



# Tantre Farm CSA Newsletter IMMUNE BOOSTER Week 161 Share – May 27, 2023

Hello Fellow Locavores,

Welcome to the Immune Booster Week 161 newsletter and menu breakdown. As always, thank you for joining us on this local food mission. With schools soon coming to a close for the summer, we thought we would take a little vacation from the norm and head across the 'pond' for a European adventure. The food in this week's share is broadly focused on European cuisine and highlights some prepared foods that can typically be found in various countries across the European continent. You will also have the chance to create some of your own dishes using the fresh and nutritious local produce items that could mirror image recipes one might find when traveling through Europe. So let's get ready to jet set and get this week's box breakdown in motion.

Upon opening up your share, you will be greeted by some hydroponic **Lettuce** from [Sell Farms and Greenhouses](#). This hoop house grown lettuce is chock full of vitamin A, which reduces one's risk of cataracts as well as a solid dose of vitamin K which promotes strong bones. It also has compounds related to a more restful sleep, so having some for supper isn't such a bad idea. My suggested use of these fine leafy greens is to give them a quick rinse and a shake to freshen up before clipping with scissors into bite-sized pieces. Add some of the pea shoots, some roasted asparagus, some diced purple and orange sweet potatoes that have been roasted and cooled and some thin apple slices to cap things off. All the produce listed above will be in your box this week, so we made it easy for you to load up on a salad a day for plenty of fun-in-the-sun energy.

Moving on to more greens, next up we have **Pea Shoots** from [Garden Fort](#). These pea shoots are also hoop house grown but in soil rather than water. These shoots are a nutritional powerhouse and contain plenty of vitamins, essential trace elements and minerals as well as a solid dose of fiber and protein. These shoots were clipped early Friday morning, rinsed and packed up just in time for delivery, and then packed into your share. So add them to that salad, sandwiches, wraps, tacos, burritos or simply clip them with scissors over some scrambled eggs. You'll be glad you did!

Next in the produce line-up, we have field-grown, elegant **White Kohlrabi** making an appearance from [Goetz Greenhouse and Family Farm](#). Popular in Eastern European countries, Kohlrabi is a delicious, white bulbous globe that typically ranges from baseball size to large grapefruit size or even larger in the right growing conditions. The young greens are also edible and can be cooked like kale or collards. Kohlrabi is a member of the cabbage family and is an excellent source of vitamin C, potassium and fiber, great for your digestive health. To consume this beauty, simply peel off the skin with a paring knife to reveal the crisp, apple-white flesh beneath. Some people enjoy eating them raw when grated over a leafy green salad. My favorite way to eat kohlrabi is similar to a fried potato; peel and cut the bulb into quarter inch thick slices, pan fry in olive oil until browned and crisp, add some minced-up garlic cloves and cook for another two to three minutes, and then serve with a side of the Srodek's stone ground Polish mustard that is also offered in this week's share. Soooo tasty!!!

Taking advantage of its short growing season, we have field-grown **Asparagus** from [Tantre Farm](#). Asparagus is native to the western coasts of Europe from Northern Spain, Great Britain, and Northern Ireland. This perennial crop has since been domesticated and is now naturalized all over the world in both temperate and tropical regions. Why? Because it's delicious and nutritious. It is a short-lived crop here in the upper Midwest, whose tasty stem shoots up from Mother's Day to Father's Day depending on the weather conditions. Asparagus is full of iron, vital nutrients, fiber and folate to name a few of its mighty health benefits, and it is really good at cleansing your liver, flushing out our kidneys of toxins, and aiding in lowering blood pressure. Asparagus can be consumed raw and has a slight peppery kick to it when doing so. It can also be steeped in a few ounces of water on the gentlest of boils for no longer than a couple of minutes to maintain as many nutrients as possible. Once soft to the touch, drain and add a dash of salt, perhaps a pat of butter, and serve. It can also be roasted or BBQ'd and bacon wrapped, which ups your game a notch if you go this route, wink wink. So get your asparagus on, because it will be history until next May -- sooner than you think!

