



Tantre Farm CSA Newsletter IMMUNE BOOSTER Week 164 Share – July 1, 2023

Hello Fellow Locavores,

Welcome to the Immune Booster Week 164 Newsletter and thank you for joining us on this local food mission. I hope you all had a great first week and a half of official summer and got out to enjoy at least some of this warm weather despite the poor air quality that we have had to endure here in the Mitten. It's sad to read as of today there are 483 wildfires burning in the forests of our northern neighbors in Canada. Let's hope some of the forecasted storms of next week bring some relief to quench the fires and disperse the smoke. On the home front and the ongoings at the farm, we are busy bees rolling through succession crop planting, weeding, harvesting and packing. Each week, we pack several hundred boxes of Tantre Farm grown produce for our CSA distribution, wholesale and markets, so we are at full throttle now for the foreseeable next few months. On the horizon, we will have another round of first-of-the-season crops with tomatoes, peppers, summer squash, eggplant and green beans to name a few, and they will all be featured throughout the summer in this Immune Booster CSA Share. For now, let's focus on this splendid share of plenty and dive right into this week's diverse and colorful menu...

First up to the stage, we have **Romaine Lettuce** from [Tantre Farm](#). This lettuce is always picked Friday afternoon and then handed out to you the following morning when you pick up your share. It's perfect for a light, colorful salad and two generous cups of lettuce will provide 100 percent of your daily vitamin K requirement for strong, healthy bones. This lettuce is sure to please in the cool summer breeze, so toss it up with some of your favorite salad toppings that are also featured in this week's share. Let's get things popping!

Packing a lot of sweet crunch and just in time for lunch, we have the first of many successions of **Orange Carrots** from [Tantre Farm](#) sliding into the second produce slot this week. These beta carotene and fiber-rich carrots are young and tender and perfect for that salad topper. They would also roast up nice on the grill in some tin foil with a few of the garlic bulbs also offered in the share. If the smoke continues to linger, then you might just have to stay inside and make some carrot cake muffins with the sweet frosting on top. Ahh shucks.

This is the season for **Fresh Garlic Bulbs** from [Tantre Farm](#), and we have a true health elixir with these fresh-out-of-the-ground tubers. This pungent gem is well-known globally and is widely used in medicinal approaches to keep your

immune system clean and clear of free-radicals, common colds and ailments. Garlic made its way from central Asia on its own world tour around 4,000 years ago. Why is it so popular? Because it tastes good, and it is a nutritional superstar. Garlic has profound beneficial effects on maintaining a healthy heart, thus reducing blood pressure and lowering cholesterol. Be sure to incorporate garlic into your home cooking with some of the other fresh produce featured in this share. One last note, this garlic is fresh out of the ground and not cured. It can take up to a month for the thin-walled paper on the cloves to dry out and be countertop stable. My suggestion here is that you peel this garlic immediately and place it in a container in the refrigerator. The thin, slightly wet casing on each clove can be difficult to peel away and will take longer than you're used to. A little patience and some delicate finger work will do the trick. Plus, it will be ready to use right out of the container once you've got it all sorted for up to 10 to 15 days.

Bringing on the summer dream crops, we have a duo of **Yellow Summer Squash** and **Green Zucchini** from [Goetz Greenhouse and Family Farm](#). These two summer highlights are just beginning to flush out fruit nicely and once they come onto the plants they come on with vigor. These squash and zucchini are rich in vitamin B6, magnesium and folate, and are water-laden for a solid hydration in the hot summer days ahead next week. They are also great for adding to kebabs for the grill, pan frying, noodle making or cake baking. My wife bakes a mean chocolate chip zucchini nut bread. So get to it and chop chop these beauties and revel in the bounty of summertime produce. It's the best!

A favorite healthy and delicious finger food snack in our house are tasty **Sugar Snap Peas** from [Goetz Greenhouse and Family Farm](#). My two daughters absolutely love cracking the pods open and gobbling down the sweet peas inside, eating the pods as an afterthought. Sugar snap peas are a healthy source of complex carbohydrates, offering fiber, protein and vitamin K which supports many functions in our bodies. So enjoy this hand-to-mouth snack while the grill begins to sizzle. If grilling isn't your thing, then use up some of these sugar snap peas in a skillet and sauté them up with cubed summer squash, zucchini, fava beans and some fresh garlic cloves for a nice little stir fry to serve with any of the prepared foods. Either way you choose, we make it easy for you not to lose.

Trucking right along, we have a rarely seen bean in the **Fava Bean** from [Tantre Farm](#). Rare because they almost never make it to markets or grocery stores unless they have been processed and pre-packed. These fava beans are fresh off the Tantre field plants and will be encapsulated in robust pods. Best served steamed in the pod or parboiled out of the pod for about a minute in rolling boiling water, either way you will have a tasty end result. The beans will be bright green when cooked and will have a tender, buttery texture. You will want to take the papery skins off each bean before you consume them. They can be cracked open like edamame with a little salt sprinkled on them or alternatively tossed on Greek salads, into lentil soups or added to a hummus blend of your choosing. These beans are packed with protein and fiber, so boost your immune system and Fava away on a long summer day!

