.

-How to store: garlic can be stored in an open, breathable basket in a cool, dark place for many months

BUTTERNUT SQUASH from [Tantre Farm](#): light, tan-colored skin; small seed cavities with thick, cylindrical necks; bright orange, moist, sweet flesh; longest storage potential of all squash.

-How to use: slice in half, scoop seeds out and bake with a little water in baking pan at 350 degrees for 40 minutes or until tender; boil or steam chunks for 15-20 minutes, or until tender (peel skins off "before" or "after" cooked, but "after" is easiest when it's cooled); mash cooked squash with butter; puree cooked squash for creamy soup, or add uncooked chunks to soups or stews; add small amounts to yeast breads, muffins, cookies, pies, oatmeal, etc.

-How to store: keep for several months (depending on the variety) in a dry, moderately warm (50-60 degrees), but not freezing location with 60-75

percent humidity; will also store at room temperature.

EASY BUTTERNUT SQUASH SOUP (from www.onceuponachef.com by Jennifer Segal) Serves 6-8

7-8 cups (2 1/2 lbs) pre-cut butternut squash

1 red bell pepper, roughly chopped

1 medium yellow onion, roughly chopped

3 cloves garlic, smashed and peeled

7 cups water

1 Tbsp salt

2 Tbsp sugar, plus more if necessary

1/2 cup heavy cream

Fresh parsley, for garnish (optional)

Combine all of the ingredients except for the heavy cream in a large soup pot. Bring to a boil, then cover and simmer for 35 minutes. Using a hand-held immersion blender, puree the soup until silky smooth. (Alternatively, cool the soup slightly, then puree in a blender in batches, making sure to leave the hole in the lid open to allow the steam to escape.) Stir in the heavy cream and bring to a simmer. Taste and adjust seasoning (depending on the sweetness of the vegetables, you may need up to a tablespoon more sugar). Ladle the soup into bowls and garnish with fresh chopped parsley or thyme sprigs, if desired.

DRY ORGANIC FRENCH GREEN LENTILS from [Ferris Organic Farms](#) (1 pint): a highly sought-after variety of lentils that are firm and exceptionally good at holding their shape, so cook a bit longer like 40 or 45 minutes, which makes them ideal for salads and side dishes. They have a deep green color with a subtle mottled pattern and a robust, peppery flavor and are good sources of both soluble and insoluble fiber.

-How to use: shelled lentils are good in soups, stews, and casseroles, but also delicious simply boiled until tender, and served with a little butter or olive oil, salt/pepper or herbs. Excellent in white bean chili or with beans and greens

-How to store: store beans in an air-tight container in a cool, dry place for several years.

RUSTIC ITALIAN ROLLS from [Zingerman's Bakehouse](#): These fluffy balls of delight are simply composed of organic wheat flour, water, sea salt and yeast. Zingerman's Bakehouse is an artisanal retail and wholesale bakery and baking school in Ann Arbor, Michigan. You can visit them at 3711 Plaza Dr., Ann Arbor.

-How to use: They make delightful peanut butter and jelly rolls, homemade savory sliders with a side of fried potatoes or mini Reuben sandwiches for the family.

-How to store: lasts for 4 to 5 days at room temperature in a plastic bag, put it away for a later date in the freezer and when taken out, heat it at 350 degrees for fresh-out-of-the-oven flavor!

FALL GRAZIN GREENS & THINGS SALAD from [Roaming Goat](#) 16-oz (vegan & gluten-free) This flavorful, nutritious salad from Roaming Goat has the following ingredients: Garden Fort mixed leafy greens, Tantre Farm Produce – roasted delicata squash, shallots, assorted radishes, carrots, white beans, Ferris Organic Farm pumpkin seeds, Dressing – Britt's maple syrup & Tantre Farm sage. Roaming Goat is a quaint, warm and charming café in Grass Lake, MI that offers a wide selection of seasonal dishes created from mostly local produce gathered from numerous local farms, including Tantre Farm.

- How to use: Eat salad with breakfast, lunch, or supper.
- How to store: Keep in the refrigerator for 2 to 3 days.

SPINACH CHEESE PIE from [Humus Falafil](#) 16-oz (vegetarian) This popular pie includes spinach, eggs, onion, garlic, corn oil, cinnamon, nutmeg, black pepper, red cayenne pepper, butter, ricotta cheese, feta cheese, pecorino romano cheese, Filo Dough – wheat flour, water, corn starch, canola oil, salt, dextrose. Humus Falafil is a vendor in the Kerrytown Farmers Market, so pay them a visit and pick up a hot spinach and feta cheese pie when you do. They also have their products at Argus and Agricole Farm Stops.

-How to use: Heat and serve.

-How to store: May store for 2 to 3 days or more in the fridge. Also maybe frozen to last longer.

GEMELLI PASTA WITH WHITE SAUCE & PORCHETTA from [Silvio's Trattoria e Pizzeria](#): 12-oz This dish includes Handmade Gemelli Pasta: Semolina & White Flour, White Sauce: Cream, Milk and Italian Herbs, Tantre Farm Peppers, Tantre Farm Onions, Tantre Farm Green Beans, Homemade Porchetta: Ernst Farm Pork, Salt, Peppe. The pasta will need to boil until soft and then heat up the container of veggies and meat and enjoy! If you need more of the same, then head on over to Silvio's in Canton for another round and have a full-on meal at the restaurant. It's definitely worth the trip for pizza, pasta, salads and seafood dishes of your culinary wishes.

-How to use: Enjoy just as is!

-How to store: May store for 2 to 3 days or more in the fridge.

APPLE JACK GRANOLA from [Harvest Kitchen](#): 16-oz (vegetarian & gluten-free; contains nuts) This delicious granola is filled with so many fall flavors and includes Organic Rolled Oats, Organic Sunflower Seeds, Organic Cashews, Organic Sesame Seeds, Ginger, Lesser Farms Honey, Canola Oil, Salt, Nutmeg, Cinnamon, Lemon, Dried Apples Harvest Kitchen produces their products in the kitchens at the Washtenaw Food Hub and sells at the Ann Arbor Farmers Market, both Argus Farm Stops in Ann Arbor, and Agricole Farm Stop in Chelsea.

-How to use: Enjoy as a snack or with milk or yogurt; also wonderful sprinkled on ice cream! Just sayin....

-How to store: Stores for several weeks in your cupboard.

APPLE FRUITBELT TONICS from [Fruitbelt Tonic](#) 18.5-oz (vegetarian & gluten-free) You will receive 2 containers of this apple flavored tonic, which includes Sparkling Water, Concentrate from Michigan Heritage Apples, True Source Honey, Bitters (Dandelion & Chicory Roots, Heirloom Apples, Propolis, Aronia Berries, Quassia, Cherry Bark), Extracts of Lime & Caraway, Malic Acid . This drink is composed of Michigan-grown produce and can be 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.

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 9, regarding Tantre Farm's Immune Booster CSA Share, Week 131, for pick up on October 15.

Hope you enjoy the delights and flavors of these fall-inspired foods!

Deb and Richard
Owners of Tantre Farm
www.tantrefarm.com

***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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