



Tantre Farm CSA Newsletter IMMUNE BOOSTER Week 163 Share – June 10 2023

<https://www.localharvest.org/c...>Hello Fellow Locavores,

Welcome to the Immune Booster Week 163 newsletter and menu breakdown. We appreciate your support of this local food project where week in and week out we explore southeast Michigan's farming and culinary scene. As the project evolves and new farms and food businesses are discovered, we will continue to deliver a diverse, high-quality bundle of local goodness each and every week, as we have for the last three years. Time flies when you're having fun and everything about this project I hold dear to my heart, because it's been a beautiful ride to work with so many other local talented vendors that share the same wholesome values. So with that little note, let's hop aboard this week's moon booster mission and get this box breakdown underway...

Sitting at the top of this week's share, we have **Red Kitten Spinach** from [Tantre Farm](#) in Chelsea. This unique spinach has vivid red stems and veins running through its green leaves and is often visually mistaken for beet greens. This spinach is perfect for your DIY salads, which you can top up nicely with all the other fresh veggies in this share. A crisp and colorful salad to keep your inner economy healthy and happy is the best way to start the menu!

Keeping with the leafy greens, we move on to some heart-healthy hoop house-grown **Arugula** from [Garden Fort](#) in Dexter. This peppery leafy green is one of my favorites for many reasons. It is versatile and can be added to pizzas, soups, salads or stir fries to name a few. This green will be pre-rinsed and ready to use right out of the bag. Freshly clipped Friday morning and riding home with you Saturday morning, these greens will be ultra-fresh and ready for those salad bowls.

Next up, the allium in this week's share is a sulfur-laden healthy bunch of **Organic Red Scallions** from [Country Valley Farm](#) in Ann Arbor. These sweet and zesty scallions are packed with antioxidants and perfect for clipping with scissors over the top of your salads or pasta dishes. Another fantastic way to consume these scallions is to cook them whole on a baking tray or in a skillet with some oil and roast them until tender. They are delicious this way. The alliums can also be recycled, meaning that if you leave about an inch of the stem and roots intact you can plant them in the ground and a new green top

will emerge in a couple of weeks to pick once again and eat up. The gift that keeps on giving!

A girthy bunch of **Organic Orange Carrots** from [Wayward Seed Farm](#) is next in line. These carrots were grown late into the first couple of frosts of last fall and then harvested and placed in their cellar at a chilly 35 degrees constant. The carrots are not washed before they enter the cellar as this keeps them fresh and dry and free from adding bacteria that would otherwise begin deteriorating them. This cold stable temperature locks in their sweet taste and crunchy texture until they are pulled from the cellar, run through a water wheel tumbler and gently spun to rinse away all the dirt. Air dried, packed up and then delivered for a share just like this one. Grate these fabulous roots over the top of your salads, slice into sticks for a raw and healthy snack, steam some to go with the prepared foods or roast some on the BBQ so as to not heat up the house. Any way you decide, you'll taste the local difference.

Keeping with the roots that will knock off your boots, next we have **Yellow Satina Potatoes** from [Prusakiewicz Family Farms](#) in Gaylord, MI. These early to mid-season German potatoes have a thin yellow skin and a smooth, buttery and creamy yellow inside that is perfect for roasting, baking or mashing. They can also be cubed and fried, then cooled down and added to those salad bowls for a little extra savory. So get your spud game on and devour this super food for the full shebang of nutrition on your immune booster mission.

We are happy to feature another round of **Asparagus** from Tantre Farm's [Honeybee U-pick](#) patch in Ann Arbor. Last year, Richard, the owner of Tantre, and I planted 5 acres of asparagus at the you-pick patch and this year the bounty has been well received as this field keeps on delivering day in and day out with new fresh asparagus shoots. My guess is that the asparagus will only be fruitful for another few weeks at best and then it will be gone until around Mother's Day in 2024, so enjoy the bounty while it lasts. Also, for the strawberry lovers please note that Honeybee's you-pick strawberry patch is scheduled to open this Saturday (tomorrow). It will be open daily throughout June from 8 AM to 7 PM. The berries look amazing so get out there and get your strawberry picking game on!

Closing out the produce in this week's share, we go out on a sweet note with a new vendor to the share. We welcome [Wolfe Orchard](#) in Tipton, MI with a healthy serving of **Evercrisp Apples**. These apples were harvested just before the first frost last fall and have been stored in a steady temp of 35 degrees in a cellar much like the carrots from Wayward Seed Farm. Wolfe Orchard began in 1982 on a one-hundred-acre parcel, where Mary and her husband immediately planted 25 of the acres with apple trees. They also have 3 acres of various berries in production and another 5 acres of mixed fruit trees such as apricots, pears and various plum varieties. Mary has been a well-received vendor at the Kerrytown Farmers Market in Ann Arbor for many seasons selling her fruit and jams. These apples would be great in an apple pie for a picnic outing. They would also come in handy on a trail hike or kayak down the river. Alternatively, they would serve well thinly sliced and added to your salad bowls for a little sweet contrast to the savory. So apple up buttercup, and if these apples leave you hankering for more, go down to the Kerrytown Market and tell Mary you had her delicious apples in the Immune Booster share. She will be elated!