Bring on the rainbow with **Purple and Orange Sweet Potatoes** from [Holtz Farms](#). This root vegetable is a high fiber, beta carotene, manganese, and vitamin C and E. A good starting point for these tubers is to turn your oven on to 425 degrees and lay tinfoil in a baking tray. Then generously scrub your sweet potatoes under warm water until they wash clean, dry them, prick them with a fork and then rub oil of your liking all over each potato. Bake them for 35 to 45 minutes until fork tender. From there they can be consumed in a myriad of different ways from baked sweet potatoes, sweet potato hummus, latkes, patatas bravas, or sweet potato pie with a sweet cream on top. Well I'll take some of the latter if I have too : )

Closing out the produce menu with a crisp and sugary bite, we have organic **Honeycrisp and Evercrisp Apples** that are a pure delight from [Almar Orchards and Cider](#). There are an estimated 7,000 different cultivars of apples in circulation worldwide to date, but for this week's share we shall just focus on these two super sweet varieties. These apples were picked towards the end of October last year and held at 34 degrees constant after they were hand-picked. Organic apples tend to be smaller, denser and more compact in texture, water content and taste, because the soil the trees are growing in are full of life

that breaks down all the essential elements of the apple trees desire. This enriches the tree as well as the fruit with a heavy dose of nutrition that is extremely beneficial to our gut health, our heart health, and lowers the risk of diabetes to name a few. The apples we grow today originated in Kazakhstan and then eventually made their way to England. Here they were further domesticated and heavily studied, larger fruit genetics were discovered and grafting onto rootstocks became a game changer to this worldwide crop. These apples would serve best hand-to-mouth, full stop, but if you choose to cook them, they make excellent apple muffins, strudels, tarts, pies, fritters and apple sauce. Limitless possibilities!

Leading the way to the prepared foods line-up, we feature a tasty two-pack of **Bavarian Pretzels** from [Raterman Bread](#) that are sure to please! Raterman Bread operates out of the Washtenaw Food Hub in Ann Arbor and contributed a fine loaf of Original Sourdough Bread to the first ever Immune Booster share back in Week 1. Since then, Raterman Bread has participated in more than 70 shares featuring every bread in their inventory. These pretzels are a limited-edition item that were too good to miss for this Euro Trip share as a little appetizer, while you grill the tofu or sausages. They are composed of Raterman Bread's original sourdough recipe of flour, water, salt, honey and coconut oil. These hand-rolled and braided pretzels are freshly baked late into Friday night. Pulled from the fiery earthen oven with a thin, browned crust and a chewy center, these pretzels are a sure-fire winner. So get your mustard ready, because it's time to rip and dip these pretty pretzels of chewy delight!

Serving up some savory, you had a choice of either **Extra Firm Tofu** that is vegan and gluten-free from [Rosewood](#) OR **Pork Jalapeno Bratwurst** that are from [Webbed Foot Pines](#). Both of the protein choices would be great for the grill, sliced up and fried, roasted in the oven or simply pan fried. The bratwurst is widely served in Germany, France and the UK and comes in many wild and ambitious flavors, smoked, chargrilled, boiled, baked or fried. Tofu came to Europe in the 16th century and is solidly ingrained in the migratory communities that settled in the vast landscape of Europe, and gave rise to the Indian, Thai, Chinese and Japanese influences that we see in the mainstream culinary scene today, such as exciting recipes of tofu that are marinated, brined, pressure cooked or simply added to soups, curries, noodle or rice dishes to name a few. Rest assured there will be plenty to do with either the bratwurst or tofu, so dream up your culinary landscape and use up the savory produce in this week's share to create a delicious and hearty meal.

