



Tantre Farm CSA Newsletter IMMUNE BOOSTER Week 156 Share – April 22, 2023

Hello Fellow Earthlings,

Welcome to the Immune Booster Week 156 Newsletter and Happy Earth Day! Although we celebrate Mother Earth and her blessings with each of our weekly shares, this week in particular will reinforce why our local food mission is so important and highlight some of the many ways that each and every one of us can get involved and make changes in our lifestyle to help preserve our natural world. Earth Day is an annual event on April 22 that demonstrates support for environmental protection. First held on April 22, 1970, it now includes a wide range of events coordinated globally by EarthDay.org in more than 193 countries. The ways to pay it forward to this spectacular blue sphere are endless, with some extremely simple steps such as buying local, picking up litter on a walk, or just turning down your thermostat a bit. On the other end of the spectrum there are some incredibly mind-bending mycelium remediation discoveries unfolding that could potentially fix some of the damage done to our atmosphere, water and land if we learn as a species to dial down our consumption. The globe with all its perils and extreme beauty offers an amazing time to be alive with the advancement of science. Being mindful of our natural environment and approaching it as constant students, we will discover endless trails of correlations and symbiosis. All we need to do is slow down, pay attention and be considerate of other forms of life on the planet we share. Participating in this share is a wonderful step in the right direction and will give back to the cycle of local food production that bypasses the industrial agricultural machine and significantly reduces the footprint of your food sources. With that said, I'll turn my hat around and roll up my sleeves... It's time to discover what Mother Earth has provided for us this week, with the local buzz from our neighborhood farms, local restaurants, bakers, and seed bank accumulators. Let's dig in!

Kicking up dust and knocking off the rust as we ramble on down the road, our first stop is to pick up some organic, hydroponically-grown **Lettuce** from [Sell Farms and Greenhouse](#). This Earth-friendly green is grown in a state-of-the-art greenhouse that acts as a warm and cozy nursery for these tender leaves. Growing the lettuce hydroponically also reduces the consumption of thousands of gallons of water versus soil grown lettuce. The lettuce plants are harvested from their watery, 3-inch-deep basin and bagged Friday afternoon,

ready for your salad plate Saturday afternoon or maybe for your cookout in the 80 degree weather that's rolling in this weekend. Hooray!!!

Down the road and over the next hill, we have **Arugula** from [Seeley Farm](#) which happens to be right around the corner from the Food Hub where many of you will pick up your share. This arugula is hoop house-grown, so it is tender with a slight peppery kick, whoo hoo. Arugula is a superfood green that has many beneficial impacts on our longevity, especially with heart function and keeping our valves clean and pumping. Arugula boasts essential vitamins and minerals, and it is versatile to prepare, cooked, or raw. So maybe mix it up with the lettuce mix for a well-rounded colorful salad, toss it on a pizza before it goes in the oven, add it to your favorite wraps and sandwiches, or even try blending into a pesto. So many great ideas to consume this heart healthy green!

Next up, we take a quick ride out to Chelsea to pick up a pungent allium called **Green Garlic** from [Tantre Farm](#). To most folks, green garlic is a new frontier in the allium world as we are all familiar with the garlic bulb, scape, or cloves. In this share, you will get what appears to be green onions with a small bulb on the end, but if you look at the anatomy of the plant the green leaves of the garlic are flat, not round and hollow like a green onion. The greens and the bulb are all edible, cooked or minced and served raw. They also pack a serious dose of sulfur, which is really good at turning away free radicals in our inner economy. Add them to a skillet for a quick sauté before you crack your eggs for a scramble. It will add a little zip along with that all familiar and delicious roasted garlic taste to any sautéed dish. I also like to clip the garlic greens onto salads, soups, pastas and sandwiches for a nice dash of spice and a good dose of free radical fighters.

Staying with [Tantre Farm](#) for another turn, we continue on our roll with a superfood for a super Earth Day share with **Yellow Carola Potatoes**. These spuds sure aren't duds and are super, because they provide the human body with almost everything it needs to sustain, from antioxidants and flavonoids to carbohydrates, protein, and potassium. There are endless ways to incorporate these delicious potatoes into your Earth Day dishes to fulfill your culinary wishes, so why not get creative and maybe try your hand at a creamy au gratin potato dish? Yes please!

