



# Tantre Farm CSA Newsletter IMMUNE BOOSTER Week 147 Share – February 18 2023

Hello Fellow Locavores,

Welcome to the Immune Booster Week 147 'Polski' themed share newsletter and menu breakdown. Thank you, as always, for your continued support of this local food mission, and we hope you had a wonderful week. With the mild weather and the sunny days ending in a cold snap, we have started lining up our seedling trays and doing our calculations on what to plant and when. It's early yet, but some seedlings do take some time to get going and size up before they head out to the vastness of the Tantre Farm fields. It's the calm before the storm, if you will, and soon there will be thousands of baby plants on our hands to navigate into their final places out in the fields and hoop houses. It's an exciting time of the year, and one that always leaves me with wonder on where the season will go and how the succession planning will play out; all the while keeping in mind that diversity is the key to a productive season. All good things in good time! So back to the share and its contents... This week, in honor of Paczki Day, we have curated a Polish-themed food share with our featured partners this week. The prepared foods offer a nod to traditional Polish cuisine with a few unique twists mixed in, and we have a solid produce line up for your own DIY action to complement them. So let's take a trip around Poland and see what exactly is coming home with you this Saturday....

Upon opening your share, you will be greeted by a head of **Red Lettuce** or Czerwony Salata from [Goetz Greenhouse and Family Farm](#). This hoop house-grown lettuce is a real novelty for this time of year considering the temps and the sun's distance from us. The growing process is much slower and keeping the tender leafy greens from freezing is always the tricky part. Luckily for us, the Goetz crew is very dialed into their growing practices and have pulled off this marvelous lettuce just for a share like this one. So get those salad bowls ready for a Polish-wilted lettuce salad or Salata z Boczkiem (find a recipe online) and prep the rest of the veggies in this share for additional and nutritional salad toppings.

Back by popular demand and always organic, next up we have **Pea Shoots** or Pedy Grochu from [Garden Works Organic Farm](#). These hoop house, soil grown shoots are an amazing powerhouse of nutrition on this local food mission and would be a great addition to those red lettuce salad greens. These shoots can

also be consumed raw straight out of the container, clipped up and added on top of bean or pasta dishes or added to wraps and sandwiches. One thing you definitely want to do is consume the shoots within the first three or four days of receiving your share for optimal nutrition before the shoots begin to respire and lose their integrity.

Rolling around somewhere in your share, you will find organic **Red and Gold Onions** or Cebulas from [Second Spring Farm](#). These field grown storage onions were harvested mid-to-late summer of 2022 and have been in a cold, dry, storage cellar almost locked in time. That's the beauty and science of storing farm crops well for the long winter days of Michigan. These onions pack an elixir of powerful antioxidants that help fight off free radicals and reduce the risk of many types of cancer. These onions could easily be added to your salads, cooked with the split peas also offered in your share, or you could get creative and try your hand at a Polish haluski dish to use up these beautiful alliums along with the cabbage that is also offered in this share. So give it a whirl! You never know - it could be the new weekly dish for some!

Next up, we have **Yellow Carola Potatoes** from [Tantre Farm](#). Potatoes are known as a super food, because they contain all the core vital minerals, nutrients, and protein our anatomy needs. My suggestion for these fine spuds is to maybe try your hand at Placki Ziemniaczane or potato pancakes. Again, there are plenty of easy to follow recipes for these crispy cakes, so find one that suits your fancy and give it a go.

Rounding out the savory produce, we have a super dense, pale green, organic **Cabbage** from [Second Spring Farm](#). Packed with vitamins C and K, this nutrient packed cabbage also helps reduce inflammation, helps keep your heart healthy, as well as lowering your blood pressure. So what to do with this brilliant orb? My suggestion is to try your amazing culinary skills and set off to make a Kapusniak, which is a cabbage soup. Alternatively, if cabbage soup isn't your thing, then maybe give Golabki or cabbage rolls a try. There are plenty of recipes online for both of these traditional Polish dishes, so get cracking and eat like a Polish rock star.

