



# Tantre Farm CSA Newsletter IMMUNE BOOSTER Week 143 Share – January 21, 2023

Hello Fellow Locavores,

Welcome to the Immune Booster Week 143 Newsletter and thank you for joining us this week for a Winter Fiesta share! We have a fun and flavorful menu full of fresh and seasonal produce to complement all of the carefully crafted, south-of-the-border, prepared dishes that we are excited to feature this week. A mix-and-match spread that has heaps of nutritious and delicious local food for you to enjoy with loved ones, friends and family. So let's dive into this share of plenty and find out what exactly is coming home with you this Saturday...

Upon opening up your share, you will be greeted by fresh, crisp **Lettuce** from [Sell Farms and Greenhouses](#). This hydroponic, hoop-house-grown lettuce is composed of 95 percent water to hydrate you on these cooler winter days, vitamin K to bolster bone health, and a hearty dose of vitamin A to improve eye health. So whip up a cool, crisp salad to go with this week's prepared foods, perfect for a complete and healthy meal with plenty left over for a few more rounds.

Sitting next to the lettuce in your share box, we have placed a robust bag of hoop house-grown **Spinach** from [Good Neighbor Farm](#), a new vendor to the Immune Booster project. We welcome Seth and Caroline, who currently rent land from Ann Arbor Township on the Tilian Farm Development Center with the hopes of acquiring their own land in the not-so-distant future. Caroline and Seth started Good Neighbor Farm in 2021. They met working with an organic vegetable farm and non-profit in West Virginia during college and have been pursuing agriculture ever since. Good Neighbor Farm is a small ecological farm that uses organic and minimal tillage practices to produce high quality and nutritious produce. They are offering an 8-week spinach subscription starting next week, so check out their website for more info on how to sign up and enjoy more of their delicious greens. They will have a pick-up location at the Washtenaw Food Hub on Thursdays for those of you who want to support this local budding farm.

Rolling right along, next we have a green globe of delight with an organic **Green Cabbage** from [Second Spring Farm](#). These field-grown cabbages were harvested after the first few light frosts back in the fall of 2022 and were

immediately placed in a cold storage unit hovering at a constant 34 degrees. Now they are making their way into your share, and they would be perfect for making a homemade curtido, a Salvadoran dish similar to coleslaw. It's easy to make and has a great shelf life in the fridge. Alternatively, dice up your cabbage for delicious fish tacos or a Mexican cabbage salad. This versatile veggie is a simple and tasty addition to many dishes and however you choose to consume it, you will be getting a healthy dose of nutrients to keep your immune system strong through these winter months. Along with a plethora of vitamins and minerals, cabbage also contains powerful antioxidants that help reduce inflammation and fiber that improves digestion. You can't go wrong with this beauty!

Continuing with the greens, next up we are enticed by a **Green Onions Bunch** from [Holtz Farms](#). These hoop house grown onions were rolled out via a seeder in compact rows back in mid-August of last year. The end of summer helped germinate the seeds and the mild fall temps slowly brought them to maturity. As winter rolled in, the growth rate came to a standstill as the frosts hardened them off and made them sweeter. These bunches were pulled from the hoop house Friday morning, washed and prepped into a bunch just for this very share. Green onions, also known as spring onions, are a perfect garnish for salads, soups, tacos, burritos or even the tamales that are featured in this share. If you find yourself rather fond of these green onions, Norman Holtz sells them to Argus Farm Stop in Ann Arbor.

What's a Winter Fiesta share without las papas also known as a **Potato Mix** from [Tantre Farm](#)? A Winter Siesta, haha! This week, we have Blue Adirondack and red-skinned Desiree potatoes to deliver some healthy carbs and keep your energy levels up. Both potatoes are great for dicing and frying and then serving them up as a potato taco filling with some of the produce and salsa that is also provided in this week's share. They would also be great for par boiling, roasting, baking, or transforming into a colorful hash brown. So potato up with this in-season veg and make them into something fun with a lot of yum!

Closing out the produce in this week's share, we have some girthy and robust organic **Orange Carrots** from [Wayward Seed Farm](#). These beta carotene-packed carrots were field-grown and harvested after the first few frosts of last fall. By exposing them to the frosty cold temps, the carrots naturally sweeten as the sugars run through the tissue to stave off frostbite. Nature's antifreeze! I'm itching to get my hands on these carrots and try a taqueria-style pickled carrot with jalapenos and onions. There are a million great recipes online, but my only tip is to cook the veggies slightly before you add your brine to them. The end result and texture are much more desirable. Just a gentle simmer for less than 5 minutes should be plenty and take care not to overdo it - you want to retain some crispness. Once you add the brine, store in a sealed container or mason jar for up to 4 to 6 weeks to enjoy as you please.

Moving down the menu to our prepared foods, we step into the cantina with **Stone Ground Tortilla Chips** that are vegan and gluten-free from [Ann Arbor Tortilla Factory](#). These fine corn tortilla chips are composed of non-GMO corn, water, lime, non-GMO sunflower oil and salt. Ann Arbor Tortilla Factory uses an age-old recipe and method to make these tasty chips. First by mixing the ground corn, water and lime into a dough. Rolling it out by hand and sending it down through a press that flattens the dough like a giant tortilla. Then another

press actually cuts the dough into circular shapes and slices it like a pizza which creates the triangular shaped chip. Down the line they continue and fall into a boiling bath of non-GMO sunflower oil. Pulled from their depths and then salted while piping hot and put into large holding containers to cool. Lastly, they are hand bagged, sealed and labeled and put into a box Friday morning and in your mouth Saturday afternoon. Boom! And what better week to explore their tasty magic than this fiesta share. So nacho up or dip away with the salsa that's coming up next...

