



# Tantre Farm CSA Newsletter IMMUNE BOOSTER Week 165 Share – July 8, 2023

Hello Fellow Locavores,

Welcome to the Immune Booster's Week 165 Newsletter! We appreciate you signing up and supporting so many local food purveyors in this tremendous 'Delizioso' share. We hope you had a safe and happy 4th of July, and we hope that you are hungry, because we have an amazing spread of local goodness coming your way this weekend. The current season in the fields is at near full throttle with many types of fruits and vegetables making their way towards the peak of summer production. It was a slow start in the fields this year with the up-and-down weather, but we are most definitely on our way now, and the bounty and diversity will just keep coming for the foreseeable future as we settle into the summertime favorites. This week's lineup highlights our current season with a colorful menu of produce, complemented by delicious prepared foods with an Italian cuisine theme. So the time has come to braid all this food together to make complete, nutritious, and mighty 'Delizioso' dishes of your culinary wishes. Let's head down the garden path and see what exactly is coming home with you this Saturday morning...

Swinging open the garden gate, we hop into the [Green Things Farm Collective](#) fields on the northside of Ann Arbor to harvest some **Organic Red Summer Crisp Lettuce**. This beautiful head lettuce is also known as French crisp and is somewhat tolerant to hot weather unlike many of the loose-leaf lettuce varieties most farms grow in the spring. This heavy, crisp and compacted head lettuce will have beautiful green leaves with purple veins and tends to be sweet and juicy without the bitterness. Lettuce is full of water to keep you hydrated on the sweltering summer days, helps reduce inflammation and is packed with vitamin A and K. So get those salad bowls ready and fill them in with the rest of the produce featured in this share for a real immune boost. Green Things Farm Collective has a self-serve produce stand on their farm that offers a wide variety of fresh produce and some value-added products like dried beans, coffee and jams, so swing on by for round two.

Keeping it green, we continue on this Italian dream with another interesting leafy green in the form of **Organic Dandelion Greens** from [Country Valley Farm](#), located on the northeast side of Ann Arbor. This farm is owned and operated by Adam Mitchel who has a day job certifying organic farms, so he knows a few things about growing, cultivating and soil content. Dandelion greens are generally not common culinary greens in the U.S. supermarkets and some of

you may not be too familiar with them, but that's OK! Here are some tips to help you on your way... These greens are rather bitter to consume raw and are best served cooked down just like you would with kale, mustard greens, chard or spinach. After a quick rinse of the whole bunch, rough chop and discard the last inch of the white stems to avoid a woody texture. From there add them to a skillet and braise them in olive oil, minced garlic and maybe some chili flakes. From this simple base the world is your oyster. Consume as is or add some of the cucumbers and green onions from the share, mixed with a little tahini, some grated cheese and cream. Or go the savory route and with white beans and sausage, just one of the many safe and tasty avenues. Alternatively, you could simply rinse the whole bunch and then dunk the leaves into boiling water to blanch and fold them into pasta dishes or grain salads. These greens are chock full of vitamin E and B, iron, magnesium and antioxidants called polyphenols that protect against chronic disease, so don't waste your money on Roundup and embrace these medicinal leafy greens. You'll be glad you did!

Next up, we have an allium for the ages with an unusually robust **Japanese Nabechan Green Onion Bunch** from [Seeley Farm](#), also located on the northside of Ann Arbor, just around the corner from Green Things Farm Collective. These onions will be rather large and will come folded down in your shares to make them fit. I was as gentle as possible! These Nabechan onions are prized in Japan and widely known for their high quality, sweeter taste and complex flavor profile. They can be a great substitute for any leek recipe and would serve well raw or cooked down. The whole plant can be consumed besides the roots, so don't clip and toss those greens out! Instead, clip and toss them into that braised dandelion green stir fry or clip them over a salad. The white stalks of these green onions would serve well in a quiche, potato soup or a spinach dip on the back porch, while you watch the sunset. So onion away to a new day with these sulfur-laden and antioxidant-dense green onions. Seeley Farm also has an honor-system farm stand on their farm, where they sell fresh mushrooms, Great Lake fish, their farmed-raised chicken, vegetables and cut flowers. So stop on by and grab everything you need for a nutritious and delicious local dinner. Be sure to write a note in their checkout log saying Ryan from the Immune Booster sent you - they will be thrilled to see that ;)