My, my, my it's time to head south to [Wayward Seed Farm](#) for some organic **Sweet Potatoes** to make a pie. These Earth-friendly roots are certified organic, which means no man-made 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!

Wrapping things up for the produce portion of this share, we add a sweet note with organic **Fuji and Red Enterprise Apples** from [Almar Orchards and Cidery](#). Both varieties are packed with last fall's late sunshine and were harvested just before the frost set in. Apples are great for regulating gut health and aiding in cancer prevention as well as packing a healthy dose of fiber. The Fuji apple is very dense and juicy and predominantly red with pale green stripes and the Red Enterprise apple is blood red and, in some cases, almost maroon and its flesh is

airy, crisp and light with a sweet nectar. So simply slice and consume with a peanut butter and honey dip or cook into sweet treats like apple turnovers and pies. The choice is yours!

Popping up next in the share, we have a family-friendly treat with a pint of organic, 100% Michigan-grown **Yellow Popping Corn** from [Ferris Organic Farm](#). There's nothing like making homemade popcorn and adding your own little touch of flavor to it. My daughters like it buttered, my wife likes it with butter and honey, and I like it with a dash of butter and some pepper spices like cayenne, black pepper and paprika. For perfectly popped corn, first heat 3 tablespoons of oil and 3 popcorn kernels over medium heat in a covered pan. When these test kernels burst, remove the pan from heat and add 1/3 cup of popcorn. Cover the pan and wait for 30 seconds before returning it to the heat. When the kernels start to pop, shake the pan (with lid slightly ajar) until popping slows to 1 to 2 seconds between pops. Add your preferred flavors and serve! This process will ensure your popcorn kernels pop simultaneously and avoid the stovetop pitfalls of batches of burnt and un-popped kernels. Get creative with this fun treat, kick up your feet and watch a documentary like "Kiss the Ground", "Sustainable: A Documentary on the Local Food Movement in America", "The Game Changers", or "The Biggest Little Farm". Now we are talking!

Moving on to a fresh and juicy salad, we present a **Spring Pear Salad** from [Juicy Kitchen](#) that is vegetarian, gluten-free and does contain nuts. This unique and rather tasty salad is composed of an organic spring mix, Bartlett pear, blue cheese, dried Michigan cherries, toasted pecans and house-made, dark balsamic vinaigrette. I sampled this salad earlier this week, and then sampled it a few more times, and then I just asked for a bowl of it. So there you have it! Tried and true, savory and sweet, with a finely balanced vinaigrette, this sure-fire winner can easily be secured for round two with a little trip over to Juicy Kitchen. They have a beautiful selection of salads like this one on their to-go rack just inside the front door of the café. Convenient grab-and-go action for those on the run. For those with a little more time on your hands, I would suggest perusing the menu to discover many delicious gems!

What would "pear" best with this salad above?? A **16-inch Pepperoni Pizza Kit** from [Silvio's Trattoria e Pizzeria](#). These incredible pizza kits were made from scratch and will include fresh pizza dough (organic flour, water, yeast, salt, olive oil and sunflower oil), a generous portion of house-made pizza sauce (organic Roma tomatoes, onion, garlic, rosemary, oregano, parsley, olive oil, sunflower oil, salt, pepper and red pepper flakes), and a cheese and pepperoni topping (organic mozzarella from Indiana and local beef that's been made into pepperoni). If you are craving authentic Italian food, Silvio's is the place. Silvio and his family make their food with passion and in the traditional Italian way. All of their dishes that I have tried so far are stupefacent! Their Michigan Ravioli and selections of stuffed gnocchi are seasonal and top-notch. Pay Silvio a visit for a follow-up feast and tell him that Ryan from the Immune Booster sent you - You'll be so glad you did!

