



Tantre Farm CSA Newsletter IMMUNE BOOSTER Week 145 Share – February 4 2023

Hello Fellow Locavores,

Welcome to the Immune Booster Week 145 Newsletter and menu breakdown. We are grateful that you joined us this week on our local food mission, and we hope you enjoy the impressive bounty collected from our talented pool of local food purveyors. This week we didn't hinge on a theme, but embraced a colorful melody of fresh, seasonal produce to complement the in-season range of prepared foods. As we reach the heights of winter, Mother Nature has counterbalanced the brutal cold with a week full of sunshine to lift our spirits. Even though Punxsutawney Phil saw his shadow and so declared six more weeks of winter, it's all a good excuse to keep these hearty and nourishing menus coming! As the calendar moves forward, the mercury on the thermometer will eventually rise and before we know it, glimpses of spring will be showing up on the farm and in your neighborhoods as perennial bulb greens begin to poke out of the ground, new birds begin to migrate through Michigan and the rise of crops like garlic and asparagus not far behind them. For now though, we must embrace the depth of the winter season, the blinding white snow and the distant sun's warmth and take in the special moments that only winter can bring.

As we roll out the menu breakdown this week, let's begin with a hydroponic **Lettuce Mix** from [Sell Farms and Greenhouses](#). Local salad greens this time of year are a novelty crop and one that is rather hard to develop with any type of consistency. Dean over at Sell Farms has had several years' experience of growing hydroponic lettuce and has developed some great techniques to continue to supply these leafy greens we so desire in the winter doldrums. Hats off to Dean for providing a salad a day to keep the winter blues at bay and for growing this succulent and crisp lettuce just for a local food share like this one.

Keeping with the greens, next up we have a **Green Onions Bunch** from [Holtz Farms](#). These hoop house-grown onions were planted back in late fall in tight rows as a reservoir to offload during the winter months. These onions have gone through some serious stratification, which helps them hold their composure, durability, and tolerance to the cold whilst also making them a bit sweeter. These onions would be great clipped over the top of the chili offered in this week's share, clipped and tossed over some of the DIY salads or added to

the cooked navy beans for a dash of color and flavor.

Next in line, we have a tuberlicious mix of **Yellow Carola and Desiree Potatoes** from [Tantre Farm](#). These super food spuds are rather small and dainty and great for gently boiling in salt water and then served with butter. They can also be cubed, fried, and cooled and then served on top of your DIY salads. Maybe try your hand at a colorful potato salad, a colorful creamy mash potato or simply fry them up and serve with the cooked navy beans. A staple meal that I grew up on and had several times a week, especially during the colder winter months. Lean, clean and full of protein!

Rolling right along, while we watch the sunshine shine all day long, we come to an organic **Red and Gold Onion Mix** from [Second Spring Farm](#). These pungent, storage onions were field-grown up in the Leelanau Peninsula area of Michigan which is a great spot for growing produce within the state. This area provides a warm and mild summer climate which is perfect for growing larger produce just like these onions. Reid, the owner and operator of Second Spring Farm, has developed a real knack for preserving his harvest with really good curing practices and the right temps as far as storing them in a cool dry place. We have had lots of positive comments on how pungent these alliums are from Reid, and we hope you enjoy them as much as we do. So add them to those navy bean recipes, thin slice them for the salads, pickle them, roast them, fry them or caramelize them for the best palate experience.

Keeping with [Second Spring Farm](#), we also have some robust, organic **Orange Carrots** that would be a perfect dance partner to dip into the sweet potato hummus that is also in this week's share. Steamed and served with the beans and taters would be another way to incorporate these sweet carrots into another meal. The versatility of carrots is vast and if the savory isn't on your bucket list, then try baking some carrot cake muffins that will surely warm up the house and make it smell wonderful. So carrot cake away to a brighter winter day.

Beans, beans the magical fruit, the more you eat the more you toot, the more you toot the better you feel, so let's eat beans for every meal! Well maybe that enthusiasm isn't shared by you all, but **White Navy Beans** from [Ferris Organic Farm](#) are absolutely delicious, as well as nutritious, and are a great plant-based protein that strips our veins, arteries and organs of plaque. Seek out some recipes for a white bean chicken chili or a white bean soup with all the veggies offered in this week's share. Not into all the fuss, then just simply cook them in water with salt and pepper and serve as a side dish instead. Please note that the navy beans should be soaked for up to 8 hours before cooking for the best results. Once soaked, discard the water and any floating beans, and then add new fresh water and begin your cooking.

Closing out the produce in this week's share, we have an organic **Galarina and Golden Delicious Apples Mix** from [Almar Orchards and Ciderly](#). The name Galarina caught my eye a few weeks ago and when I visited Jim Koan, the owner of Almar's, I asked him about these apples and asked if I could try them. They were delicious, crisp and have a slight edge of tartness that is to die for. Needless to say, they are my new favorite apple as I cannot get enough of them. The golden delicious in their own right are equally impressive with a vibrant bright goldish green skin and airy sweet inner flesh. These golden

delicious apples make the best applesauce or can be happily enjoyed consuming them hand-to-mouth like the Galarina apples. Another opportunity to warm the house with sweet aromas presents itself with a delicious apple pie perhaps? Comfort food at its best!