Keeping with the home team, next we have two veggie delights from the farm I call home - [Tantre Farm](#), in Chelsea. This week we have a spritely bunch of young, fresh-out-of-the-ground, beta-carotene rich, **Orange Carrots** and electrolyte-laden **Cucumbers** on deck for you all. Picked Thursday afternoon and on your plate Saturday afternoon is the vibe here and for good reason; Produce respire and the sooner you can get it in your belly, the healthier it is for you. So slice up this duo and serve with your favorite dips out on the back deck for a summer snack, toss them on those lettuce greens or into that dandelion stir fry, make a carrot cake or a tzatziki sauce. The choice is yours, and I am sure you'll land on your feet with these two veggies no matter what. Chop Chop! Tantre Farm's Honeybee U-Pick on the westside of Ann Arbor is now thriving with raspberries and will do so for quite a stretch. My suggestion is that you head out with family or friends and enjoy picking in the fields for an hour or two. Bring them home and make some jam or freeze them in portioned out servings for smoothies, jams or for oatmeal to last you through the long winter. You'll be glad you did!

Switching from the savory to the sweet, we move to fresh **Blueberries** from

Carol's Blueberries who is based out of Adrian, MI. Carol has worked many moons in her blueberry patch and invites the Tantre Farm crew down every year to help pick some berries to freeze and store for the crew that overwinters on the farm. These blueberries are highly nutritious and mighty delicious having just recently come onto the plants. This is the first flush of several that we will offer in the upcoming Immune Booster shares, and they are the best consumed hand-to-mouth, or you could add them to the organic rolled oats that are also in this week's share. Carol is a vendor at the Kerrytown Farmers Market and has been for several decades selling her blueberries, eggs, popcorn. On the hot market days oftentimes she also has snow cones for sale. Pay her a visit at the market and enjoy round two or three or some for the freezer to enjoy in the height of winter.

Closing out the produce in this week's share, we have incredibly sweet table **Cherries** from [Kapnick Orchards](#), located in Britton, MI. This is the first time we have featured cherries in the share, and I was over the moon to secure them for this week's line up. These cherries have a short window of harvest - maybe three to four weeks if the weather cooperates and the birds and insects don't wreak havoc on them. They're simply irresistible and in their prime at the moment. Seeking them out in the Kerrytown Farmers Market should be on your bucket list before they are gone until this time next year. These small, stone fruits are a nutritional powerhouse and are extremely good for your heart and regulating blood sugar levels. They are packed with essential vitamins and minerals that soothe sore muscles as well as your taste buds. So cherry up, buttercup, and gobble them all up. Your inner economy will thank you.

Rolling right along while we sing our Immune Booster song, we roll right into **Rolled Organic Oats** from [Ferris Organic Farm](#), about an hour west and slightly north in Eaton Rapids, MI. Rest assured, these fine oats have passed rigorous inspections for quality and chemical make-up analysis to ensure they are wholesome, pesticide and herbicide-free, strictly matching the criteria for organic standards. These oats are rich in antioxidants and a powerful soluble fiber called Beta-Glucan which is great for reducing bad cholesterol as it strips the body's veins of plaque. Healthy for your heart is always a great way to start early in the morning. Mix in some of your fresh blueberries and cherries for sweet and juicy pops of flavor.

As we continue on the local food mission, we move on to dried **French Lentils** from [Ferris Organic Farm](#). These somewhat spicy, dark green and black spotted lentils are prized by chefs for their intense, nutty flavor and hearty texture. They are packed with fiber and protein and there is no need to pre-soak them as they can be easily cooked and drained to add to salads or mixed into a pilaf dish. I played around with some of these fine lentils this week in the kitchen and cooked them in a slow cooker to get that perfect consistency of a soft - but not mushy - texture. I scooped one cup of rinsed lentils into the slow cooker and added 2 cups of warm water, half a teaspoon of salt, a bay leaf, fresh thyme and some diced up carrots. After cooking on low for three hours, I diced up some pre-cooked bacon just before serving to add a little salty texture. I was most definitely eating good in my neighborhood with this simple, yet tasty dish. Give them a whirl to your own liking with some of the produce provided in this share and see what kind of magic you can make out of these fine cuisine lentils.

Slicing away from the produce and dried goods in this week's line up, next we

have a vegan **Multigrain Bread** from [Lakehouse Bakery](#) out in Chelsea. This soft and chewy bread is freshly baked Friday and riding home with you Saturday morning. Composed of whole wheat flour, water, flax seed, sunflower seed, cracked rye, sesame seeds, rolled oats, wheat germ, yeast and salt. With a dash of all things healthy and some love, this bread would be a perfect dance partner for some old-school French Toast or simply served with the Italian-themed cuisine that's coming up next. Lastly, if you're in the Waterloo State Recreation Area, The Lakehouse Bakery is right there on its doorstep, and you could pop in and grab something savory or sweet to keep your batteries charged on the trails.

