



## Tantre Farm CSA Newsletter IMMUNE BOOSTER Week 153 Share – April 1, 2023

Hello Fellow Locavores,

Welcome to the Immune Booster Week 153 Mediterranean Booster share, and as always, we appreciate you joining us on this week's local food adventure. In this share, we have a rainbow of colorful produce lined up for you, as well as a merry melody of Mediterranean delights on the menu for this week's prepared foods. As the sun's intensity increases, and we can sense warmer weather on the horizon, but still just out of reach, we long for the pop of spring and the fresh, local food that will soon be growing in our fields. In this 'hurry up and wait' season, we thought we would move the goalposts forward a bit and just crash the gates with some 'fun in the sun' local food style. Who can disagree with that as the end of this long winter continues to overlap our early spring with flurries of sleet and snow? Not me! So let's buckle up and be on our way to an earth-friendly and immune-boosting share that will soon be on its way home with you this Saturday.

With anticipation bubbling over upon opening up your share, you will soon discover a **Lettuce Mix** from [Sell Farms and Greenhouses](#) based out of Ypsilanti, MI. This hoop house-raised lettuce is hydroponically grown in small, sealed trays that submerge the roots in nutrient-dense water. Set on a timer, the water ebbs and flows to act like an ocean of fresh impulses encouraging the roots to grow. Above the sealed tray, the leafy greens thrive, absorbing the sunlight and photosynthesizing in this long winter, early spring. With this type of growing operation, Dean, the owner and operator of Sell Farms and Greenhouses, can go from seed to a head of lettuce on your salad plate in about 35 days.

Our next leafy green is somewhat of a novelty item and comes in the form of **Kale Raab** from [Goetz Greenhouse and Family Farm](#) in Riga, MI. What is kale raab one might ask? Kale raab is the bolting tops of the kale plant that is harvested while the buds are still intact and before the plant can fully bloom. This kale was grown in a hoop house in the ground with a double and sometimes a triple canopy of cloth to prevent freezing. Upon reprieve from the struggle to survive the winter's low light and freezing temps, the forward tilt of the earth towards the sun along with the rising temps stimulate the plant to 'flower', producing stalks of buds that will flower and seed as soon as the sun's intensity is enough. That time is now with temps reaching 90°F or more in the hoop house during the day with full sun. All plants want to produce offspring for

the next generation and their resilience during the winter has pushed them to exhaustion. Now is the time to bear those succulent stalks that are a true delicacy. Depending on the maturity of the buds, kale raab is juicy, earthy, and crisp with a sweet and nutty taste. My advice is to chop the whole bunch into 1-inch pieces and gently stir fry in oil or butter for only a few minutes until tender. Dash with salt and serve as a side dish. Considering that it is the most nutrient-dense and flavorful part of the plant, it is a shame that kale raab is overlooked in favor of the kale leaves. Never stocked in the grocery stores, only recently have farms started to sell these types of bud stalk bunches. I'm sure that as the word spreads, the popularity and demand for this tasty kale raab will increase.

Time for a different bunch, with **Green Onions** from [Goetz Greenhouse and Family Farm](#). These green onions are also hoop house-grown in a double or triple canopy to mitigate the cold winter and early spring. These onions are not only tasty in a variety of different dishes and prepared in countless ways, but they can also be 'recycled' into a new spring onion. How is that one might ask? Just simply cut one inch above the bulb of the onion with the roots still intact. Place root down in a small cup of water that just covers the roots and leave it on a sunny windowsill. You will notice that new green stalks will emerge from the center of the bulb and the roots will grow and require more water regularly. Once the weather stays above 45°F at night, you can plant them outside in your garden pretty much anywhere that gets a good amount of sun. Soon you will have another spring onion to cut off and start again or pull out of the ground. Recycle up, not down is the method!

Another produce item from [Goetz Greenhouse and Family Farm](#) in this week's share, we have fire engine **Red Radishes** that were also hoop house-grown. These roots go from seed to table even in these early spring days in about 35 days. Field-grown in perfect summer conditions, the full growth cycle takes 20 days or less. These little red cabooses will produce a nice little zest, when thinly sliced on salads or tossed whole into stir fries or stews, while packing a nutritional powerhouse of immune boosting properties. So radish away the gloom and gray to a brighter, rosier day.

Bring on the beat with some funky, organic **Red Beets** from [Second Spring Farm](#) located in Cedar, MI. These beets were made for 'woking' and that's just what you should do with all of the wholesome savory produce we packed just for you. So stir fry them up with the raab, the radish root, green onions and orange carrots. Mix with a little bit of couscous or rice and pair up with some of the prepared foods or stuff your pita, then your mouth. Yummy!

Next up, we have organic **Orange Carrots** from [Wayward Seed Farm](#) located in Marysville, OH. These field-grown roots were pulled from the earth late last fall and are surprisingly fresh and crisp after many long months of being in a dark cellar, nearly frozen in time at a cool 34°F. These carrots would be great for a DIY carrot cake that would be ohh soo sweet and a brilliant treat. Alternatively, they could be added to that stir fry for the ages, sliced and served with your favorite condiment or roasted whole and served with your stuffed pita as a side dish. So it's all on you and what you wanna do.

Wrapping up the produce in this week's share, we close things out on a sweet note with organic **Fuji and Enterprise Apples** from [Almar Orchards and Cider](#).

located in Flushing, MI. Almar's is at the top of their game when it comes to growing organic apples. Each year they grow and store 32 varieties of apples. This past fall, they grew, harvested by hand and stored 1700 pallet boxes of apples! Holy apple-toly that's some serious hand picking. These apples are both great for hand-to-mouth action, cooked down into an apple pie filling, apple tarts, apple sauce for the boss, simmered in oatmeal or cooking them down in a saucepan with some sugar and dolloped over ice cream right out of the hot saucepan. You know where I am heading on that last note!

