



# Tantre Farm CSA Newsletter IMMUNE BOOSTER Week 131 Share – October 15, 2022

Hello Fellow Locavores,

Welcome to Week #131 of the Immune Booster CSA by Tantre Farm. While Ryan was in the midst of traveling back from a trip out west to some of his old California stomping grounds with his family, the newsletter was in Deb's hands once again, so thanks for the patient wait after a long day of harvest on the farm. Please enjoy this "South of the Border" menu with influences from our southern friends 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. Thanks for participating and finding fun, healthy, and nourishing ways to spice up your immune system!

## THIS WEEK'S SHARE

**ARUGULA** from [Tantre Farm](#): This peppery, mustard green is an aromatic, bright green, salad green that is rich in iron and vitamins A and C.

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

**-How to store:** very perishable, so use up quickly; store in plastic bag in refrigerator for up to 5 days.

**POBLANO & JALAPENO PEPPERS** from [Tantre Farm](#): Our South of the Border menu would be incomplete without some chili peppers to throw in the box. You can play around with the mild Poblano (a mild variety of chili pepper known as "poblanos" when dark green, but becomes an "ancho" when brick-red and fully dry; popular in Southwestern recipes; heart-shaped fruit, which is mildly pungent with a lightly sweet, medium-hot flavor) and then the slightly hotter Jalapeno (small and conical pepper, ranging from green to red; hot chile pepper used commonly in Mexican or southwestern cooking).

**-How to use:** Handle hot peppers with gloves, and cut on glass plate; often roasted, chopped, and used to season corn bread and cheese dishes; good for stuffed appetizers, jams, salsa, and pickles, especially good in omelets, scrambled eggs.

**-How to store:** For fresh peppers, store in refrigerator; for drying peppers, place string through the stems and hang in cool, dry, well-ventilated spot.

JALAPENO BISCUITS (from An American Bounty) Makes 10-12 biscuits

2 cups flour  
1 Tbsp baking powder  
3/4 tsp salt  
5 Tbsp vegetable shortening  
1/2 to 3/4 cup buttermilk, divided  
1/2 jalapeno pepper, seeded and minced  
Freshly ground black pepper, to taste

Heat oven to 400 degrees. Lightly grease a cookie sheet. Sift flour, baking powder, and salt into mixing bowl or food processor. Cut in shortening until mixture looks like coarse meal. Add 1/2 cup buttermilk; stir or process until just blended. Gradually add more buttermilk as needed to make a heavy dough. Turn onto well-floured surface; knead lightly. Roll out into 1/2-inch-thick rectangle. Sprinkle half the dough with minced jalapeño and black pepper. Fold the dough in half. Roll lengthwise to 1/2-inch thickness to seal in peppers. Cut into 2-inch circles; arrange about 1/2-inch apart on cookie sheet. Bake about 10-15 minutes, until golden brown.

**ORANGE CARROTS (Hercules)** from [Tantre Farm](#): sweet, orange, cone-shaped roots; good eating quality and stores well.

**-How to use:** can be used raw as carrot sticks, grated in salads or juiced; roasted, steamed or sautéed, in stews, soups, casseroles, or stir-fries

**-How to store:** Remove greens from roots and refrigerate dry and unwashed roots in plastic bag for up to 2 weeks; greens may last up to a week refrigerated in plastic bag

**RUSSET POTATO (Butte)** from [Tantre Farm](#): This russet baking potato is highest in vitamin C and protein. Their high starch content make them perfect for making French fries!

**-How to use:** great baked, mashed or fried

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

HASSELBACK POTATOES (from <https://iamhomesteader.com/hasselback-potatoes/#wprm-recipe-container-105943>)

*\*\*Hasselback Potatoes are russet potatoes cut into thin, fanned-out slices that are baked coated in melted butter and seasoned with salt and pepper.*

4 large russet potatoes, washed and patted dry  
4 tablespoons unsalted butter, melted, divided  
1 teaspoon kosher salt  
1/2 teaspoon pepper  
salt and pepper, to taste

Arrange a rack in the middle position of the oven and preheat to 425°F. Set aside an unlined baking sheet. Position one potato in between two chopsticks or skewers. Cut vertical slits (1/2 inch apart) in the potatoes, cutting straight down until your knife hits the chopstick, leaving the bottom intact. (The chopsticks' placement should prevent cutting too low.) Repeat this cutting process for the remaining potatoes. Place the potatoes on the unlined baking dish. Use a basting brush to coat about half the melted butter all over the

potatoes, including the insides of the slits. Season the potatoes with salt and pepper. Bake for 30 minutes. After the potatoes have baked for 30 minutes, use a knife to gently pull the layers apart. Brush on the remaining melted butter. Bake 30-35 more minutes, or until the potatoes are crispy on the outside and tender on the inside. (Cooking times may vary depending on the size of the potatoes you are using.) Serve warm. Add salt and pepper to taste. Add additional parsley or chive garnish, if desired.

**ONION MIX** from [Tantre Farm](#): You will receive a beautiful mix of the following [Red Zeppelin](#) (medium to large, globe-shaped bulbs with deep red color and will store for six months or more under proper conditions) and/or [Copra](#) (medium-sized, dark yellow-skinned storage onions; excellent storage onion staying firm and flavorful after most other varieties have sprouted; highest in sugar of the storage onions; same sulfurous compounds that draw tears inhibit rot, so the more pungent the onion the longer it will store).

**-How to use:** good in French onion soup, stews, casseroles, etc.

**-How to store:** can last for 10-12 months if kept in a cold, dark place

**PIE PUMPKIN** from [Tantre Farm](#): Attractive fruits have dark orange skin with light ribbing and well attached handles with dry, stringless flesh and superior thick consistency in pies.

