



Tantre Farm CSA Newsletter IMMUNE BOOSTER Week 166 Share – July 15, 2023

Buenos tardes Locavores!

Welcome to the Week 166 Immune Booster CSA Newsletter, and thank you for signing up! The Immune Booster CSA is a collaborative effort each week, working together with local farms, restaurants and artisans, who we are so blessed to have in our community. This week we are excited to offer a flavorful fiesta of a share with our 'Latino' menu showcasing prepared foods that highlight the colorful cuisine of Mexico and Latin America. This share also delivers the regular weekly abundance of wholesome and nourishing produce to keep your immune system healthy and thriving. So let's delve into the delicious details of what you will be bringing home this Saturday. Vamonos!

Starting with one of our favorite [Tantre Farm](#) leafy greens, we have a vibrant and rather large, field-grown **Luchuga** or **Head Lettuce** back in the mix! With the summer sun blazing away, it doesn't take long for this lettuce to go from seed to table. At about 45 days old, the time has come to chop this fine lettuce and top your tacos! This crisp, taco salad green has a delicately sweet flavor and is loaded with minerals that are important to your diet. Lettuce contains both copper and iron, which help your body to produce red blood cells. It is also a rich source of vitamins A, C and K for strong eyes and bones, as well as manganese, folate, potassium and calcium. This is an all-round immune booster, so salad away on a midsummer day to keep the doctor away, Orale!

Out of all the shares we have featured to date, we have only featured cilantro once, so here we go with a second round of **Organic Cilantro** from [Green Things Farm Collective](#). With this week's fiesta in a box, what better time to feature this pungent herb than now for a taco topping of the ages. This unmistakable herb is soil-grown right here in Ann Arbor and is not only good for your taste buds, but it is also good for your heart, promotes skin health, enhances gut health and is good for managing bad cholesterol. The stems and the leaves are all edible and would pair up nicely minced and added to your tacos, burritos, tossed on top of your DIY salads or added to a cooked pot of the black turtle beans that are also featured in this week's share. So cilantro up, buttercup! Siiiiii!

I'm super stoked on the next produce item featured in this week's share – **Organic Celery** from [Green Things Farm Collective](#). A rather difficult crop to

grow, celery is a bit of a wild card every year in its inconsistency. This year Green Things' celery has found its feet, and so we are excited to share it with you! Celery is packed with fiber that benefits the digestive and cardiovascular systems. It also has been proven to improve memory as well as your blood sugar levels. This somewhat zesty celery is perfect for slicing up and dipping in your favorite condiments such as peanut butter or ranch dressing. Other uses that suit celery quite well are potato salads, stir-fries and soups. The leafy green of this beautiful plant is also edible and can be easily added to casseroles, soups, stews, and stir-fries, or chopped and frozen in freezer bags for the winter. Did you know that celery actually takes more calories to digest than are consumed? Bizarre...

Pivoting back to [Tantre Farm](#), next up we have the first of many sweet **Green Bell Peppers** that are water loaded and super crisp just in time for those tacos. These peppers belong to the nightshade family of plants and are chock full of niacin, riboflavin and thiamine to name a few of its health benefits. They would be great cut into strips, stir fried, and then added to your tacos, sliced up raw and tossed on your salads or better yet grilled whole on the BBQ to get their outer skin lightly blackened and their inner flesh sweeter and juicier. If you go the BBQ route, just simply roast them to your liking and then dice them up and serve them on your tacos. This takes green bell peppers to new heights and shows all your family that you've got mad skills to pay the bills when it comes to the grills. Viva de local!

Time for some super roots that will knock off your boots! We have Naranja Zanahorias or **Orange Carrots** from [Tantre Farm](#). Once you crunch you can't stop the munch! These fresh-out-of-the-field carrots are sweet and crisp from the summer sun and packed with beta carotene that makes me feel so healthy and lean. Delicious raw with your favorite condiments or even better, made into a Mexican style pickle with jalapeno, onion, peppercorns, a dash of salt and a bay leaf in a simple brine. There are a million recipes for a taqueria-style, pickled carrot online, so find one that calls out to you and give it a whirl. Mmmm... Por favor!

Keeping the produce items coming, next up we have Cebollas Verdes or **Green Onions** from [Good Neighbor Farm](#), based out of Ann Arbor's northside of town. This husband-and-wife duo is part of the Tilian incubator farm that is owned by Ann Arbor township and is designed to get young farmers back onto the land. Seth and Caroline have been farming this land for three seasons now, and they run their own summer CSA as well as participating in several local farmers markets. These green onions sure do fit the bill and would be great diced up and served on your tacos this week. They would also pair up well with a DIY leafy green salad along with a smattering of all the other produce items in this week's share for a comprehensive and delicious salad. Good for your heart, reducing bad cholesterol levels in the blood and packed with antioxidants, what's not to love? Aplaudir de onions!

Moving on, we have a special and unusual treat in the form of Hongos Amarillos or **Yellow Oyster Mushrooms** from [Seeley Farm](#), also located on the northside of Ann Arbor. These colorful mushrooms are high in protein and fiber, and pack a wealth of vitamin B2, B3 and B5. They also have also been proven to have antitumor properties as well as anti-inflammatory properties. They must never be consumed raw and should always be cooked for at least five minutes on

medium to high heat. My suggested use with these nutritious and delicious mushrooms is to mince them up and fry them with your ground beef or chorizo crumbles, add some of the green onions and some green bell peppers and cook up a merry melody of a taco filling. Alternatively, these mushrooms cook down well in a stir fry or omelet. La elección es suya!