Kicking off the prepared food menu, we get things going with a super soup called **Minestrone Alla Genovese** from [Silvio's Trattoria e Pizzeria](#). This hyper-local soup is composed of the following Tantre Farm produce which includes beets, broccoli, cabbage, garlic, onions, kale, green beans and potatoes. It also has Ferris Organic Farm white navy beans and comes with a separate container of house-made noodles that are composed of whole wheat, flour, eggs and water. Silvio, the head chef and owner, is so passionate about his food and the experience you get when eating it. He hosts all sorts of wine pairing tastings, cooking classes and music at his restaurant in Canton, and his venue is well worth the visit for some seriously authentic, Italian food that is all made from scratch every day. So pay him a visit and tell him that Ryan from the Immune Booster share sent you.

Next up, we have a savory pasta sauce called **Puttanesca Pasta Sauce** from [Dave Makes Pasta](#), based out of Bellflower Restaurant in Ypsilanti. This authentic Italian pasta is composed of a mix of local Kerrytown Farmers Market vendors' produce that includes tomatoes, onion, garlic and parsley. In addition to those fresh produce items, it also contains red pepper flakes, olive oil, olives, capers, oregano, salt and anchovy. Upon sampling this sauce I thought it was marvelous, and being a sucker for olives and capers it really just hit the spot for me. This sauce will need to be gently warmed up in the microwave or stove top and then dolloped onto some fresh cooked pasta. See we made that easy! Add a little DIY salad to go with it along with a slice of bread and all of the sudden you're in the yum business. Our kinda business! Dave offers weekly pasta packages of sauce and noodles for pick up on Fridays and Saturdays at Bellflower Restaurant. This week he is running a Fava Mint and Ricotta Agnolotti pasta and sauce kit made with Tantre Farms fava beans and the sample I got was super scrumptious so check out his weekly offerings.

Can you hear me calling? Out your name? You know I'm calling for **Garlic Parsley Fettuccine** from [Al Dente Pasta Company](#). And I know just what I wanna say, I want this pasta gently boiled in a tender way. Oh, I, I want to add Dave Makes Pasta Puttanesca Sauce on to you all day... Carefully created from durum wheat semolina, eggs, dried parsley, granulated garlic and garlic powder one day, and in a pot on a rolling boil today. This pasta is clean, quick to cook, and serves up well with a wide variety of sauces... So I'd better make it soon before it breaks my heart. Oh yummm, I could eat this pasta every day!

Closing out the share this week, we go out with a serious bang, while we wrap up doing our thang with an **Apple Cobbler Ice Cream** from [Go! Ice Cream](#). This rather naughty and very nice ice cream is composed of cream, milk, sugar, tapioca starch, milk powder, butter, apples, bourbon, spices, sea salt, pecans,

oats, flour, brown sugar and sodium bicarbonate. As you dip into this pint of ice cream, you will notice chunks of apple cobbler that have been gently mixed into this mouthwatering ice cream with a clever twist of apple cobbler and vanilla ice cream all in each bite. Talk about taking ice cream to another level! Upon sampling it this past week I had to have a few large scoops just to make sure I got the flavor profile right (wink wink) and rest assured Rob Hess, the owner and operator of Go! Ice Cream, has once again nailed down a beautifully composed ice cream for the ages. If you are not familiar with Go! Ice Cream you will most likely become very familiar with them after this pint. They are based out of Ypsilanti and would be a great date night to hit up Bellflower restaurant or Dos Hermanos for a really good authentic meal, and then head over to Go! Ice Cream for dessert. So make it a date and treat yourself to some great food right here in Ypsi!

As we ride off into the summer sunset and prepare for another week ahead on this Immune Booster mission, we hope you enjoy this share of plenty with loved ones, and that you turn out to support all these lovely vendors on your own merits. Many hands and hundreds of hours went into composing, growing, harvesting, preparing, baking, cooking and packaging up these local shares. We are ever grateful for your continued support! Keep your eyes peeled for the Latin American-themed share that's in the works for next week. It's gonna be a fiesta in a box for sure, so don't sleep on it! We look forward to seeing all your smiley faces this Saturday at both pick up locations and we wish you a wonderful weekend!

**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 9, regarding Tantre Farm's Immune Booster CSA Share, Week 166, for pick up on July 15. 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](mailto:immuneboosterbytantre@gmail.com).

### **Tantre Farm**

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