



Tantre Farm CSA Newsletter IMMUNE BOOSTER Week 150 Share – March 11, 2023

Hello Fellow Locavores,

Welcome to the Immune Booster Week 150 Newsletter. This week we have a 'Feast from the Far East' share that offers locally-sourced and prepared foods inspired by the Far East Asian region of our planet. Along with the prepared foods, we have local produce that features a generous line-up of fresh leafy greens that we all crave at this time of year, as well as other assorted seasonal veggies to complement this week's menu and support well-rounded and healthful meals. The beauty of these Immune Booster shares is to enjoy some do-it-yourself, fresh produce that marries well with our featured tasty dishes from our local talented restaurants, meanwhile broadening your horizons in a healthy and mindful way. So without further ado, let's buckle up and take a ride around town for this 'Far East feast' and get to all the scrumptious details coming home with you this Saturday morning.

Upon opening up your share, you will be greeted by a **Spicy Greens Mix** from [Goetz Greenhouse Family Farm](#) that is composed of mustard, tatsoi, and purple mizuna. These lean, mean and zesty greens are packed with beta carotene, niacin and vitamin K to keep the doctor away. Mix it up with the microgreens that are coming up next for a fuller, more colorful salad or alternatively cook the greens Southern-style, fried, simmered or wilted into a breakfast green eggs and hash. There's a lot of great recipes online that will change your mind about these often-criticized bitter greens, so throw a dart at one and see the birth of your inner mustard fan. Yee haw!

Keeping with the greens, we have a microgreen mix of **Broccoli and Radish** from [Mycoblossom, LLC](#). Mycoblossom is an upstart indoor cultivator that grows a variety of microgreen mixes and mushrooms. Their goods can be found at Agricole out in Chelsea, Argus Farm Stop in Ann Arbor and the Immune Booster CSA Share on occasion. This mix of microgreens is soil-grown inside under LED lights and packed with an elixir of powerful plant antioxidants that are extremely beneficial to your health. Sprinkle on top of salads, pasta dishes, tacos or wraps or consumed right out of the container as a hand-to-mouth snack like my daughters do. Lastly, it is best to consume these baby plants within the first 5 days of receiving your share for optimal nutrients and freshness.

Next up, we simply couldn't resist an alluring mint green orb of organic **Green Cabbage** from [Second Spring Farm](#) that surely complements the Feast from the Far East theme. I made some stir fry out of one just last night, and it was crisp, tasty and in peak form. This dense globe of green cabbage is loaded with vitamin B6 and folate, which play key roles in your metabolism, as well as balancing your nervous system, so better coleslaw it up, stir fry it, grate it onto your fresh leafy green salads, make homemade sauerkraut, toss it into a soup or stew; ohh, there's so much you can do!

My, my, my since we are at [Second Spring Farm](#) we might as well pick up some **Sweet Potatoes** to make a pie. These earth-friendly roots are certified organic which means no manmade chemicals were used to grow them from start to finish. Just good clean dirt, water and sun to grow these plants that result in a beta-carotene rich root. So roast 'em up and toss them on that salad when cooled, try your steady hand at making them into a soup or get naughty and do the sweet potato pie with the marshmallow cream on top. Ahhh, that sounds terrible, ya right!

Next up from [Second Spring Farm](#), we roll right into some **Gold Onions**. Again, organically grown in soil that's full of life, these bulbous bulbs are full of delight. So toss them on the grill whole at your cookout with their paper rind on and roast them gently away. Once they start to feel tender in the tongs pull them onto a plate, peel the outer layer off. Voila, you have an aromatic, roasted onion to go with whatever else you're cooking on the grill. Another way to consume them is to brine them in a simple sweet pickle. There's a million recipes online, so find one that makes your taste buds tickle and pickle them up to add to salads, sandwiches, burritos or tacos.

