



# Tantre Farm CSA Newsletter IMMUNE BOOSTER Week 138 Share – December 10, 2022

Hello Fellow Locavores!

Welcome to the Immune Booster Week 138 "Mediterranean Dream" CSA Share newsletter, and thank you for signing up to support local food by purchasing this share. Week in and week out, our mission is all about local food and building a circular food economy based on collaboration and partnerships. These relationships form a network that supports and elevates our many local food purveyors, further securing our local food movement and sustainability efforts. It's a beautiful project on many levels and is designed to connect the local public to healthier, wholesome and locally sourced seasonal food. In this week's offerings, we have a colorful share lined up to chase away the gloom and gray of the late fall days here in Michigan, as we lean into a Mediterranean-themed menu one might find when visiting this beautiful part of the world. To complement the colorful prepared foods, we also have a spritely selection of fresh local farms' produce for the chef in you to further your Mediterranean culinary mission. Let's make haste, a quick high-five to you for signing up, and it's time to get this menu breakdown rolling on down the track..

Kicking off the show, we have tender **Arugula** (a.k.a Arugulove) from [Goetz Greenhouse and Family Farm](#) that packs a peppery kick and is full of vitamins B, C, and K as well as calcium and potassium to help reduce cancer risk, improve heart function and lower blood pressure. Arugula is also known as "Rocket" around the globe and is native to the Mediterranean region. It was regularly consumed by ancient Romans and is mentioned in the Old Testament. This fresh-clipped arugula is hoop house grown about 20 minutes south of Ann Arbor, harvested Friday morning and riding home with you Saturday morning. It doesn't get any fresher than that! Perfect for fresh salads, wilting into soups, clipping it over some scrambled eggs or mixing it up with the other leafy greens in this week's offerings for a well-balanced mix of greens for DIY salads for the rest of the week. We're off to a good start on this Immune Booster adventure!

Next up on this Immune Booster dream team is a solid pack of **Pea Shoots** from [Garden Works Organic Farm](#). These soil-grown shoots are super local and grown about a mile from the Washtenaw Food Hub, where many of you will pick up your share. Packed with a plethora of vitamins, minerals, and trace elements that are essential to our anatomy. Pea plants in general are native to the

Mediterranean basin and have been wild collected and then cultivated in this region dating back to the late Neolithic era. Impressive! Now we are writing our own history, because we have discovered that the baby pea plant has even more nutritional make up than its tasty fruit with almost the same taste as the fruit! Very clever! These shoots should be consumed within the first 4 to 5 days of receiving your share for optimal freshness and health benefits. So toss them into that arugula mix, fill up that pita bread with them as your green topping, sprinkle them on your pasta or just eat them right out of the container as a hand to mouth snack with a little dip of the hummus that's coming up later.

Closing out the leafy greens in this week's Mediterranean island-hopping dream, we have a unique and interesting **Green Curly Endive Frisee** from [Seeley Farm](#). Another super local product, this hoop house-grown bitter green was grown about a mile east of the Washtenaw Food Hub. This leafy green was first discovered and cultivated in ancient Egypt and was regularly consumed during the building of the Giza Pyramids. Renowned for its slightly bitter and peppery taste this green is packed with folic acid, vitamin C and iron to name a few of its health benefits, and it just screams to be mixed with the arugula and pea shoots, maybe some fresh squeezed lemon, olive oil, tahini and minced garlic with something savory to top it off like sardines, prosciutto meat, fried tempeh, a fried egg or cheese chunks. Toss in some of the cherry tomatoes which are also provided in this share and maybe a few roasted chunks of the blue Hubbard squash for a real Mediterranean delight. Man, I am getting hungry!

Rolling right along we roll right into an extremely rare treat considering that we're midway into December - presenting **Cherry Tomatoes** from [Tantre Farm](#)! This sun-loving, high-heat crop was planted in a hoop house towards the end of August to take advantage of the last of the summer heat and target a late fall harvest. It's amazing they made it this far into the season, so props to the Tantre Farm crew for nurturing them and carefully picking the last of the fruit off the vines just for this share. These calcium-laden, potassium-rich red globes of delight also pack a powerful antioxidant called lycopene, which fights off heart disease and cancer. Although not native to the Mediterranean, these cherry-sized tomatoes often feature in Mediterranean cuisine. In fact, cherry tomatoes have been genetically linked to Ecuador around 80,000 years ago, before being widely spread around the planet many centuries ago. It is now the number one planted garden crop in America. So toss them into that salad greens mix, stuff them into those pitas with all the other fixings or cut them in half and season the cut sides. Then put them face down in a skillet on medium to low heat and roast them for a few minutes and serve as a side to any of the prepared foods in this week's share.