Closing out the produce on a sweet note this week, we deviate from the savory and dive into some sweet, sugary, juicy fresh-picked **Strawberries** from [HoneyBee U-Pick](#) here in Ann Arbor. Located on the westside of town, this 7-day-

a-week U-Pick patch has 48 rows that are roughly 800 feet long with 5 varieties of strawberries in total throughout the patch. Some come on earlier than others and some linger longer than others, which ultimately makes the season more productive for us and the pleasure lasts longer for you :) These heart healthy, taste-bud-loving strawberries are packed with vitamin C and a wide range of other antioxidants that reduce inflammation and help manage blood sugar levels. No need to explain what to do with these fine berries of delight. I'm sure you know!

Kicking things off with the prepared food this week, we have an eye-pleasing and mouth-watering braided **Challah Loaf** that is vegetarian from [Zingerman's Bakehouse](#). This splendid bread is composed of organic Michigan wheat flour, yeast, water, egg yolk, honey, corn oil and sea salt and it's perfect for any occasion, breakfast, lunch or dinner. The beauty of this bread is it can be picked apart almost as individual rolls intertwined with old-world rustic appeal. I think I'm heading down the savory route with this bread to serve with this week's hearty prepared foods and then making some French toast out of the rest of the loaf for breakfast with the eggs that are also included in this week's share. Just a little hint!

Next up, we get things shaking with a **Halloumi Shakshuka** from [Juicy Kitchen](#) that is vegetarian and gluten-free. This unique and interesting dish originates from the Middle East and into North Africa and is composed of roasted bell peppers, tomatoes, onions, garlic, spices, grilled halloumi cheese, parsley and basil. This dish will need to be heated up in the oven for 15 to 20 minutes. I would suggest trying the traditional way of serving this dish by cracking an egg or two sunny-side-up on top of the dish before placing it in the oven. If not, it tastes great without as well. The choice is yours and this dish is delish, especially when served up with a DIY side salad or that savory stir fry that I mentioned above.

Speaking of eggs, we have a **Dozen Local Chicken Eggs** from [Webbed Foot Pines](#), just a bit of a jaunt south of Ann Arbor, cluck cluck, bok bok. These free-range eggs have a high protein content, omega-3s and are a great source of choline, an essential nutrient that supports cell growth and metabolism. A farmer's breakfast never looked so good with all these fresh ingredients to whip up that French toast, a beautiful omelet with some of this week's produce, scrambled eggs, hard boiled eggs or get naughty and make some deviled eggs for brunch, ohhh yaaaa.

Next up, we have another tantalizing dish in the form of **Allu Mattar** from [Earthen Jar](#). This is a Punjabi dish from the Indian subcontinent and is made of potatoes, peas, tomatoes, onions, canola oil, salt, turmeric, ginger, garlic, cayenne pepper and mixed Indian spices. Served with a grain like rice, couscous or quinoa, a side salad from the fresh greens and other veggies included in the share and a slice of bread. Boom! Another complete, healthy and easy-to-put-together meal to share with loved ones on these perfect, deck-weather, summer days.

Our next featured item is **Extra Firm Tofu** from [Rosewood Inc.](#) This tofu is fresh and in a brine that keeps the texture moist when using it multiple times. This tofu can be marinated in spices and seasonings of your choosing and then baked, fried, air fried, added to that stir fry I keep mentioning, soups or even sandwiches. Upping the game a bit, you can try your hand at a tofu bacon recipe for the challah bread French toast, give some breaded basil tofu bites a

whirl or check out some recipes on-line for caramelized tofu lettuce wraps. The skies the limit with this versatile plant-based protein, so dive right in and find a recipe that beckons your desires.

Closing out this week's share, we feature a **Strawberry Kombucha** from [Urbanrest Brewing Company](#) that is vegan and gluten-free. This fine kombucha is composed of fair trade organic black tea from Arbor Teas, organic Michigan beet sugar, filtered water and scoby culture, all re-fermented with Michigan grown organic strawberries. This strawberry kombucha has been a popular hit at the Food Hub Market during the Immune Booster pick-up for many weeks now and I've been patiently waiting for strawberry season to arrive to feature it in our share. The time is now! This kombucha is in-season and all the reason to feature a creative way to incorporate strawberries. We will have plenty of extras for sale at the Food Hub Market this Saturday so stop in and stock up on a few more for your entire family. This is a healthy elixir of pre and probiotics and a tasty thirst-quencher, so drink up buttercup and give yourself a nice dose of immune-boosting properties to boot!

As we descend into the sunset on this share of plenty, we are grateful you came along for the ride as we shared the culinary adventure that awaits your pick-up on Saturday morning. The height-of-summer vegetables are on the horizon, and we have some amazing in-season produce items coming to the share over the next couple of months, not forgetting the wonderful array of prepared foods that will follow suit with the in-season narrative. Time to unbuckle, pull up a plate and brim with delight as you contribute to a healthier you, a thriving community, and a sustainable planet.

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, July 2, regarding Tantre Farm's Immune Booster CSA Share, Week 165, for pick up on July 8. Hope that you enjoy this burst of local, seasonal food!

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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