



Tantre Farm CSA Newsletter IMMUNE BOOSTER Week 148 Share – February 25, 2023

Hello Fellow Locavores,

Welcome to the Immune Booster Week 148 Newsletter! As always, thank you for joining us on this local food adventure where week in and week out we search high and low for new and creative ideas to fill these bountiful shares. It's a worthy mission of eating locally and in season that drives these unique and interesting weekly shares. Moreover, circulating your hard-earned dollars into our local food economy. Behind the scenes these dollars build friendships that become working relationships in many other facets of the local food scene, not just in these shares. It's a collaborative effort that is inclusive, diverse, and all about 'We' not 'Me'. The new mindset for the future of sustainable local food systems is all about community and working with each other for a healthier you and healthier planet. So cheers to you and yours for signing up to support this week's collection of vendors, who have supported a wonderful menu lineup. With that being said, let's get into all the yummy details of this week's share, shall we?

Kicking things off, we get the box breakdown rolling with a spritely **Lettuce Mix** from [Sell Farms and Greenhouses](#). This succulent lettuce is hydroponically-grown in a state-of-the-art greenhouse that is temperature-controlled and mounted with LED lights for optimal growth rates whether it's cloudy or sunny. Most folks assume hydroponically-grown lettuce is just a floating head of lettuce with its roots dangling in the water, but this lettuce is actually grown in fully closed, one-inch shallow trays, where the root plug is tightly fitted into the tray to hide them from the light, while submerging them in the water. The water is on an autotimer and flushes through the trays in cycles for optimal hydration that this water-loving plant needs. Lettuce is composed of up to 95 percent water and a perfect way to hydrate, especially in winter when the heating and harsh weather wreaks havoc on your skin. So salad away each and every day on the lingering winter days, and add all the other produce items from this week's share to your salads for a more colorful, robust, and immune boosting dish.

Keeping with the greens, next up we have a hearty bunch of hoop house-grown **Green Curly Kale** from [Goetz Greenhouse and Family Farm](#). This kale is primo for this time of year as it is tender and sweet from growing indoors and

would be an excellent addition to add to those lettuce greens for a more comprehensive salad. Alternatively, it could be added to soups, stews or your risotto dishes. So kale it up to a brighter day and healthier you.

Rolling right along as we sing our Immune Booster song, next up we have an organic **Red and Gold Onion Mix** from [Second Spring Farm](#). These field-grown, pungent globes of delight were harvested late last summer and stored in a cool, dry, storage unit just above freezing, which locks them in time and place from the day they were collected. Hidden from the light, so they don't try to grow and reserved for a share just like this. These onions serve well roasted, caramelized, grilled on the BBQ with the paper skin on and all, made into an onion soup or simply sliced and added to your daily salads. They have many health benefits and should be consumed as often as possible to keep that immune system running like a champ.

Back by popular demand, we have some organic **Sweet Potatoes** from [Second Spring Farm](#). These field-grown, sweet potatoes were extracted from the earth late last summer and stored in a cool dry place just like the onions. In fact, sweet potatoes are more often than not one of the hardest crops to cure and store. It's quite the process and one that Reid, the owner and operator of Second Spring Farm, has executed very well, so kudos to Reid and crew for these beloved sweet potatoes that still look amazing for this time of year. My suggested use for these is to cut and fry them like you would regular potatoes. Let them cool down and add them to those salads for a heartier and healthier salad. You can also roast them cubed and dashed in oil on a baking tray, make a sweet potato salad with tahini dressing and minced garlic, sweet potato mash or even try your hand at a candied sweet potato pie, oh my!

Keeping with the orange theme and full of beta carotene, next up we have a hefty bag of organic **Orange Carrots** from [Second Spring Farm](#). These carrots were pulled out of Second Spring Farms fields just after the first few frosts of last fall. Exposing them to a frost increases the sugar content that runs through them like antifreeze to protect their flesh from the harsh temps. They are stored dirty and only rinsed just before we hand them out, so they don't deteriorate from having water and bacteria spread across them before storing them in a cellar. Good science and practices here for these carrots this late in the storage season that we are all so grateful to get locally sourced. So steam these beauties and serve with butter, grate them over your salads, roast them with the sweet potatoes, beets and onions on a roasting tray or try your hand at a carrot cake. All good things that lead to healthier choices.

Closing out the savory produce in this week's share, we have a trio of organic **Red, Gold and Chioggia Beets** from [Second Spring Farm](#). Diversity rules all and that's what we aim to do here with this colorful mix of beets. Like the carrots, potatoes, and onions, these beets were pulled out of the Second Spring Farm fields late last fall and stored in just above freezing temps, holding them locked in time and space just for an IB share like this. These beets would serve well grated over your salads raw, roasted and sweet pickled, cubed up and roasted on that baking tray with all the other roasting veggies or for making some homemade borscht, which is the direction I am heading with these heart-healthy roots.

