



Tantre Farm CSA Newsletter IMMUNE BOOSTER Week 136 Share – November 19, 2022

Hello Fellow Locavores,

Welcome to the 136th Week of the Immune Booster CSA share and as always thank you for joining us. This week's menu was targeted to cover all your extra produce needs for the upcoming holiday, as well as quick and easy prepared foods that are traditionally not served over the holiday to get you off the hook while preparing your holiday spread. We have lots to be thankful for in this current season and the gift of this mild fall up until this week is still allowing us to pick an abundance of fresh produce out of the fields here at Tantre Farm. We are grateful that you have signed up for this share, and we hope you have as many blessings as the fallen leaves outside during the Thanksgiving holiday.

First out of the gate and never too late, we get this box breakdown going with a dense and compact **Red Butterhead Lettuce** from [Seeley Farms](#). This lettuce is hoop house-grown and is rather striking to the eye with its green heart at its core that unfolds into an array of pale green, dark green, maroon and finally dark red outer leaves. It packs a solid dose of folate, iron and potassium and is great for making salads, used as a wrap, added to tacos, burritos or even as an edible under garnish for a veggie tray during the holidays that makes the finger food veggies pop. So lettuce up buttercup!

Keeping with the green theme, next up we have field-grown **Spinach** from [Tantre Farm](#). This robust, leafy green thrives in these colder weather days and only gets sweeter and creamier on the palate when exposed to what we would call 'uncomfortable' conditions outside. So rinse it well and whip it up into a salad with that red butterhead lettuce for a more complete leafy green mix. Or gently boil it in a splash of water or add it to any casseroles, pasta dishes, stir fries or soups. Spinach helps prevent kidney diseases, improves eyesight, has anti-inflammatory properties and is chock full of iron, calcium and vitamin K1 to name a few of its nutritional benefits. So spinach away the gloomy gray and rejoice in a brand new day.

Moving right along while we sing our Thanksgiving Immune Booster song, next up we have a mighty root that will knock off your boots with **Parsnips** from [Second Spring Farm](#). These robust pale white roots have been kissed by the first several frosts which makes them even sweeter when roasted. My suggested

use is to wash them, peel them and then cut them into cubes or sticks and roast them on a baking tray in the oven with a dash of honey or maple syrup and olive oil. I would also suggest adding the red beets, sweet potatoes, purple carrots and potatoes from this share to that same baking tray for a beautiful melody of roasted veggies for your holiday feast. Alternatively, this vitamin C and fiber-laden root can be cut thinly and baked into chips, added to a shepherd's pie, grated over the top of your leafy green salad mentioned above or for the real adventurous you could whip up an apple and parsnip Bundt cake for the holiday enthusiast in you. Ba boom!

Keeping with the roots now that we put back on our boots, next up we have **Red Beets** from [Second Spring Farm](#). This dark red taproot has a real deep earthy flavor and is versatile in its culinary use from simply grating them over the top of your salads to making balsamic roasted beets or even roasting them as they are and then blending them with chickpeas for a beautiful magenta colored hummus to dip those purple carrots and parsnip chips in. Red beets offer a wide range of nutrition and have a little bit of all the essential vitamins and minerals to make our anatomy thrive and are exceptionally good for our hearts. So juice them up, roast them and then blend them with a Greek yogurt for a dip or just simply add them to that baking tray of all the root crops offered in the share this week and roast away.

Root, root, root for the Immune Booster share as the roots just keep coming. Next up, we have a root that's perfect for the holiday festivities in the form of **Sweet Potatoes** from [Second Spring Farm](#). These magnificent roots are loaded with manganese, fiber, vitamin A and C and are an excellent source of antioxidants such as beta-carotene, chlorogenic acid and anthocyanins. As a main staple around the holiday season, sweet potatoes can be made into many exquisite and tasty dishes such as an easy go to with a sweet potato casserole with the perfectly browned roasted marshmallows on top, caramelized candied sweet potatoes, garlic butter scalloped sweet potatoes, a sweet potato souffle for some wow factor or simply cubed and roasted on the baking tray with all the other colorful roasting veggies offered in this week's share.

Rooting right along, next up in the produce line up we have **Purple Carrots** from [Tantre Farm](#). These robust and rather large deep purple carrots pack a mighty dose of powerful antioxidants called anthocyanins which possess many health benefits such as anti-inflammatory, antidiabetic, anticancer, antimicrobial and anti-obesity properties as well as the prevention of cardiovascular diseases. Not only that, but they also pack a wealth of essential trace elements, vitamins and minerals, so make sure to include these in your daily consumption. Another interesting note on these carrots is that they are purple on the outside and yellowish orange down their middle core which makes for a rather appealing color when sliced into sticks and roasted or simply added to a finger food veggie tray. These carrots are also well received for juicing as they are super sweet and add a nice touch of natural sugars to the juice. Not into juicing? Then maybe just roast them away on that baking tray or take it up a notch and transform them into a honey glazed, roasted carrot dish with orange zest on top or try your hand at a carrot cake. Whatever you choose you just can't lose when it comes to these fresh out of the ground carrots.

