



Tantre Farm CSA Newsletter IMMUNE BOOSTER Week 141 Share – January 7, 2023

Hello Fellow Locavores!

Welcome to the first Immune Booster newsletter of 2023. We hope you had a wonderful holiday and that your new year is off to a great start. As always, thank you for signing up for this week's box of fresh and wholesome goodies that not only supports your health, but also supports our local food mission. This week we have an awesome lineup of local fare that has a subtle, Asian-fusion flair. We made sure to add plenty of color and flavor to this menu to help negate the dull and gray weather and kick off the new year in style. By now we are all hoping for some bright and sunshiny days ahead, and if they don't come, maybe this rainbow of color coming home with you on Saturday will help brighten up your week. At the very least, it will nourish your body and give you the nutrients you need to keep your immune system strong. With that being said, who's ready for the first Immune Booster ride around southeast Michigan of the year? Hop in and let's ride!

Pulling up to our first stop of many, we find ourselves at [Sell Farms and Greenhouses](#) in Ypsilanti to pick up a spritely **Lettuce Mix** that is hydroponically-grown in a state-of-the-art hoop house. This fine lettuce is grown on plug-in shallow trays of water and in general goes from seed to your table in about 45 days depending on the sun we get which is nil at the moment. Luckily for us, Sell Farms has LED lights over the lettuce to take over the photosynthetic processes that carry the leaves to maturity. So salad away on a cold and dreary winter day to wash away the gray. It's good for you and it's light and healthy, especially if you use all the other fresh produce in this share to top off the lettuce greens.

Cruising right along, while we sing a little song, we head on over to the westside of Ann Arbor to visit [White Lotus Farms](#) and pick up a **Microgreens Lottery** that is composed of a package of either radish, broccoli, kale, pea shoot, sunflower shoot, arugula, amaranth, wasabi, parsley, or cilantro microgreens. These fine shoots and microgreens are also hoop house grown and supplemented with a variety of different LED light spectrums to enhance the flavor as well as the color of these baby plants. It's a clever trick to produce some high-quality, baby greens and the diversity of plants in this mix is surely one heck of an immune boosting dose. So pile them high on those lettuce

greens, toss them onto a pasta dish or garnish a soup with them. My only real suggestion here is to consume them within the first three or four days of receiving them before they begin to respire and fade away.

Time to head south, but not to Florida, so nice try! We are only going about 45 miles south of Ann Arbor to Riga to pick up some young and tender, **Baby Red Russian Kale** from [Goetz Greenhouse and Family Farm](#). These tender, kale greens are also hoop house grown under a triple canopy. What exactly does that mean? Well, they have the roof of the hoop house as the primary canopy. Inside the hoop house, the Goetz crew sets up a 'tunnel' over the rows that is about 6 feet tall. Over the past few weeks when it was brutally cold, the Goetz crew set up yet another 'tunnel' about 3 feet above the plants inside the 6-foot-tall tunnel. A triple canopy cover to ensure the success of these delicate plants. It's back-breaking work to open up the interior tunnels during the day and close them up at dusk, but the dedication pays off with these delicious tender greens that we all so crave during the winter doldrums.

Back in the truck and you're in luck, because we are heading out west, but not to California... boohoo, but instead to [Tantre Farm](#) in Chelsea to pull some winter roots from the cellar. This week we are collecting a white and red **Daikon Radish Mix** and a **Potato Mix** that include Carola and Desiree potatoes. Then again the sweetness of winter would not be complete without a slight detour south for some **Orange Carrots** from [Wayward Seed Farm](#) in Ohio. Since roots are the in-season crop this time of year, we figured we would give you some kitchen staples to make up some soups, stir fries, and pan-roasting veggies. Alternatively, you can add these fine roots to your salads. The potatoes are a nice touch, cubed and roasted or fried and the daikon radishes and carrots can easily be thinly sliced or grated raw on top of the salads raw. Other delicious ideas include thinly slicing the roots, dipping them into batter and frying into a tempura dish. The carrots and daikon radishes can also be sweet pickled simply with a splash of water, apple cider, sugar and sea salt. There are many recipes online for you to choose from.

Wrapping up the produce in this week's share, we head 'Up North', but not even close to the UP, winter-lovers! So again, nice try! We are only heading about an hour north to Flushing to pick up a duo of organic **Macoun and Gala Apples** from [Almar Orchards and Cidery](#). As we load the bushels on the truck, Jim Koan, the owner of Almar, tells me they harvested 1700 pallet boxes of 30 different apple varieties this fall. That's enough to fill the whole floor space of a large Kroger, he jokes. It's quite a feat to hand pick each and every one of these apples and gently place them in the bins for a later date, just like this, so enjoy and marvel at these apples with that little foot note in mind.

