



Tantre Farm CSA Newsletter IMMUNE BOOSTER Week 142 Share – January 14, 2023

Hello Fellow Locavores,

Welcome to the Week 142 Newsletter and menu breakdown. We have another solid menu this week that includes food created from many walks of life, from the local farms to the local kitchens. Some contributors were born and raised in the mitten, some from other U.S. states and some from around the globe. In this awesome mixing pot we all call home, we have curated a splendid, colorful, healthy, and locally sourced list of goodies especially for you. Diversity is the key that supports all life on this blue sphere, and just like you and I, we thrive when there is more of it! Offering a rainbow of nutrient-dense produce to buffer the long gray days along with some hand-made, savory, prepared foods to lighten the mood, we are well on our way to diversity. As the menus roll along throughout this winter, they will continue to diversify as we find more local talented chefs, farmers and artisan makers as well as continuing the collaboration with our current beloved partners. It's a beautiful thing when we all work together, united. From the health benefits of our locally grown food to the health of our local economy to the overall health of the planet. So cheers to you and yours for supporting a project like this! So with that little soap box oration, shall we take a ride around the Great Lakes region to see what exactly is coming home with you this Saturday? Let's ride!

Mixing it up like we do, our first stop is to pick up a succulent **Lettuce Mix** from [Sell Farms and Greenhouses](#) in Ypsilanti. This hydroponically-grown lettuce is pulled fresh from the irrigation trays Friday afternoon, bagged up like a bouquet, and away it goes onto the packing table. It's always the last item we pack in the share, so when you open your box it will be patiently waiting at the surface for your arrival. So mix it up with ALL of the other produce in this week's share for a super salad that will feed you clean greens and veggies all week long. Made that easy for ya!

Time to shoot, boot and boogie right on over to [Garden Works Organic Farm](#) in Ann Arbor to load up some **Sunflower and Pea Shoots**. These super fine greens are also hoop-house grown and ready to eat right out of the container. You will receive either a package of sunflower shoots OR a package of pea shoots in your share – a lottery due to the lack of sun. These long cloudy days make it extremely difficult to grow highly photosynthetic plants this time of

year, but rest assured, both shoot varieties are packed with a paramount of nutrition and can be used just like any other leafy green, topped on salads, put on sandwiches, tossed on tacos, or consumed right out of the container, like my young daughters prefer to do.

Load 'em up and let's ride on down south to Riga, MI to round up some hearty bunches of **Green Curly Kale** from [Goetz Greenhouse and Family Farm](#). This hoop-house grown, leafy green is tender and mildly sweet from the extremely cold weather we had over the Christmas holiday. So what to do with this curly kale? Add it to soups, stews, smoothies, or stir fries. Take it up a notch and cut or tear it into bite size pieces and massage it gently in a bowl with fresh squeezed lemon juice, salt, pepper and olive oil. Let it rest in the fridge for about half an hour and then mix up with some tahini sauce, some cooked sweet potatoes, shredded beets, and shredded carrots. Adding nuts to this salad keeps the mercury rising on flavor and texture, and before you know it I'll be calling you to see if we can feature your kale salad in the share. Ha!

Since we are in the area, we might as well swing over to Ida, MI to pick up a **Purple and Orange Sweet Potato Mix** from a new farm that we are delighted to welcome to the Immune Booster Share. [Holtz Farms](#) is a 40-acre centennial farm started by Holtz family immigrants from Germany well over 100 years ago. Currently in its fourth generation of family members farming the land, Norman Holtz and his older brother grow mostly annual crops in the fields and in their five hoop houses. They offer a wide variety of seasonal crops, winter storage crops, herbs, and chicken eggs. They sell their top-quality produce at the Eastern Market in Detroit and the Toledo Farmers Market, as well as at Argus Farm Stop. So if these sweet potatoes tickle your fancy, then head on over to Argus for round two. As far as the sweet potatoes go, there are a million and one ways to make these sweet spuds into some serious fun with a lot of yum, so do a google search and find a recipe that beckons you.