Switching gears, we move onwards to an emerald-green pint of organic **Dried Split Peas** from [Ferris Organic Farm](#). These pulses are 33 percent protein and 58 percent dietary fiber which makes them a powerhouse of nutrition on this Immune Booster mission. Sure we have all had a split pea and ham or split pea and tofu soup, but the Polish version is called grochowka. Another Polish recipe that is just waiting for you to discover and see what you've been missing out on!

Time for a sweet note with a trio of organic **Red Crimson, Golden Delicious and Galarina Apples** from [Almar Orchards and Cidery](#). All three varieties of apple have their own menu of powerful nutritional makeup and can be cooked or consumed sliced with a little hand-to-mouth action. Again, tying into some Polish traditional recipe ideas, we must add a szarlotka, or Polish apple cake, as a DIY sweet treat. My wife and I gave one a whirl just this week after writing this newsletter, and I found it rather pleasing on the palate and quite simple to pull off. Little risk, big reward. My kind of sweet treat.

Pivoting away from the produce in this week's share, we migrate onto the

prepared food side of the menu with a savory **Onion Rye Loaf** from [Zingerman's Bakehouse](#). This fine loaf of bread is composed of onion, organic wheat flour, water, rye, sea salt, yeast, caraway seeds and poppy seeds. Baked fresh Friday morning and then delivered just in time for us to pack them into your share boxes. So slice away to a better day with this sassy and savory bread that can be mixed and matched with all the fresh and prepared foods in this week's offerings. In fact, it's the perfect dance partner for the borscht soup which is coming up next...

The head chef and owner of [Roaming Goat](#), Britt, happens to be Polish, so it made perfect sense for her to join this week's menu and feature a wonderful **Borscht Soup** that is vegan and gluten-free. Britt shared stories from her youth and growing up eating this traditional soup with her 'Gran'. This soup is commonly served in many central and eastern European countries each with their own unique twist on the borscht's ingredients. Britt and her Gran would make it with sausage, which is definitely a new twist to me that I'm inspired to try making one day. This week's borscht is composed of potatoes, beets, carrots, kale, onion, cabbage, celeriac, garlic, dill, parsley, sunflower oil and vegetable broth. Slow cooked and savory, this soup will be a welcome sight on your table for lunch after picking up your share, because it's gonna be a cold one Saturday. So get that bread sliced and your soup bowls ready!

Keeping with the Polish dream theme, next up we have a **Polish Coleslaw** that is vegetarian and gluten-free from [Juicy Kitchen](#). Aaron, one of the owners and head chefs at Juicy Kitchen also happens to be of Polish descent, and once I mentioned this week's theme, he jumped at the opportunity to make his family's traditional coleslaw that has been passed down to him. This fine coleslaw is composed of a merry melody of ingredients that start with green cabbage, carrots, watermelon radish, green onion, red onion, garlic, celery, dill pickle, mayonnaise, Greek yogurt, parsley, mint, dill, sugar, extra virgin olive oil, lemon juice, white wine vinegar, pickle juice, cayenne pepper, salt and end with a dash of pepper. So coleslaw up with a pierogi in tow, because that's where we are headed next.

At the core of the prepared food this week, we have a hefty 12-pack of **Ruskie Pierogies** from [The Pierogi Queen](#). These seasonal, savory pierogies are composed of potatoes, flour, sour cream, cottage cheese, onions, olive oil, egg and spices. Each pierogi is made by hand starting with the dough, letting it rise, cutting it, stuffing it, and then crimping it. One by one, bag by bag, Pierogi Queen cranks out about 3000 of them a day! When I visited this Wednesday to pick up the pierogies, I had the opportunity to see the work in action. The staff were a quick, effective, and a well-oiled unit. Sharing stories and laughs whilst hustling to keep up with the demand, I asked them if their hands hurt at the end of the day. The consensus was yes, but apparently their forearm muscles really ache the most. I joked that it's probably best not to get into an arm-wrestling match with these guys and gals, which they thought was funny enough to give me a bag of their Cherry Cheesecake Pierogi and a chicken and dumpling cabbage soup on the house. Hooray! Thanks for the hook up, Erica and crew over at Pierogi Queen!