Next up from [Tantre Farm's](#) fields, we have the beta carotene rich **Orange Carrots** that have been kissed by the fall frosts to sweeten them up. These carrots are native to Eurasia and would be excellent for roasting whole in a Moroccan-style carrot salad or maybe try your hand at a honey-glazed version of the Moroccan carrot salad just to be a little bit naughty. These carrots are great for reducing bad cholesterol as well as grating them over the top of your salad greens. Win-win. Or skip the fuss, give the carrots a quick rinse and bust out the sun-dried tomato hummus to dip away until your heart's content. A couple of carrot sticks, some cherry tomatoes, ripping and dipping a pita bread in the hummus and then you're in the yum business and trying to figure out a way to tell the rest of your gang what happened to all the Mediterranean

dream share food. Ha!

Next up, from [Tantre Farm](#) we have an allium for the ages with field-grown **Yellow Onions**. These pungent yellow onions are packed with many health benefits such as vitamin B, potassium, and compounds that relieve inflammation, decrease triglycerides and reduce cholesterol. Onions have origins in central Asia, as well as the eastern Mediterranean, and were most likely wild collected and carried by our ancestors long before we domesticated them into crop rows. Onions in general can grow in many different soil compositions and can travel long distances before needing to be planted again making it the perfect crop to migrate around the globe. My suggestion here is to thinly slice the onions and add them to that salad. Upping it a notch you could sweet pickle the thin slices in a sweet brine and serve on the salads and in the pita wraps for an extra little kick. The onions also grill really well when slowly cooked whole on a BBQ with the paper skin and all. Once the onion feels tender in the tongs, just remove it and take off the papery outer skin and slice it up and enjoy. Add some chicken skewers or tempeh to the grill and really up the yum factor for that pita stuffing. Yes please!

Closing out the savory produce this week we collect one last novel crop in the form of a **Blue Hubbard Squash** from [Tantre Farm](#). This robust, pastel blue squash is native to South America and was being consumed there over 4000 years ago. As its seeds traded from one mariner to another and one land peddler to another, the squash made its way to other places around the globe that have a long, hot summer, such as the Mediterranean. Prized for its bright yellow-orange, dry, sweet flesh and abundance of vitamins A, B and C, these squash may need to be cut with an ax or hatchet to begin preparing it. Once you have got it opened and cut in half, scoop out the seeds, wash them and then soak them in a saltwater bath for up to a day. Discard the water, pat the seeds dry and then roast them on a baking tray just like you would with pumpkin seeds and consume hand to mouth style. With the flesh, place the cut ends face down on parchment paper and roast them in the oven on 400 for at least an hour or until tender. Once they feel soft to the touch pull them out and let them cool. From here you can scoop out the flesh and incorporate it into coconut curry soups, casseroles, risotto, or chocolate chip muffins to give you a few ideas. So get creative and challenge yourself to turn this beast of a squash into a feast for the family. If there is any leftover roasted squash, you can even take the cooked squash pulp, and place it into freezer bags or containers to enjoy later for days and days!

Our final featured produce item for this week's share comes in the form of a **Bosc and Packham Pear Mix** from [Wasem Fruit Farm](#). This you-pick farm is located about 15 minutes south of Ann Arbor and offers a wide variety of apples, pears, tart cherries, and pumpkins in the warmer seasons. Both pear varieties have their roots in southeastern Europe where the ancient Greeks and the Romans developed and cultivated up to 50 varieties of pears that were referred to as "Gifts from the Gods", because of their sweet taste and ability to be stored for the cooler winter months. The Bosc pear is a hybrid that came out of Belgium in 1807 and the Packham was originally cultivated in Australia in 1896. Now both varieties are grown around the globe and even right here in our own backyard. These pears can be consumed raw with a little hand-to-mouth action, poached, baked into a pear tart, or sliced thin or into chunks and added to your leafy green salads throughout the week. Enjoy this juicy treat!

Time to set sail as we glide into the Mediterranean-themed, prepared foods featured in this week's share. Let's get things cracking with fresh baked **Pita Bread** from Boulangerie Shorook Bakery. This 10-pack of pitas is composed of enriched flour, water, sugar, yeast and salt and is best served warmed up and filled up with any of the prepared foods or fresh produce in this share. Well, we made that pretty easy for you! So wrap up a bunch of lunch, shawarma style, and taste the 'local' difference. You'll be glad you did.