Back on the road again and still heading further south, we cross the border into Ohio and head down to Wayward Seed Farm in Fremont, OH, to pick up some certified organic, girthy, **Orange Carrots**. [Wayward Seed Farm](#) is a rather large production farm, who sells a lot of produce to the east coast markets by the semi load. Wayward Seed Farm also happens to deliver to The Brinery every couple of weeks, so that is how we came into contact with this reputable vendor. Their property is on an ancient riverbed alluvial plain near the Sandusky River, which means the soil is rich with sand, minerals, topsoil and organic material that is perfect for growing robust produce. So carrot away on a cold winter day and make yourself a stew or soup with these carrots along with some of the other produce in this share. Ahh, the comfort food!

After a few high fives and a 'See ya next time', we are back on the road again heading back into the mitten and way 'Up North' to Cedar, MI in the Leelanau Peninsula to collect organic **Red Onions** and **Red Beets** from [Second Spring Farm](#). Both of these crops were harvested out of the fields in September and October. The beets have been in a cold storage unit hovering around 35 degrees and the onions were stored in a dry storage at around 45 degrees. Some real science is going on here to preserve these crops and keep them super fresh and ready to make their way into a share box just like this. Onions and beets are fairly easy to incorporate into any meal. The onions can be thinly sliced and added to salads, thinly sliced and added to a frying pan with oil of

your choosing for a caramelized onion hash that goes well topped on pasta or scrambled eggs. Another tasty idea is to sweet pickle them using a simple sweet pickle recipe. The sweet pickles can then be added to sandwiches, wraps, salads, or bean dishes. The red beets can be roasted on a baking tray along with the sweet potatoes, carrots and onions for a beautiful vegetable melody. They are also delicious when pickled. A simple way to do this is to wrap the beets whole in foil and roast at 400°F for an hour. Once they're out of the oven and cool to the touch, the skins peel off easily. Cut the peeled beets into chunks and place them in a jar of sweet pickle brine composed of sugar, water and red wine vinegar. Don't want to fuss with that? Then juice them or grate them raw over your salads. Healthy made easy!

Pivoting away from the colorful produce, we head on over to the southside of Ann Arbor to swoop up a six-pack of **Rustic Italian Rolls** from [Zingerman's Bakehouse](#). These fluffy balls of delight are simply composed of organic wheat flour, water, sea salt and yeast. Baked up fresh late into Friday afternoon and in your back seat riding home with you Saturday morning, it just doesn't get any fresher than this! These rolls will complement any of the prepared foods in this week's share or that DIY salad we have been discussing. Alternatively, they make delightful peanut butter and jelly rolls, homemade savory sliders with a side of fried potatoes or mini Reuben sandwiches for the family. So many good ideas to consume these tender and light rolls, so take your pick!

If you're taking the savory route on your Rustic Italian Rolls then the **Spinach Doenjang Soup with Tofu and Potato Noodles** from [Miss Kim](#) would be a match made in heaven. Located in the heart of Kerrytown in downtown Ann Arbor, Miss Kim serves up scrumptious authentic Korean dishes. This particular dish is composed of water, soft tofu, doenjang which is fermented soy paste, gochujang which is fermented chili paste, Miss Kim house soy sauce, garlic, scallions, black pepper, spinach and sweet potato noodles. All you have to do is heat it up in a pan or microwave and serve with a roll and maybe a DIY salad. If this dish leaves you hankering for more then head on over to Miss Kim and tell them you had their Doenjang Soup in the Immune Booster Share and they will be stoked to see you coming back for round two.