One last root just for good measure... presenting a magnificent mix of **Red Sangre and Blue Adirondack Potatoes** from [Tantre Farm](#). These holiday spuds sure ain't duds and they round out the full color spectrum perfectly with the rest of the produce line up offered in this week's share. We are always working with the intention to bring you the most diverse array of produce to truly make this an immune-boosting share. Boost your overall health with a wide range of colorful produce just like these taters. So make a colorful mash potato out of these high fiber and protein laden spuds, roast them on the baking tray with the rest of the aforementioned produce, fry them, slice them thin and make colorful chips to compliment those parsnip chips for a colorful melody or go all out and get a little posh with a duchess potato dish to wow the in-laws.

Moving back above the dirt, we have **Pie Pumpkins** from [Tantre Farm](#). These small, vibrant orange pumpkins are loaded with beta-carotene and fiber and are a perfect addition for your Thanksgiving feast, because they can be made into granny's secret pumpkin pie recipe, made into muffins with chocolate chips, or into a savory pumpkin soup as a starter for your meal. They are simpler to work with than you think. My suggestion is that you cut them in half and clean out the seeds. Place the halves face down on a baking tray lined with parchment paper and roast at 400 degrees for an hour. When cooled, scoop out the soft flesh and incorporate into whatever suits your fancy. Don't let the seeds go to waste! Wash and soak them in a saltwater bath overnight. Pat the seeds dry and roast on a baking sheet with seasonings to your liking for about 20 to 30 minutes until browned. They may need to be shuffled around halfway through the cook time to evenly brown them. They are so delicious when consumed fresh out of the oven and are loaded with all sorts of invaluable trace elements, minerals, and vitamins. Gobble them up quickly while they are nice and hot!

Closing out the produce in this week's share, we wrap up the produce on a sweet note with **Honeycrisp and Northern Spy Apples** from [Almar Orchards and Cider](#). Who doesn't like a sweet and juicy Honeycrisp apple with a little hand to mouth action? Ahh, no one! These organic apples are laden with many health benefits such as helping with weight loss, strengthening bone mass and improving skin and hair growth to name a few. Both apple varieties are great for slicing and adding to that veggie tray, baking into an apple pie or apple crumble. Maybe for the adventurous a caramel dipped apple is in the works? The Northern Spy apples are also good for the options mentioned above, but they are exceptionally good sauteed with brown sugar, roasted or slow cooked and then made into an apple sauce. So many options to turn these round globes of delight into a holiday sweet treat for you and your holiday fleet.

Kicking things off on the prepared food side of this week's offerings, we get down to it with a 16-inch **Sausage and Potato Pizza Kit** from [Silvio's Trattoria e Pizzeria](#). This authentic handmade-from-scratch pizza is the real deal and is composed of fresh dough that is composed of organic flour, water, yeast, salt, olive oil, sunflower oil. The pizza sauce comprises organic Roma tomatoes, onion, garlic, rosemary, oregano, parsley, olive oil, sunflower oil, salt, pepper and red pepper flakes. Finally, the toppings include organic mozzarella cheese, Ernst Farm sausage and Tantre Farm Carola potatoes. This pizza kit is sure to please in the sub-arctic freeze and is easily put together by you and your loved ones. If you crave more toppings, then add away until your heart's content. Preheat

the oven to 350 to 450 degrees and bake until the cheese melts maybe 7 to 15 minutes! If you have never visited Silvio's for a sit-down meal, then add it to your winter to-do list. Silvio's prides themselves on their family atmosphere and home-style cooking the Italian way. Last time I visited Silvio's, I should have brought my wheelbarrow, because I ate so much, I needed to get carted out of the place. Yes, the colorful and diverse traditional Italian food they make is that good!