It's time to root, scoot, and boogie with a solid clutch of organic **Orange Carrots** from [Second Spring Farm](#). These storage carrots have been tucked away deep in the cool cellar air waiting just for this very share. Never frozen, but frozen in time by the dark stillness of the storage cellar, where the conditions perfectly preserve nutrition, crispness and taste. These carrots are just as delicious as the day they were pulled from the earth late last fall just before the first snow. The cold, fall weather ramped up the sugars in these carrots-- nature's way to keep them from freezing in the fields - and you will notice they still hold onto this delightfully sweet flavor. So roast them up with the onions and sweet potatoes, slice them into sticks for a stir fry, grate them onto a salad, or even quick-pickle them with the onions and daikon radishes from this share along with a few of your own garlic cloves and jalapenos. There are quite a few recipes online for a spicy quick pickle so give it a whirl, you'll be glad you did!

One more produce item featured in this share has been stored away in our very own cellar at [Tantre Farm](#)--a **Rainbow Mix of Daikon Radishes**. In your share this week, you will get a smattering of highlighter red or iridescent white daikon radishes. These radical radishes not only pack a colorful punch, but they also contain polyphenol antioxidants such as ferulic acid and quercetin which both act as an anti-inflammatory, anti-cancer and a wealth of immune-boosting properties. So get your daikon on and sweet pickle them up for a colorful salad topper, sauté them in the stir fry, bake them on a baking tray with the butternut squash or steam them and add a dash of olive oil and salt

before serving. This last method dulls down the acidity and bitter bite and is my favorite way to consume these nutritious roots.

Are you ready for a surprise? We decided to sweeten up the share a bit with a few organic **Red Crimson 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.

Kicking off the prepared foods this week, we have a beautifully creative dish from [Ginger Deli](#) called a **Kohlrabi Papaya Salad**. This coleslaw-style salad is vegan and gluten-free, but does contain nuts that are served in a separate container. A fresh and tasty dish that sings of spring with its crisp, sweet crunch, unique flavors and healthy composition. This fine salad takes a good amount of work to create from scratch and pull all of the ingredients together. It is composed of a julienned melody of fresh peeled kohlrabi, green papaya, bean sprouts, carrot, mint, mango, beet and shallots. The salad comes with a sweet and tangy dressing that is served in a separate container and is composed of water, apple cider vinegar, lime, garlic, red pepper flakes and maple syrup. As you can see, head chef, Te Phan, had a long and thoughtful vision to create this delightful salad, so if you just can't get enough, head on down to Ginger Deli's restaurant on Liberty Street in downtown Ann Arbor and grab another kohlrabi papaya salad, along with a bowl of tasty pho, spring rolls or egg rolls, and a completely home-baked and handmade, banh mi sandwich. I love to head over there and load up on a nice little set of goodies to feed the family for dinner. It's always dynamite!

Now that we have a generous and delicious salad on the table, let's pivot to **Massaman Curry** that is vegan and gluten-free, but does contain nuts in the dish from [Basil Babe](#). This slow simmered, rich, flavorful, and mildly spicy curry is composed of coconut milk-based Thai Massaman curry, fried tofu, carrots, onions, potatoes and peanuts. My suggestion is to serve it with some rice, so plan ahead and get that rice cooking in advance. I sampled this dish this week, and it just might be my new favorite offering from Basil Babe. For more mouthwatering options, head on over to Basil Babe's new restaurant in Ypsilanti for a sit-down meal or a take away. The menu offers a wide range of Thai appetizers as well as main courses, and I have had pretty much everything on the menu to date, and it never disappoints. So Basil Babe up and taste the real Thai difference.