Our next port of call on this Mediterranean voyage, is a visit to Turkey with a **Vegetable Borek** pastry pie that is vegetarian from [Ayse's Turkish Cafe](#). Ayse, the head chef and owner of Ayse's Turkish Cafe has been in business for over 30 years in The Courtyard shopping center located in the northeast corner of Ann Arbor, and there is a good reason why. Her food is authentic to her home origins, and she buys produce from many local farms every week. After a visit to her restaurant last week and as well as several samples of her delicious food, we collectively agreed that we should try this Vegetable Borek in the share. This flakey pastry is composed of phyllo dough that is stuffed with local spinach, carrots, potatoes and onions, corn oil, a dash of fresh herbs and several pinches of Turkish spices. My suggestion is to reheat this pastry in the oven for about 7-10 minutes and then serve with any and all of the prepared foods, a DIY salad or on the go like a savory pop tart. If you have never visited this café, it's definitely worth the trip as the café serves up a wide variety of savory and sweet Turkish-Mediterranean delights. Check it out!

Setting sail once again we head out to Grass Lake, Michigan to round up a **Mediterranean Lentil Soup** from [Roaming Goat](#). This widely consumed soup of the Mediterranean can be composed in hundreds of ways, but this particular one is composed of Ferris Organic Farm lentils, Tantre Farm produce that includes carrots, garlic, parsley, onion and thyme, celeriac, cumin, and sunflower oil. Simmered and cooked to a savory delight, this soup is sure to please in the late fall breeze and will warm your core whilst leaving you hankering for more! So take a little road trip out to Grass Lake and discover all the other local food this café sources and creates, from sweet treats to savory delights. Roaming Goat offers catering, so if you're looking for some tasty food to share with the masses, I highly recommend it. Britt, the head chef and owner is creative, ambitious, and a clear communicator, so you will most definitely get high quality food with high quality service.

When I think of a staple Mediterranean food, **Tabbouleh Salad** always comes to mind. So down that road we shall go, with a tabbouleh salad from [Humus Falafil](#). This pungent and aromatic salad is composed of parsley, tomato, green onion, mint, cracked wheat, olive oil, lemon juice, salt and black pepper and would be a great fit to stuff into some of the pita breads with a dash of hummus, some fresh produce and a protein of your choosing. Alternatively, this salad could be served as a side dish with your roasted squash chunks and that Mediterranean lentil soup for a complete meal. Humus Falafil sells their goods every Saturday at the Kerrytown Farmers Market in downtown Ann Arbor and at both Argus locations, so seek them out and discover some of their other creative and tasty dishes.

Need a little spread for that fine pita bread? Look no further than this week's **Sun-Dried Tomato Hummus** from [Juicy Kitchen](#). This staple item at the café

has been on the number one hits list at the top of the chart for many years now, and you'll soon discover why. Simply put, it is amazing! This fine hummus is composed of chickpeas, sun dried tomatoes, tahini, garlic, basil, extra virgin olive oil, lemon juice, salt and pepper. Blended to a creamy delight just beckoning for that pita bread spread, this hummus is a real crowd-pleaser and will most definitely leave you beckoning for more. So don't be shy, head on over to Juicy Kitchen for round two and load up on a few extra healthy dishes to-go, while you are there. You'll be glad you did!

Closing out the Mediterranean Dream share this week, we go out on a sweet treat note with a pack of four **Ladyfinger Baklava** from [Exotic Bakeries](#). Recipes of this Persian sweet treat have been discovered as early as the 9th century and there's a real good reason why it's still widely consumed - because it's super tasty! This flaky sweet treat is composed of a mixture of butter, cashew nuts, sugar, lemon and water and then rolled up in freshly-made, phyllo dough and baked. It's the perfect way to close out this week's Mediterranean Dream share, not only because it fits the menu theme, but also because everything this vendor bakes is made from scratch, sourcing local ingredients that round out this local feast. Exotic Bakeries is a Syrian café located in the Courtyard Shopping Center right around the corner from Ayse's Cafe in the northeast corner of Ann Arbor and they offer a wide range of Middle Eastern, Mediterranean and Syrian cuisine. Pay a visit to Tamara the head chef and business owner of Exotic Bakeries to check out her other authentic delights and tell her you devoured her baklava in the Immune Booster Share. She will be stoked to hear that!

Sailing away into the burning orange sunset of the Mediterranean, we are thankful for your support and excited for you to enjoy this unique, diversified, locally sourced, and curated food share. By buying this share you are collectively supporting many local businesses in a one stop shop, investing your dollars back into our local food economy and further supporting a more seasonal and sustainable food system. We are grateful for your patronage, and we value any feedback that you have, whether it's words of encouragement or ways for us to improve our product and service to you. In partnership, we look forward to seeing you all at all three pick-up locations: the Washtenaw Food Hub in Ann Arbor, Agricole Farm Stop in Chelsea, and this week at Roaming Goat in Grass Lake.

**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.

Don't forget to keep an eye out for our next email on Sunday, Dec. 11, regarding Tantre Farm's Immune Booster CSA Share, Week 139, for pick up on Dec. 17.

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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