Since we have the pizza, we might as well have the pasta, and this week we have just that for you with a **Pasta with Dilly Garlic Sauce** from [Roaming Goat](#). This clever and creative dish is composed of butter, wheat flour, eggs, Tantre Farm dill, garlic and shallots, pepper, salt, shiitake mushrooms and broccoli. This hefty portion of pasta starts with a lineup of steaming, frying and roasting all the assorted veggies and then blending them into a smooth cream sauce. Then the sauce is drizzled over fresh cooked noodles and lightly mixed and put into a container just for you and yours. A savory delight in the frosty night and a dish that is again based on our blessed local food systems. It's very in-season and all the reason to pay a visit to Roaming Goat for round two. This unique cafe offers a wide range of seasonal dishes and is a huge collaborator with Tantre Farm in general week in and week out. Britt, the owner and head chef, actually visits the farm often and picks some of her own produce like the dill she picked in this week's dish out of the Tantre herb garden. A hyper-local collaboration is the pinnacle of this project where the chefs get involved in the fields. It's a beautiful thing to see this type of collaborative relationship and one we highly value.

Bring on the beans with a unique twist - a **Black Bean Quinoa Salad** that is vegan and gluten-free from [Juicy Kitchen](#). This dish is composed of organic quinoa, corn, black beans, tomatoes, red onions, fresh cilantro and lime juice. We sided with this type of salad this week to complement the salad greens in the produce line-up. Create a tasty DIY leafy green salad to go with your pizza for a complete, quick and easy meal while you focus on your holiday meal prep. Juicy Kitchen has been a staple to the Immune Booster CSA Share for almost three full years and has made more than 40 appearances in the weekly offerings, and I bet you know why? Because they make a wide array of beautiful seasonal dishes, incorporate as much local food into their menus as they can, and in general offer plant-based, vegan and gluten-free dishes. Owned and operated by a young couple with innovative ideas, a friendly staff and a hipster vibe, all the while cranking out some seriously good food. If you didn't know, now ya know! Pay them a visit and grab a few extras out of their to-go case just inside the front door while you're at it like their broccoli salad. Hint hint.

As the share comes to a close on this pre-Thanksgiving feast, we are elated to feature a new face to the share this week with a sweet treat from [Harvest Chocolate](#), based out of Tecumseh, Michigan. This week's **Candied Ginger and Roasted Sweet Potato Dark Chocolate Bar** is a celebration of Michigan in November and perfectly flavored for the Thanksgiving holiday. Composed of cocoa beans from Costa Rica, organic brown sugar, Holtz Farm sweet potatoes, Side Oats Farm ginger and cinnamon, Harvest Chocolate makes seasonal bean-to-bar chocolate from scratch, starting with the cocoa bean. I met this husband-and-wife duo at an Immune Booster hand out several weeks ago and they were extremely kind, thoughtful and generous with samples of the fine

products they make. Sharing stories of meeting with farmers in Costa Rica and Ecuador, as well as connecting with local farms here in Michigan, they struck me as deep thinkers who truly believe in working together within the local community and abroad to make a fairtrade product. Small batch, big flavors and building honest relationships with global and local farmers to bring the best of the season's harvest to their chocolate shop. It was a no-brainer to pull them into the Immune Booster orbit. Although I do not consider myself to have a sweet tooth, this chocolate is on another level, and I found all the samples to be distinctly different in flavor based on the locality of the source of the cocoa bean. Harvest Chocolate's products can be found at local shops throughout southeast Michigan, so look at their website to find the nearest outlet. I am sure you'll be hankering for more after your first taste of this fine chocolate bar!

In the spirit of Thanksgiving, Tantre Farm gives thanks to you for your continued support of our local farmers and food artisans who work together with us to make this local food box come together each week. The amount of gratitude these hard-working folks share with me week in and week out is humbling and heart-warming and something that should be passed on to you, the customer. Without you, we would not be able to push the local food movement to the forefront of our community, while supporting as many local businesses along the way as we can. This is the future of food, locally grown and locally consumed for a healthier population and a healthier planet. Each week buying this box takes hundreds of gallons of fossil fuels off the atmosphere grid, so Mother Earth thanks you too!

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.

***REMINDER:** The Fall/Winter pick up location for Chelsea is at Agricole Farm Stop, since the Chelsea Farmers Market is closed for the season. Please make sure to double check your pick up location on your dashboard, because the order of pick up locations changes during registration with this transition from summer to fall/winter locations, and members may unintentionally choose the wrong location.

****IMPORTANT NOTICE:** Please note, there will be no Immune Booster CSA Share Saturday November 26 due to the proximity of the Thanksgiving holiday. Keep your eyes peeled for the next Immune Booster menu on Sunday, November 27, regarding Tantre Farm's Immune Booster CSA Share, Week 137, for pick up on Dec. 3. We wish you a joyful holiday with your loved ones. Eat well, do well, be well.

All the Best, and have a Happy Thanksgiving!

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.*

Tantre Farm

2510 Hayes Road, Chelsea
MI 48118 United States

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