So what else would go well with these mighty fine pierogies? Oh, I know - a jar of fine ferments in the form of **Fair N' Bye Sauerkraut** from [The Brinery](#). This simple, yet tasty and super healthy, sauerkraut is composed of organic green

cabbage from Wayward Seed Farm, filtered water, and sea salt. So dollop it onto your plate along with the coleslaw and a few pierogies, and you're instantly in the yum business. Our kind of business. If your pickup location is the Food Hub, we carry the whole shebang of The Brinery product line inside the retail store from limited and seasonal Kraut ferments, Kimchi and drink tonics to several varieties of frozen tempeh, flavored and unflavored. So come inside and see what else this talented vendor makes.

Next up, we have a **Stone Ground Polish Mustard** that is vegan and gluten-free from [Srodek's Campau Quality Sausage Co.](#) This fine mustard comes in a jar that appears to have the label upside down on it. An intentional design due to the thickness of this mustard. It is best kept with the lid side down for easy access to the contents upon opening. This zesty mustard is composed of water, mustard seed, vinegar and assorted spices and is made by the Polish family that runs this brick-and-mortar retail store in Hamtramck. After loading up the mustard, I visited with Rachel, who owns the family-run business with her mom and dad, several cousins, and other relatives. It was interesting to listen to their story as descendants of Poland that came to Hamtramck in the early 1900's to work in the Dodge brothers' plant which is no longer. Thousands of Polish migrants came to Hamtramck in the years between 1910 to 1920, and Rachel's grandfather opened the store shortly thereafter, filling it with all the traditional Polish food and drinks one might find in Poland to bring a slice of their native country's comforts along with them to the US. Although dominated by Polish and German immigrants at that time, Hamtramck experienced many waves of migration from Africa and the Middle East since then, and Srodek's is now one of the last remaining Polish businesses in the city. So if you're curious to visit, swing by next time you're in downtown Detroit, and take a step back in time with this old world shop full of Polish meats, fermented foods, drinks, deli to-go items and of course pierogies of all flavors. It's definitely worth the trip!

Closing out the share this week on a surprise sweet note, rather than paczkis, we have a beautiful and extremely tasty **Cinnamon Roll** from [Gleehead Baking Company](#). This fluffy, well-balanced and creative cinnamon roll is composed of flour, whole milk, butter, brown sugar, heavy cream, granulated sugar, eggs, cinnamon, salt, yeast, powdered sugar, whole milk, butter, vanilla extract and salt. I discovered this baking company from an Immune Booster patron, who picked up one of these cinnamon rolls on the way to collect their share box from us. They said hey, 'You have to try this bakery out' and handed me a cinnamon roll. It looked amazing and tasted delicious! Texture, not overly sweet, well balanced and extremely well executed. My grandma was a lifelong chef, specializing in sweet and savory pastries. During my childhood years, I literally made and consumed hundreds, if not thousands, of cinnamon rolls and this one has my vote. So with that said, turn out to one of Gleehead's pop-ups around town or order their goods from the Ypsilanti online farmers market. They often do a lot of work with Go! Ice Cream too, so there are plenty of ways to find this vendor and sample all the other very tasty baked goods they make.

As we wrap up the newsletter this week, we hope you enjoyed the read and that you feel inspired to try your hand at some of the traditional Polish DIY dishes that were hinted at throughout. Food is fun, and being creative with it makes it even more enjoyable, since it's all about the experience and trying new things. For some of the recipes mentioned above and some further ideas on traditional Polish food, check out this link to find more delicious and

nutritious Polish recipes at <https://local-food-advice.com/polish-food/> We would love to hear your stories of culinary adventures using the food in this share. Shoot us an email sometime! We are grateful for your continued support, and on behalf of all the vendors and our own staff, we truly appreciate you considering us as your local, healthy food outlet. My friends, we look forward to seeing you all Saturday morning. 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, February 19, regarding Tantre Farm's Immune Booster CSA Share, Week 148, for pick up on Feb. 25.

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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