Time to set sail on our culinary adventure as we move into the Mediterranean-themed, prepared foods in this week's share. Let's get things stacking with freshly baked **Pita Bread** from Boulangerie Shorook Bakery located in Dearborn, MI. This 10-pack of pitas is composed of enriched flour, water, sugar, yeast and salt and is best served warmed up and stacked with your kebabs and tabbouleh salad that are coming up or any of the prepared foods or fresh produce in this share. Well, we made that pretty easy for you! So wrap up a bunch of lunch, shawarma style, and taste the 'local' difference. You'll be glad you did!

Next up, we have yet another new face to introduce to the Immune Booster crowd with Fluffy Bottom Farms based out of Chelsea, MI. This week we feature their **Feta Cheese**, which is vegetarian and gluten-free. Fluffy Bottom Farms sources local milk from a select handful of farms and practices mindfulness with each small batch of cheeses and yogurts they make in house. If your pickup location is the Food Hub, you may have noticed we are now stocking their vanilla, plain, and Greek yogurts, and we will start to carry their hand-crafted cheeses as the retail store develops further. So back to the feta, which always tastes better if you sprinkle it onto your salads or in your pita bread wraps. So go on, give yourself a bit of fun with a lot of yum and top it up good now, ya hear!

Moving on, we turn to [Ayse's Turkish Cafe](#) and their very popular **Red Lentil and Vegetable Soup** to complement the rest of the menu. Composed of red lentils, rice, carrots, olive oil, onion, tomato sauce, salt, pepper and red pepper flakes, this savory dish is layered up with texture and the best flavor. Ayse's Cafe has been open since 1993 and is known for its home-cooked, authentic, Turkish cuisine. Located on the Northeast side of Ann Arbor on Plymouth Road, Ayse takes pride in shopping the local farmers markets and sourcing local ingredients for their dishes. Ayse's Turkish Cafe makes a wide variety of vegan, vegetarian, and omnivore dishes, so pay them a visit and mention that Ryan from the Immune Booster sent you.

When I think of a staple Mediterranean food, **Tabbouleh Salad** always comes to mind. So down that road we shall go, with a tabbouleh salad from [Humus Falafil](#). This pungent and aromatic salad is composed of parsley, tomato, green onion, mint, cracked wheat, olive oil, lemon juice, salt and black pepper. Perfect for your pita breads with a dash of that feta cheese, some fresh produce and of course the beautiful kebabs still to come. Alternatively, this salad could be served as a side dish with your Mediterranean lentil soup for a complete light and tasty meal. Humus Falafil sells their goods every Saturday at the Kerrytown Farmers Market in downtown Ann Arbor and at both Argus locations, so seek them out and discover some of their other creative and tasty dishes.

Bringing on the main event of the prepared foods lineup, we go down the road

of eternal yumminess with a pair of **Chicken and Veg Kebabs** that are gluten-free from [Juicy Kitchen](#). These fully cooked kebabs are composed of teriyaki-marinated Miller chicken, button mushrooms, bell peppers, zucchini, summer squash, red onion, parsley and lemon. See we made it easy for you to just warm them up, bust out your pita bread, cheese, tabbouleh salad and fresh produce spread for a shawarma wrap for the ages. So wrap it up like you know you should and indulge in this healthy and beautiful kebab combo. As with all vendors, who prepare foods for the Immune Booster share, we hope you venture outside of the box to support them in their own rightful settings, and Juicy Kitchen is definitely not one to sleep on. Their forever rotating, seasonal menu offers some fantastic, plant-based dishes for breakfast and lunch. Their takeaway, self-serve cooler just inside the front door is an easy go-to when you're hustling about your day. Pay their friendly staff a visit and tell them you discovered them in the Immune Booster share.

Closing out this week's Mediterranean Booster share, we end our journey on a delicious, sweet treat note with a pack of four **Ladyfinger Baklava** from [Exotic Bakeries](#). Recipes of this Persian sweet treat have been discovered as early as the 9th century and there's a real good reason why it's still widely consumed - because it's super tasty! This flaky sweet treat is composed of a mixture of butter, cashew nuts, sugar, lemon and water and then rolled up in freshly made phyllo dough and baked. It's the perfect way to close out this week's Mediterranean Booster share, not only because it fits the menu theme, but also because everything this vendor bakes is made from scratch, sourcing the best local ingredients that round out this local feast. Exotic Bakeries is a Syrian cafe located in the Courtyard Shopping Center right around the corner from Ayse's Cafe in the northeast corner of Ann Arbor, and they offer a wide range of Middle Eastern, Mediterranean and Syrian cuisine. Pay a visit to Tamara the head chef and business owner of Exotic Bakeries to check out her other authentic delights and tell her you devoured her baklava in the Immune Booster share. She will be stoked to hear that!

Sailing away into the burning orange sunset of the Mediterranean, we are thankful for your support and excited for you to enjoy this unique, diversified, locally sourced and curated food share. By buying this share you are collectively supporting many local businesses in a one stop shop, investing your dollars back into our local food economy and further supporting a more seasonal and sustainable food system. We are grateful for your patronage, and we value any feedback that you have, whether it's words of encouragement or ways for us to improve our product and service to you. In partnership, we look forward to seeing you all at both pick-up locations.

**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, April 2, regarding Tantre Farm's Immune Booster CSA Share, Week 154, for pick up on April 8.

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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