Breaking away from the produce wagon, we head back to the Food Hub in Ann Arbor to get the prepared foods underway with a fresh baked **Kalamata Olive Sourdough Loaf** from [Raterman Bread](#). This tasty bread is composed of local organic flour, water, salt, Kalamata olives, lemon zest, and herbs de Provence. This bread is chock-full of pre and probiotics. Baked into the late hours of Friday evening, bagged and left at room temperature until you come and pick up your share Saturday morning, you are guaranteed a fresh, light, and tasty loaf that will serve well with the following prepared foods.

Heading back to the westside of Ann Arbor, we pick up a clever **Spicy Noodle**

Salad from [Juicy Kitchen](#). This sassy salad is composed of organic linguine pasta, tri-colored bell peppers, cucumbers, carrots, green onions, cilantro, crushed peanuts and then all mixed together with a house-made, spicy peanut dressing. It's quickly becoming a hot topic on Juicy Kitchen's menu and would most definitely be worth a visit for round two. Whether visiting on the fly and picking up healthy dishes out of their self-serve cooler in the front of the cafe, taking out or eating on the patio out front of the cafe on a rare sunny day, you're pretty much guaranteed a healthy and creative snack or meal. So check them out and see what other wonderful dishes they make on their ever-rotating menu.

Back by popular demand, we head on over to Ypsilanti to collect a brilliant **Tofu Red Curry and Veggies** dish from [Basil Babe](#) that is vegan and gluten-free. This is a recipe that resides on the coattails of someone who grew up in Thailand and learned to cook from their mother. Basil Babe offers a real look into what authentic Thai food tastes like. This delicately spicy and colorful dish is composed of coconut-based Thai red curry, tofu, bell peppers, eggplant, bamboo shoots and basil. All things that are healthy for your immune system and pleasing to your taste buds. Also, some big news as of late, Basil Babe is just about to open her restaurant in Ypsilanti in the coming weeks, so keep your eyes peeled for this amazing spot to open right next door to The Wurst Bar. Congratulations, Basil Babe!

Next up, we had a 'You Pick'em' from two vendors who operate out of the Food Hub in Ann Arbor. You made a choice to receive either **Salmon and Basmati Rice** from [Ginger Deli](#) or a frozen package of **Original Soy Tempeh** from [The Brinery](#). The Salmon and Basmati Rice dish is composed of marinated char-grilled salmon, basmati rice, toasted shallot, scrambled egg white, olive oil, sea salt, black pepper, fresh thyme and lime wedges. The Original Soy Tempeh is composed of non-GMO soybeans, live active cultures and citric acid. Either choice offers a healthy and clean protein that makes you feel so lean and keen to accomplish your dreams. My suggestion here is to prepare DIY salad as a side with these dishes or just enjoy it with the other prepared meals we have offered. Granted the Tempeh will need to be cooked instead of just warmed up like the salmon dish but rest assured, there are many creative ways to cook and consume the tempeh, so find one that pairs up well with your taste buds.

Staying at the Food Hub here in Ann Arbor, we are more than elated to offer up yet another home team vendor with a pint of freshly-made **Michael's Special Request Granola** from [Harvest Kitchen](#). Particularly popular for their granola, Harvest Kitchen knocks it out of the park with this nutty granola that is composed of Ferris Farms organic Michigan-grown oats, organic sunflower seeds, organic pumpkin seeds, organic almonds, organic walnuts, organic sesame seeds, "Mind Your Beeswax" wildflower honey and organic canola oil. Harvest Kitchen sells their foods in Argus, Agricole, and has just been added to Vestergaard Farms retail store if you're interested to check out a wider range of dishes that this local kitchen has to offer.

Closing out the share this week, we hit the road one last time to head down to the southwest side of Ann Arbor and go out on a sweet note, as we like to do, with a **Mango Lassi** from [Tiffin Tonight](#). This sweet and creamy drink is composed of yogurt, milk, mango pulp, sugar roots, heirloom apples, propolis, Aronia berries, quassia, cherry bark, ginger extracts and citric acid. It is sunshine

in a bottle with its tropical flavors and pale orange color that is ohhh so delightful! Tiffin Tonight sells their fine foods in Argus and Agricole, ranging from wraps to curry and rice dishes, dried garam marsala, ghee, and of course, this winner of a mango lassi. So seek out Tiffin Tonight's goods and enjoy some clean and healthy, traditional, Indian food.

Now the pick-ups are complete, the shares are packed and are patiently waiting for you to pick them up tomorrow morning. With all the hard work done, all you need to do is swing by and load the share up and you're on your way to a brighter and healthier 2023 already. We are grateful for your continued support of this deep, local project, and we hope you thoroughly enjoy your share. We are so blessed with a wealth of talented farmers, bakers, chefs and artisanal makers in southeast Michigan and my resolution is to continue to discover many more talents to share with you in the coming weeks and months. There's still lots to do yet!

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, Jan. 8, regarding Tantre Farm's Immune Booster CSA Share, Week 142, for pick up on Jan. 14.

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.*

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