Turning our hat back around, rolling down our sleeves and getting washed up nice and clean, we head back into Ann Arbor to round up the prepared foods for this week's share. First stop is [Zingerman's Bakehouse](#) in Ann Arbor for a **Pumpernickel Loaf**. Composed of organic wheat flour, water, rye, rye chops, caramel color, sea salt, yeast and caraway seeds, this tasty, rich loaf is actually one of my favorite breads from the Bakehouse. Geared more towards the savory end of the spectrum, it makes fine sandwiches, avocado toast with a fried egg on top or simply toasted and lathered in pimento cheese spread from Zingerman's Creamery that is also in this week's share. How convenient for those mouthwatering taste buds! ;) So get pumped for your pumpernickel! It's wholesome, it's fresh, it's local and it's good for you.

Hmmm... What would go really well with the fine, fresh-baked bread above? Bring on the cheese please! **Pimento Cheese Spread** that is. This pimento cheese is made here in Ann Arbor and is vegetarian and gluten-free from [Zingerman's Creamery](#). Composed of an addictive melody of cheddar, roasted red pepper, tellicherry black pepper, mayonnaise and cayenne pepper, this spread is absolutely tasty and will most definitely leave you wanting more. A great addition to any charcuterie board, this cheese will pair well with pretty much anything - savory or sweet. Bon Appetit!

Need a little soup to add to the duo above? Well, we got that covered for you on these cool evenings as of late with a **Shakshuka Soup** that is vegan and gluten-free from [Harvest Kitchen](#) in Ann Arbor. This unique and interesting dish originates from the Middle East and into North Africa and is composed of tomatoes, vegetable stock, lentils, onions, peppers, garlic, shallots, olive oil, paprika, cayenne pepper, West African spices, salt and pepper. So all you need to do is heat it up, slice the bread, spread the spread and get ready for a serious comfort meal. If you're into it and like Harvest Kitchen's dish, then seek them out at the Kerrytown Farmers Market every Saturday or go to their website and see what other seasonal dishes they curate on their rotating menus, and you can place your orders there for an arranged pick up time and location.

Another African-inspired dish by way of Ann Arbor and back by popular demand, El Harissa who has roots in Northern Africa joins the party with their robust **Carthage Salad**. Crafting master salads is one of [El Harissa's](#) many undeniable talents and based on other salads we have featured in our previous shares, you are in for a vegan and gluten-free treat! Cleverly crafted for sheer pleasure, this salad is composed of a young leafy green spring mix, tomatoes, olives, roasted chickpeas, poached figs, pomegranates and a dressing (on the side) that is composed of fig jam, pomegranate molasses, mint, balsamic vinegar, nigella seed and lime. A marvelous melody that will both satisfy and leave you wanting more!

Wrapping up the savory dishes this week, we have a sure-fire winner with a local collaboration of two amazing businesses in our community. Introducing a **Sun-Dried Tomato and Pesto Pasta** from [Juicy Kitchen](#) featuring pasta sourced from Dexter's own Carosello Pasta. This dish is composed of Carosello Pasta's casarecce pasta, sun dried tomatoes, fresh basil, parmesan cheese, toasted walnuts, pine nuts, garlic, lemon juice, extra virgin olive oil, salt and pepper. Super tasty and super local. What a cool cross-pollination of two young and thriving businesses working together! Teamwork definitely does make the dream work here. If you have never been to either of these businesses, then this

dish will surely motivate you to do so. So drop on by and see what their local food scenes look like and what you have been missing out on.

Closing out the share with a wave of in-season for all the right reasons, we have a super sweet treat with a **Strawberry and Rhubarb Crisp** from [Nourish Juicery and Kitchen](#) based out of Blissfield, MI. This rather naughty sweet treat is composed of sprouted gluten-free oats, Needle Lane Farm rhubarb, strawberries, organic coconut sugar, coconut oil, tapioca flour, cinnamon and sea salt. Sarah the head chef and owner of Nourish Juicery and Kitchen makes a wide range of super healthy vegan and gluten-free dishes from savory to sweet and supports buying local food at every chance she can get. Behind the scenes we have worked together to tether her to farms that are closer to her business in Blissfield so that they can build relationships outside of this share. One thing I learned just this week is that Goetz Greenhouse and Family Farm, who we have often featured in the share for over three years is now doing a Summer CSA share hand out at Nourish, which is really cool to see. She supports the farm and the farm customers that come and pick up there support her business. It's a win-win for everyone and it builds community, friendships and partnerships that prosper more local food. I know Blissfield is a bit of a drive, but when heading south this summer on holiday maybe swing by there on your way out of Michigan and see what other delicious meals, sweet treats and fresh pressed juices this budding café has to offer.

As the Immune Booster share comes to a close for this week, we thank you once again for your continued support of this local food mission. Your dollars go far and wide within the local community, contributing to the greater good. These shares join many hands from the fields to the restaurants to your dining room tables to complete the circle of our local food web. It's a beautiful thing when we all work together and share knowledge, growing techniques, culinary skills and provide accountability to a responsible food system. The future is bright, and sustainability within our local food systems is the only way forward for so many reasons.

****One final note: There will be no Immune Booster CSA shares offered for the next two weeks. However, the Hub Market will be open June 17 and June 24 from 9 AM to 12 PM during this time, so come visit Haley, who will help you with your local food needs! Our next share menu will go out for signups starting on Sunday, June 25 for a pickup on July 1. We look forward to seeing your smiley faces at both pick up locations this coming Saturday morning, and we wish you a wonderful week ahead.**

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.

A reminder that our next email will be on Sunday, June 25, regarding Tantre Farm's Immune Booster CSA Share, Week 164, for pick up on July 1. Hope that you enjoy exploring the farmers markets for locally grown food over the next couple of weeks!

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

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