Next up, you had a 'You pick'em' with a choice of either frozen **Pork and Cabbage Dumplings or Shiitake and Veggie (Vegan) Dumplings** that both come with a dipping sauce on the side. These delicious dumplings were created by a new vendor to the share - we welcome [Milk & Honey](#), based out of Milan, MI. I began following Rachel Martindale, the head chef and owner of Milk & Honey, via Instagram and complimented the beautiful pastries she had posted. This started a conversation based around a shared appetite for local food and a new friendship was born! I visited her bakery several weeks later to see what she does and where she sources her food, and I gladly connected her with some Immune Booster favorites - Second Spring Farm, Holtz Farms, and Goetz Greenhouse and Family Farm - for local produce, as well as pork from

Whitney Farmstead. So depending on which dumpling variety you signed up for, rest assured these are composed of locally-grown and sourced food and each and every dumpling has been individually handmade. The pork and cabbage dumplings are composed of unbleached all-purpose flour, water, ground pork, cabbage, ginger, scallions, garlic, Shaoxing wine, soy sauce, sesame oil, sugar, salt, white pepper and a five-spice powder. The shiitake and veggie dumplings are composed of shiitake mushrooms, cabbage, carrots, onions, garlic chives, vegetable oil, ginger, Shaoxing wine, soy sauce, sesame oil, sugar and white pepper. Both varieties of dumplings are accompanied by a house-made dipping sauce with Sichuan chili crisp dipping sauce that is vegan. To cook these dumplings, they can be steamed for 10 to 15 minutes in a steamer basket or pan-fried in two tablespoons of oil over medium to high heat for a few minutes until golden brown. Add $\frac{1}{3}$ cup of water, turn heat to medium and cover until water fully evaporates. Remove the lid and continue to brown them for another minute or two, and then serve. I am sure you will enjoy these yummy dumplings and you can purchase more sweet or savory treats from Milk & Honey directly. Milk & Honey menus are advertised online weekly with pickup dates and locations. So look her up or follow her social media platforms and join her email broadcasts for more beautiful options.

Now we can't have the savory without the sweet, so this week I'm super stoked to showcase another talented bakery with a **Choco Choco Custard Pastry** from [Yoon's Bakery](#). Quickly becoming a local favorite, this Korean French-influenced bakery opened just a few years ago in the north-east corner of Ann Arbor with a few tried and true sweet and savory pastries. These days people can't get enough of the 20+ pastry varieties that are all kinds of wild and wonderful mouth-watering delights. This choco choco, soft, fluffy and ohhhh soooo yummy pastry is composed of flour, dry yeast, milk, butter, chocolate, egg, vanilla extract, sugar, corn starch, rice flour, and whipping cream. Wowzers! A lot of naughty and everything nice in this delicious treat. If you have never been to Yoon's Bakery, I'm sure you will now after you devour this amazing chocolate custard puff!

Our last featured item for this week's share comes in the form of one packet of some DIY **Spring Pollinator Plant Seeds** from [Green Things Farm Collective](#) to plant into your own garden, raised beds or balcony pots. In your share, you will receive one packet of any of the following seeds, since this is a lottery that includes Blue Bachelor's Button, Pacific Beauty Calendula, or Diablo Cosmos. Not only are all these flower varieties good for our pollinators, but the bachelor's button and calendula flowers are also good to eat on your salads, which is very cool. Green Things Farm Collective offers a wide range of produce, CSA Shares, varied flowers and produce seeds that they cultivate on their property and grass-fed meat shares throughout the year, so pay them a visit and tell them Ryan from the Immune Booster sent you.

So there you have it - a beast of a 'Feast from the Far East' share that was all gathered up right here in Ann Arbor showcasing our multicultural and diverse local talents, who we are so grateful to have in our community both in the kitchens and in the fields. Your sign up this week keeps all these amazing farms and vendors in business and gives them the financial resources to be the food artists they love to be. Nothing brings me more joy than to connect with you and connect you to the best of our local food community. May this share bring you health and happiness and bring your loved ones together to celebrate the

local bounties we are blessed with. Eat well, be well, do 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, March 12, regarding Tantre Farm's Immune Booster CSA Share, Week 151, for pick up on March 18.

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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