Now for some freshly made salsa to go with those fine tortilla chips, we present a somewhat spicy **High Five Salsa** from [Aunt Nee's](#). This fine salsa is composed of tomatoes, onion, cilantro, lime juice, pure sugar cane, garlic, red peppers, apple cider vinegar, sea salt and assorted spices. Simple, yet delicious and rather nutritious, this salsa hits all the hot buttons and can easily be incorporated into your meals this week with the tamales and enchilada casserole still to come. So dip in your chips, and taste the local difference in this freshly made salsa. As always, if this salsa leaves you hankering for more, then pay Carlos a visit at the Eastern Market in Detroit, where he sets up a stand every Saturday year around with his various chips and salsa offerings.

It's time to tuck into our first main dish of the share, as we gladly welcome another new friend to the Immune Booster share with an outstanding **Enchilada Casserole** from [Nourish Juicery and Kitchen](#). This layered up dish instantly caught my eye when I visited Sarah's café for the first time last week down in Blissfield, MI. After a few bites, I knew we would have to feature this dish, and what a great fit for this week's theme! Nourish Juicery and Kitchen came onto my radar from several different angles in the past month. Sarah sources local produce from Goetz Greenhouse and Family Farm, who we often feature in our shares. She also uses salsa from Salsa Bliss out of Blissfield, MI in this enchilada casserole. Lastly, Sarah has worked with Harvest Chocolate, another Immune Booster vendor. So long story short, a little local networking goes quite a long way! Nourish Juicery and Kitchen serve up a rotating menu that is vegan, gluten-free, and soy-free. They also create a wide spread of sweet treats. I had an oatmeal cream pie that was absolutely delicious during my visit. Their fresh-pressed juices are amazing and offer some serious immune boosting. They also rotate with the season, so keep your eyes peeled for the flavor combos that suit your fancy. One final tip - Nourish shares space with an herbalist business called Lavender & Honey. This shop carries all sorts of medicinal herbs sold by weight, salves, teas, tinctures, bath salts and more. This is what I call a two-for-one stop shop and I spent a good hour and a half talking to both Sarah and Angie on my visit. So make the trip south and show some love to these two amazing vendors!

Our next main course dish this is a trio of **Tamales** from [Pilar's Tamales](#). In your share, you will receive two vegan and gluten-free Black Bean and Vegetable Tamales and one Jalapeno and Cheese Tamale that is vegetarian and gluten-free. The vegan Black Bean and Vegetable Tamales are composed of corn flour masa, canola oil, black bean broth, Michigan black turtle beans, roasted corn, mixed sweet peppers, herbs, olive oil and white rice. The Jalapeno and Cheese Tamale 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. As you can see, there is a lot going on in these tasty tamales and each and every one of them was made from scratch and

with love by Silvia, who uses her mother's traditional recipe to make them. If you have never visited Pilar's Tamales this is a great introduction to their tasty cuisine. They have plenty of other delicious items to showcase upon your visit. Be sure to tell Silvia the Immune Booster sent you. She will be touched and happy to share her gratitude for making the effort to stop by. Comida increíble!

Need a little more heat in those tamales or that enchilada casserole? Then look no further than **Sriracha Hot Sauce** from [The Brinery](#). This traditionally fermented hot sauce is composed of red jalapenos, cane sugar, garlic, filtered water, sea salt and distilled vinegar that blend together to create a slightly sweet, definitely spicy sauce that's full of flavor and perfect when lightly drizzled on any savory dish. So spicy it up a bit, you'll be glad you did! If this hot sauce tickles your fancy and you pick up your share at the Food Hub then come on inside and take a look at the full display of fine Brinery products we have to offer.

Closing out this Winter Fiesta food affair, we have a real sweet treat from [Zingerman's Bakehouse](#) in the form of a **Buenos Aires Dulce de Leche Brownie**. This rich, vegetarian brownie is composed of dulce de leche, sugar, eggs, local wheat flour, unsweetened chocolate, butter, demerara sugar, vanilla extract, sea salt and baking powder. This is Zingerman's most indulgent brownie and one that will most definitely end this food extravaganza on the sweetest note. Just one taste and you will understand why. Sabe espectacular!

And that's a wrap! Another week of local awesomeness brought to you by the Immune Booster CSA Share, joining forces with our talented local farms, restaurants and bakers to bring you the freshest, tastiest and healthiest food options around. These shares are designed to showcase what our local food community has to offer, as well as celebrating the cultural diversity within our local community. Stay tuned into the weekly offerings of our local food project as we continue to roll out Immune Booster menus each week throughout 2023. We take pride in searching high and low for unique and interesting culinary adventures to share with you. We are grateful to you for supporting us, and the food artisans of southeast Michigan.

**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. 22, regarding Tantre Farm's Immune Booster CSA Share, Week 144, for pick up on Jan. 28.

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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