Need a little side to pair with the Spring Pear Salad or the DIY pizza kit? Then look no further than the **JKC Spicy Carrots** that are vegan and gluten-free from [The Brinery](#). I get asked frequently when these amazing, fermented, spicy carrots will be in the share again, so now is the time, folks! These well-loved,

Spicy Carrots are composed of carrots, green jalapeno, garlic, filtered water and sea salt. Mildly spicy with an occasional heat wave, they are great served with pretty much any savory meal across the board or straight out of the jar with a fork. The wide-mouth jars are so convenient for the straight out the jar method. Yes, please!

Switching from savory to sweet, next we have a new face to the Immune Booster CSA Share with a spectacular baker named Katie Robinson from [Botanical Bakeshop](#), debuting her stellar **Oatmeal Cream Pie**. Katie specializes in all-vegan pastries and cakes and has had a meteoric rise since venturing off on her own whilst collaborating with all sorts of local businesses and offering monthly pastry box deliveries that you can easily sign up for on her website or social media platforms. Katie suggested this oatmeal cream pie, because it is one of her best-selling items. I sampled this light and tasty oatmeal cream pie and now I understand why it has achieved best-seller status! Composed of plant-based butter, flour, brown sugar, sugar, apple sauce, vanilla extract, Ferris Organic Oats, baking soda, cinnamon, salt, powdered sugar and oat milk powder, this sweet treat is everything naughty with a lot of nice and a sure fire winner after your pizza and salad dinner. So look up Botanical Bakeshop and try one of her pastry boxes for yourself. You'll most definitely be glad you did!

Need a little drink to wash down this delicious Earth Day feast? Then reach no further than **Otto's Pear and Rhubarb CBD Cider** from [Almar Orchard and Cidery](#). This in-season cider is one of my favorite drinks of all time. It is light and refreshing, non-carbonated and beautifully-flavored. It is composed of filtered water, organic apple juice concentrate, rhubarb juice concentrate, pear juice concentrate, citric acid, natural hop flavor and hemp extract (CBD). CBD has gained popularity in recent years as a way to reap the many health benefits of the hemp plant with none of the psychoactive side effects. First used for medicinal purposes by the Chinese in 2900 BC, many civilizations have since utilized the hemp plant for its health benefits. Because CBD hosts strong antioxidant, anti-inflammatory and neuroprotective properties, it is widely recognized as a natural way to promote brain health and overall wellness. Research suggests CBD offers relief for nausea, pain, anxiety, depression and insomnia. This drink is best served chilled right out of the bottle. If you love this cider as much as I do, you're in luck, because we sell them every week at our Food Hub market during pick-up.

Our last featured item for this week's share comes in the form of some **Tiger Eye Sunflower 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 roughly 150 seeds of this sunflower variety. If you don't have the space to grow these seeds into mature sunflowers, they can alternatively be used up as a countertop micro green or sunflower shoot DIY project. If grown outside these sunflowers will reach 4 to 6 feet tall and produce multiple heads throughout the summer. They also are adorned by bees and other pollinators, and in the fall the birds and squirrels will happily consume up all the seeds if you don't harvest and roast them for your own snacks. One last note about Green Things Farm Collective is that they offer 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 we have it! A share full of our planet's bounty. The diversity of all things that Mother Earth provides are immense, but the challenges to restore balance and harmony with nature are also immense and must be tackled collectively as one human race. Earth Day is only one of 365 days out of the year, when droves of people across the world get together to nurture Mother Earth the way she nurtures us every day. Let's make Earth Day our daily benchmark of how we should treat our planet. It's a daily effort to align with Earth-friendly methods at all levels of our lifestyles to reduce our footprint and allow nature to work her magic. As always, we thank you for signing up to this week's share, and we look forward to seeing your smiling faces this Saturday morning at the pickup. 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, April 23, regarding Tantre Farm's Immune Booster CSA Share, Week 157, for pick up on April 29.

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.*

Tantre Farm

2510 Hayes Road, Chelsea
MI 48118 United States

You received this email because you signed up on our website or made a purchase from us.



[Unsubscribe](#)