Moving right along, we step into our first featured prepared food with [Raterman Bread's](#) **German Whole Wheat Landbrot Sourdough Loaf**. This airy and chewy loaf is composed of whole wheat flour, water, salt, cracked rye and cracked wheat and gets its active culture from naturally sourced yeast from the atmosphere and, like all sourdoughs, begins with a levain starter. The fermentation process produces probiotics in the bread which is great for sustaining optimal gut health. So eat it up while it's fresh, make sandwiches out of it, bread and butter as a side for your navy bean soups and salads or crusty grilled cheeses or spread some sweet potato hummus on it for some real yum in the winter sun.

Time to get those carrots ready! Introducing a **Sweet Potato Hummus** that is vegan and gluten-free from [Nourish Juicery & Kitchen](#). This handmade hummus is composed of love, and a new collaboration with Holtz Farms and their sweet potatoes, Goetz Farm carrots, tahini, olive oil, lemon juice, fresh parsley, smoked paprika and sea salt. All blended up into a smooth and creamy whipped delight, this hummus would serve best in a variety of playful ways from dipping in your carrot sticks to making potato chips out of the spuds in this week's share. Spread it thick on the Landbrot bread, add a dollop or three to your DIY salads, spread it on sandwiches or add it to wraps. Hummus like this is unique and is a beautiful addition to your culinary world, so serve it up with some fun and a lot of yum.

Greens, greens, greens galore and a **Grazin' Greens Salad** that is vegan and gluten-free from [Roaming Goat](#) is what's on tap next to explore. This hyper-local salad is composed of Garden Fort spinach, Second Spring Farm cabbage, Wayward Seed Farm carrots, Tantre Farm Kale, onions, daikon and watermelon radishes, and Omena Organics black beans. This salad also comes with a side container of tarragon vinaigrette salad dressing that is made in-house and composed of tarragon, white vinegar, sunflower seed oil and maple syrup. Quite the local salad for the local folks - what a collaboration here! So many levels and partnerships being shared within the local food community and what a way to represent them all in one space. We hope you enjoy this salad as much as I did when sampling it.

Next up, we have a **Black Bean and Sweet Potato Chili** that is vegan and gluten-free from [EAT](#). This hearty chili is composed of black beans, tomato, vegetable stock, sweet potato, red bell pepper, onion, garlic, chili powder, maple syrup, salt and pepper. Cooked in a large kettle pot all day long Friday and packaged up late in the day and delivered just in time to put into your share. Upon sampling this chili, it checked all of the smell, taste, and texture boxes - so much so that I had to go home and try my hand at it myself in my own kitchen! So slice that bread and serve it up with this heart-healthy chili to warm your core on these cold, winter days. You'll be glad you did!

Switching out the savory for the sweet, we have a **Hail Mary Granola** from [Harvest Kitchen](#). This tasty and healthy granola is composed of Ferris Organic Farm rolled oats, organic sunflower seeds, organic cashews, organic sesame

seeds, organic coconut, Lesser Farms honey, organic canola oil, cinnamon, chocolate chips and dried cranberries. A beautiful melody of immune-boosting ingredients that offers a paramount of nutrition whether you eat it hand-to-mouth, as a cereal or add it to recipes for baked goods. This granola is also a great snack for you cross country skiers, ice skaters, or couch surfers on a movie night. So enjoy the fruits of Harvest Kitchen's labor and remember to share some with the rest of your family.

Closing out the share this week, we go out on a sweet note as we like to do with a **Strawberry Kombucha** from [Urbanrest Brewing Company](#), based out of Ferndale, MI. This fine elixir of a kombucha is composed of fair-trade organic black tea from Arbor Teas, organic Michigan beet sugar, filtered water, scoby culture and refermented organic strawberries. Brewed in-house year-round, this kombucha has been refined and dialed into an outstanding and healthy drink. For those of you picking up your share from the hub we will have extras on hand for sale and we will also have Urbanrest's lemon, apple and ginger kombucha on sale as well - a patron favorite. Sip your way to a brighter winter day and ingest the health benefits of the pre and probiotics this drink has to offer.

As we ride off into the frozen sunset this week, we thank you once again for your continued support of this ever-evolving, local food share. Many hands in our local community came together to share ideas, create innovative prepared foods and connect behind the scenes. It's a beautiful project that has many layers of distributing equity and commerce within our local food systems and one that builds on a more reliable food system that the not-so-distant future will demand of us. Sourcing locally through collaboration. The new local food narrative is here and the more we support this system, the faster we can help alleviate the climate crisis whilst strengthening our community through food awareness. Supporting your local food systems truly matters. We hope you enjoy the share this week, and we look forward to seeing you Saturday.

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, February 5, regarding Tantre Farm's Immune Booster CSA Share, Week 146, for pick up on Feb. 11.

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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