**-How to use:** excellent for pies, soups, bread, biscuits, cheesecake, pancakes, muffins, cakes, and pumpkin butter

**-How to store:** store whole pumpkins at room temperature up to a month or for 3-6 months in moderately warm and dry conditions (45-50 degrees with 60-75 percent humidity).

PUMPKIN SMOOTHIE Makes 2 cups

1 medium banana, frozen

1 cup soymilk or plain yogurt

1/2 cup fresh pumpkin puree, baked

1/2 tsp cinnamon

1/4 tsp ground ginger

1/4 tsp allspice

1/4 tsp nutmeg

1 Tbsp maple syrup or brown sugar

Break the banana into chunks, and place in blender or food processor with remaining ingredients. Blend until creamy-smooth. Taste and adjust spices. Pour into cups. If you like, let it firm up in the freezer for 30 minutes to 1 hour.

**DRY ORGANIC BLACK TURTLE BEANS** from [Ferris Organic Farms](#): (1 pint): These black turtle beans were grown, dried and processed on Ferris Organic Farms, which has been in operation since 1837! Black turtle beans are frequently used in Latin cuisine and are extremely nutritious and also offer one of the finest alternative vegetarian protein sources. In addition to protein, black turtle beans are an excellent source of fiber, vitamins, minerals and antioxidants, providing many health benefits, such as improved blood sugar control and heart health, and a lowered risk of chronic disease.

**-How to use:** Soak these beans for up to 8 hours, gently simmer for a few hours and serve. They will pair nicely with all the prepared foods featured in this share. Excellent in soup, tacos, quesadillas, etc.

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

several years.

**ORIGINAL STONE GROUND TORTILLA CHIPS** from [Ann Arbor Tortilla Company](#): 8-oz (vegan & gluten-free) These thick and crunchy tortilla chips are made from non-GMO corn and soybean oil, water, salt, citric acid. These chips will serve well with the Roasted Vegetable Salsa that is coming up. If you need more, then head on out to find these delicious tortilla chips at many of our local food stores like Argus, Plum Market, Arbor Farms, Agricole, and the Produce Station.

**-How to use:** These crispy chips are great with hummus, babaganoush, Juicy Kitchen's salsa, and Roaming Goat's Pozole Stew that follows!

**-How to store:** A long time, the expiration date is on the bag.

**POZOLE STEW** from [Roaming Goat](#): 32-oz (vegan & gluten-free) Pozole is a traditional soup or stew of Mexico, from pre-Columbian days. This rich, brothy stew has the following ingredients: Black Beans, Hominy, Tantre Farm Produce: Poblano Peppers, Onion, Garlic, Cilantro, Radish, Winter Squash, Oregano. Cooking Oil, Organic Vegetable Broth, Salt, Pepper. 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:** Heat up and enjoy!

**-How to store:** Keep in the refrigerator for 5 to 7 days.

**ROASTED VEGETABLE SALSA** from [Juicy Kitchen](#): 16-oz (vegan & gluten-free) This mouthwatering salsa is composed of tomatoes, onions, poblano peppers, olive oil, garlic, jalapeno peppers, cilantro, lime juice, salt, and crushed red peppers. It's mildly spicy and pairs nicely with the other prepared foods in this 'South of the Border' box. Juicy Kitchen cooks a wide variety of colorful and healthy, internationally influenced cuisine every day of the week with many of the dishes incorporating an inseason narrative. Stop by to see them on Maple Rd. some time, which is not far from the Washtenaw Food Hub.

**-How to use:** Scoop some on your Ann Arbor Tortilla chips, nachos, tacos, burritos, or even Pilar's tamales for an additional burst of unforgettable flavor.

**-How to store:** Store in the fridge.

**TAMALES 3-pk - JALAPENO & CHEESE (2) / BLACK BEAN & CHEESE (1)** from [Pilar's Tamales](#): (vegetarian) In your share, you will receive one Michigan-grown black bean and cheese tamales and two jalapeno and cheese tamale. The black bean and cheese tamales are composed of corn flour masa, canola oil, black bean broth, Colby cheese, Monterey cheese, mozzarella cheese, Michigan black beans and white rice. The jalapeno and cheese tamale is only mildly spicy and is composed of corn flour masa, canola oil, vegetable broth, Colby cheese, Monterey cheese, mozzarella cheese, fresh jalapeno peppers, garlic powder, onion powder and salt. Serve with anything and everything that is in this week's share. Pilar's is a family-owned Salvadoran restaurant with organic, local fare & tamales in a festive, colorful atmosphere. Silvia will great you with lots of love and smiles. It's well worth a visit on Liberty Rd.

**-How to use:** To reheat the tamales, remove the wrapping and place them on a plate in the microwave for a minute or two.

**-How to store:** May store for 3 to 5 days in the fridge, and much longer if you put them back in the freezer.

**SWEET CORN & BERRIES ICE CREAM** from [Go! Ice Cream](#): 16-oz (vegetarian)

Rob from Go! Ice Cream is full of wild and genius arrays of innovative flavors, such as this one, which includes: Cream, Milk, Sugar, Butter, Corn, Blackberries, Raspberries, Tapioca Starch, Milk Powder, Salt . Go! Ice Cream is located in Ypsilanti and open for business daily, so simply buy a few pints to stock up your freezer. If you're picking up at the Washtenaw Food Hub, we sell them inside the farm market.

**-How to use:** Enjoy just as is! Bring a spoon for the ride home!

**-How to store:** May store for a long time in the freezer

**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 16, regarding Tantre Farm's Immune Booster CSA Share, Week 132, for pick up on October 22.

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

Deb and Richard  
Owners of Tantre Farm  
[www.tantrefarm.com](http://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](mailto:immuneboosterbytantre@gmail.com).*

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