As we stroll along the French Riviera, why not partake in a **French Potato Salad** that is vegan and gluten-free from [Nourish Juicery and Kitchen](#). This earth-friendly potato salad is composed of love, Holtz Farm redskin potatoes, Yukon gold potatoes, green beans, celery, extra virgin olive oil, organic Dijon mustard, red wine vinegar, maple syrup, Needle Lane Farm rosemary, thyme, sea salt and black pepper just for your tiny taste buds. Sarah, the head chef and owner at Nourish Juicery and Kitchen takes pride in making healthy, nutritious food and supporting local farms whilst doing so. I know Blissfield, MI is a drive for some, but maybe a little road trip is in your near future to further discover other plant-based dishes this fine café offers. Serve this potato salad up with a DIY salad, some roasted asparagus, some grilled brats or marinated and grilled tofu for a complete meal and marvel at the local goodness.

The hits just keep coming, and off to Poland we go for a **Pierogi Lottery** from [Pierogi Queen](#). All pierogi varieties on offer this week will be vegetarian. The lottery will be one 12-piece bag of any of the following scrumptious pierogi varieties: The Becky, Ambrosia, Ruskie, The Spin Me Right, The O.G. Pierogi or The Fun Guys. Each unique to their own flavor profile and ohh soo fitting for a 'EuroTrip' that we couldn't resist adding these to the box. Erica, the owner and operator of Pierogi Queen, and her crew hand roll up to 4,000 of these pierogies a day, 5 days a week! They make roughly 15 consistent varieties of pierogies with seasonal or holiday-themed limited editions. If your pick-up location is the Food Hub, we always have extras for sale in the retail space to load up on. These pierogies cook best in smaller batches with a good dose of oil on a low to medium heat until they brown and crisp up. Par for the course, these polish delights will mix and match with any and everything offered in this week's share, but they may go best with the next two items coming up: Sauerkraut and mustard. Get ready to stimulate and elevate that palate of yours!

Time for a little zip and a little zing with a nicely sized serving of **The Shielding Rose Heirloom Garlic Sauerkraut** from [The Brinery](#). This seasonal ferment is composed of Wayward Seed Farm organic green cabbage, filtered water, heirloom garlic and sea salt. Perfect for any cookout and served with your brats or tofu steaks, sprinkled on top of that DIY salad or dolloped out onto your pierogi plate. This pre and probiotic sauerkraut is a winner for your gut and just what the immune system ordered. It's lip-smacking good in the neighborhood and great for the outdoor grilling season, so get to it!

Next up, we have a **Stone Ground Polish Mustard** 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 in the refrigerator 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 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, and back by popular demand, we have a 3-pack of potted **Tithonia Sunflower Plants** from [Sell Farms and Greenhouses](#). Why did we choose this plant? To encourage, support and delight the bees and butterflies. The Monarch butterflies that are currently migrating north towards Michigan will be more than elated to see it growing in your garden, because they absolutely love this plant's nectar. Tithonia, when grown in an appropriate

space, can grow up to a height of four to six feet tall and two to three feet wide. If grown in a large pot, it still can yield quite the canopy if watered frequently. The retina-burning red of the flower petals complimented by the golden center presents a beautiful flower that is most adorned by the elegant and mighty Monarch. Monarchs are in decline due to lack of habitat and wild spaces, so supplying this plant's nectar and visual beauty is a good way to encourage them to return year after year, and a way for you to see them up close and personal. So get your camera ready, because if this plant flowers, you're pretty much guaranteed wondrous visits from these beautiful butterflies.

As the 'Euro Trip' Share winds its way down the River Thames and the journey around Europe comes to an end, we would once again like to share our thanks to you for voting with your hard-earned dollars for local food. Collectively, we can make a difference and change the agricultural landscape to kinder, healthier, and more sustainable methods of growing food and sustaining our population. Many local talented food purveyors enjoy this farm-to-table adventure each week and see much relevance in continuing this mission. It draws excitement, creativity, a buzz that is undeniable and all for good reasons. It supports a wide range of people from all walks of life that care tremendously about what they do, what they grow and what they cook. We are entirely grateful for patrons like you, and we look forward to seeing your smiley faces this Saturday morning 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, May 28, regarding Tantre Farm's Immune Booster CSA Share, Week 162, for pick up on June 3.

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).*

**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](#)