Wrapping up the produce in this week's share we have a pair of organic apples in the form of **Crimson Red and Galarina Apples** from [Almar Orchards and Cidery](#). In your share you will receive a healthy dose of both varieties to work with, whether you decide on some hand-to-mouth action or head down apple crumble lane. Maybe try your hand at making an apple turnover to heat up the house and make it smell good or go all in and make an apple pie for the ages. The choice is yours and the choice is healthy.

Moving on to our prepared foods, let's start with a delightful **Large Sourdough Round** from [Zingerman's Bakehouse](#). This naturally leavened bread is made with organic wheat flour, water, sourdough starter and sea salt and takes up to 18 hours to rise up before it hits the ovens. That's a lot of commitment for this light and airy bread and sounds like it would be a perfect pairing to complement all of the other prepared foods in this week's offering. So slice it up or better yet maybe make this into a large spinach dip bowl for some extra yummy comfort food. You know where I am heading!! Also, one last note worth mentioning is that if you have not been to Zingerman's Bakehouse, it's totally worth the trip. A local powerhouse stocked to the brim with all sorts of savory and sweet delights, you are bound to find some novel foodie treats so pay them a visit and tell them that Ryan from the Immune Booster sent you.

Next up, we have a stupendous, leafy green salad with **The Personal Favorite Salad** that is vegetarian and gluten-free from [White Lotus Farms](#). This merry melody of salad is composed of White Lotus Farms spinach, micro chervil, sunflower shoots, mokum carrots, pepitas, golden raisins, gorgonzola cheese and assorted flowers. It also comes with a container of dressing that is composed of Fustini's red wine vinegar, arbequina olive oil, ancho chili powder and Maldon salt crystals. This salad would pair up perfectly with a pan roasted tray of veggies, a slice of bread and the soup that is coming up next. White Lotus Farms sets up a stall in the Kerrytown Farmers Market every Saturday. If this salad leaves you hankering for more, then pay them a visit at the market and stop by the Tantre Farm stand and say hello to Andy while you are there :)

Keeping with the yum theme, next we present a **Lemon Rice with Vegetable Soup** that is vegan and gluten-free from [Harvest Kitchen](#). This slow-simmered soup is composed of long grain rice, vegetable stock, carrots, onions, celery, zucchini, lemon peppers, garlic, shallots, basil, parsley, thyme, salt, pepper and love. Perfect to warm up your bellies as the frigid winter weather returns to full effect. Harvest Kitchen is a Food Hub tenant where most of you pick up your shares. They have an online ordering platform that you can subscribe to and receive their weekly menu offerings. They also stock a good selection of their goods at all the Argus locations as well as at Agricole in Chelsea. So look them up and check out some more of their wares!

Wrapping up the savory in this week's share, we have a marvelous **Masala Tofu Curry** that is vegan and gluten-free from [Earthen Jar](#). This slow-simmered and layered-up curry is cooked for a full 12 hours and composed of tofu, tomato, canola oil, salt, turmeric, cayenne pepper and mixed Indian spices. It would serve best with rice or couscous and a DIY salad on the side with a slice of bread perhaps. Then you will be in the yum business ! Our kind of business. Sim, the head chef and owner of Earthen Jar, makes a wide range of vegan and gluten-free Indian food and sells his creations at Arbor Farms Market on the westside of Ann Arbor, as well as the on-line Ypsilanti Farmers Market. I find his dishes to be rich, savory, very filling, and always on point as far as

quality goes. So seek him out and find that new take-away item that suits your fancy.

Closing out this week's share on a sweet note, we have a brilliant sweet treat in the form of a **Black Tea and Saffron Rice Pudding** that is vegan and gluten-free from [El Harissa](#). This well-executed dessert is composed of medium-grained arborio rice, oat milk, water, raisins, spices, sugar, orange blossom water and saffron. All topped off with toasted almonds and pistachios and a glittering of rose petals for a little extra color and savory to balance out the sweet. It's a beautiful way to close out the share with a very talented vendor, and if you have never been to El Harissa then this will surely motivate you to do so. This quaint cafe offers a wide variety of authentic and delicious Moroccan and North African food. I have tried almost everything on the menu, and I can honestly say that everything is top notch. Definitely a good spot to visit in the westside of Ann Arbor, they are also neighbors to Juicy Kitchen, whom we often feature in the share. If you go, you might as well hit up both spots for some seriously real take-away food. It's worth it!

As the Immune Booster share comes to a halt this week, we are so grateful for your support for this circular food economy mission. Many hands joined together as a community to pull this all together this week (despite power outages across the area!), and it's a beautiful thing when we all work together for a healthier united community. We look forward to seeing your smiley faces this Saturday at all of our pickup locations. One final note... This will be the last week for a Roaming Goat pick up location. Britt, the owner and head chef at Roaming Goat, has decided to sell the business and rotate back into the farming world. Although her talents in the kitchen will be missed, her skills won't go to waste as she begins her next chapter of working with food. If you live out towards Grass Lake, maybe pay her a visit and grab an enormous breakfast burrito, while you still can. Of course, you can tell her Ryan sent you.

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 26, regarding Tantre Farm's Immune Booster CSA Share, Week 149, for pick up on March 4.

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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