Since we gave you all the salad greens and veggies to pad out a DIY salad numerous times over the course of next week, we decided to give you an alternative salad for on-the-go occasions. We present a tasty **Tunisian Salad** that is vegan and gluten-free from [El Harissa](#), located on the northwest side of Ann Arbor. This colorful salad is composed of bell peppers, cucumbers, Roma tomatoes and pickled red onions. This vegetable medley is hand mixed with a mouth-watering dressing that is composed of dried mint, harissa, pepper, lemon, olive oil, garlic, salt, pepper and red wine vinegar. Once it all settles down together and the flavors start to mix you are left with a refreshing, crisp and flavorful salad that is really healthy for you. El Harissa specializes in North African dishes and has a beautiful menu full of colorful and flavorful food that is layered up and dense with nutrition. So pay them a visit and tell them Ryan sent you. Also, while you're there, go next door and pay Juicy Kitchen a visit, since you're right there. This is what I call a two-for-one stop shop!

Closing out the savvy savory in this week's share, we have the mighty **Michigan Ravioli** from [Silvio's Trattoria e Pizzeria](#), located in Canton MI. Silvio, the head chef and owner of Silvio's is from Italy and prides himself on making

everything from scratch from locally sourced food that follows the in-season narrative. With this dish, the ravioli is composed simply of whole wheat flour, eggs and water. The creamy white sauce is composed of goat cheese, ricotta cheese, nutmeg, walnuts, king trumpet mushrooms, chicory, salt and pepper. This dish will come in one container with two compartments, so you'll need to heat up your noodles with a quick gentle boil and your creamy white sauce in a pan or microwave and then mix them together and serve. So get your soup, salad, and rolls ready and serve this as the centerpiece to a hyper local meal. Lastly, winters are tough on many restaurants here in Michigan with the often-inclement weather, but when it's mild out maybe head on over to Silvio's for lunch or dinner and get yourself a hand-tossed pizza, a traditional Italian seafood dish, or another round of pasta and tell him how much you enjoyed this dish. He will be beaming with light to hear this.

Before we close out the share this week, we head back out, this time to Tecumseh, MI for a brilliant sweet treat from [Harvest Chocolate](#). Introducing a **Maple Pecan Chocolate Bar** that is vegan and gluten-free and full of yum. This lovely chocolate bar is composed of organic Michigan maple sugar from Maple Dale Farm, organic cocoa butter, organic gluten-free oats, pecans and smoked sea salt. It's quite the process to roast the cocoa beans in-house, crush them and then meld all the other ingredients into a fine dense liquid that is set in a mold and dashed with pecans and a sprinkle of sugar before it cools and hardens. Elizabeth, who owns and operates Harvest Chocolate has had many looks as a professional chef in major cities like New York and has also worked for Mindo Chocolate, so she knows her way around the kitchen. Her love for chocolate beams ever so bright and her execution on making high quality chocolate sweet treats is most definitely her wheelhouse. If this bar leaves you hankering for more, you can visit her at her storefront in downtown Tecumseh, or head out to Carosello Pasta in Dexter and pick up a few bars there along with some fresh pressed pasta. Again, another two-for-one stop shop.

So with a belly full of pleasure and a food coma on the horizon, we have finally come to the end of this rather long and windy road trip journey of sourcing local and regional food. We have traveled far and wide to pull together this particular menu, but when we do drive longer distances, we tend to buy in bulk by the pallet load to make the miles worthwhile and less wasteful. We try to limit these longer distance produce runs to no more than three times a winter, since we are also mindful of our own carbon footprint and like to practice what we preach in reducing fossil fuel miles on the food we offer. We hope you enjoy this week's share and that you can sense the labor of love invested in your box of food. It takes many hands, many hours and endless collaboration to produce, all with the aim of serving you the most nourishing and flavorful food possible. Have fun sharing the food and this story with loved ones, while you consume it over laughter, banter, and everything in between. We look forward to seeing all your smiley faces Saturday morning and will be ready for ya with a smile of our own. Eat well, do well, be well!

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. 15, regarding Tantre Farm's Immune Booster CSA Share, Week 143, for pick up on Jan. 21.

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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