Closing out the produce on a sweet note this week, we have Arandanos or **Blueberries** from Carol's Blueberries, based out of Adrian, Michigan. Carol has been running this 9-acre farm for 38 years and has three types of blueberries in her fields. Carol also takes pride in manicuring the fields year-round and tending to the bushes nonstop, all for the brief harvest season which is the lone month of July. This week, I took my family to help pick some of the blueberries for this share alongside Carol, who happens to be in her mid-80's. Carol adores the patch and has help during the harvest season from a local Amish farm just down the road. I was humbled by how long it actually takes to pick pints of these berries even though the plants were bent over to the ground under the weight of the sheer volume. It's a meticulous and never-ending harvest to pick by hand rather than machine, but Carol wouldn't have it any other way. These beautiful blueberries are the best tasting berries, like Nature's candy as my daughters would say. Outside of a hand-to-mouth snack, my suggestion is to incorporate them into oatmeal or sprinkle onto cereals. These berries are loaded with natural sugars, vitamin C, vitamin B6 and are really good for your heart and taste buds. Disfruta de la generosidad!

You can't have a Latin fiesta without beans, so we sourced for you the best organic Frijoles Negro Tortuga or **Black Turtle Beans** from [Ferris Organic Farm](#) in Eaton Rapids, MI. These black turtle beans were grown, dried and processed on Ferris Organic Farm, which has been in operation since 1837! Let's see, this organic farm began its first season of crops about 140 years before I was even born! Fast forward to today and they are still selling out every year. Why? Because their products are grade A for Awesome! Black turtle beans are frequently used in Latin cuisine and are extremely nutritious and also offer one of the finest alternative vegetarian protein sources. In addition to protein, black turtle beans are an excellent source of fiber, vitamins, minerals and antioxidants, providing many health benefits, such as improved blood sugar control and heart health, and a lowered risk of chronic disease. When cooked without salt or other additives, black turtle beans are free of cholesterol and low in fat and sodium. Soak these beans for up to 8 hours, gently simmer for a few hours and serve. They will pair like a match made in heaven with all the prepared foods featured in this share. Perfecto!

Need a local chip to scoop those black turtle beans? Better yet maybe prepare some nachos with **Chips De Tortilla** or **Tortilla Chips** from [Aunt Nee's](#). This family-run business is spearheaded by a very energetic and contagious personality, Carlos Parisi, who hustles chips and salsa every weekend throughout the year at Eastern Market as well as numerous retail and restaurant businesses throughout southeast Michigan. These fine tortilla chips are made in Detroit with two types of non-GMO Michigan-grown corn, purified water, oil, sea salt and lime. They are lightly salted and a perfect finger food for our Latin fiesta. Tengo hambre... Vamos a comer!

Needless to say, you can't have the fresh tortilla chips without the fresh salsa, so I had to make a little field trip to visit my man, Ray, over at [Dos Hermanos Market](#)

in Ypsilanti. His unique Latin grocery store sells amazing salsas, tacos and tamales amongst hundreds of other tasty items. After trying a little bit of everything, I settled on their **Pico De Gallo Salsa** as a perfect dance partner to the fresh tortilla chips. This simple-yet-delicious vegan and gluten-free salsa is composed of tomatoes, local white onions, cilantro, lime, vinegar and salt. So get ready to dip those chips away to a brighter and tastier day and head on over to Dos Hermanos for round two or three or four. They have a wealth of hidden treasures in this family-run market just waiting for you to discover. Muchas manos hacen el trabajo ligero!

We can't have a Latino share without tortillas, and this week we have a rare treat from our friend, Francisco, who owns and operates [Ann Arbor Tortilla Factory](#), with a limited release of **Tortillas de Maiz** or **Corn Tortillas**. In your share, you will get an 18-pack of fresh-pressed limited-edition corn tortillas that are simply composed of Michigan non-GMO corn, lime and water. What's the reason behind the limited release one might ask? Well, the tortillas are made fresh in-house every day, but the majority are then run down the processing line, sliced and then fried into their infamous and delicious tortilla chips. Most of the tortillas never make it straight into a bag and are not widely sold because the tortilla chips are in such high demand. Once I discovered this and tried some of the fresh tortillas, I had to ask Francisco if we could sneak out a fresh batch for the Immune Booster share. Being the kind and thoughtful person he is, he was more than happy to hook us all up. So it's taco time and you will have all the necessary fillings in this week's share to stuff these tortillas with a lot of yum and a lot of fun. One last note about the tortillas here. They are definitely better if you fry them in a little corn or vegetable oil before you make your tacos. My suggestion is to add about a half teaspoon of oil to a skillet and cook each tortilla individually, flipping it several times until browned and somewhat firm. They will have a much better taste cooked and will hold together much better being served this way. Delicioso!

Next up, you had a choice of either **Pasture-Raised Ground Beef** from [Vestergaard Farms](#) or **Tempeh Chorizo Crumbles** from [The Brinery](#). The clear intention here is to fill those fresh-off-the-press tortillas with a protein that fits your criteria, and we made this easy for you whether you are vegan or omnivore. For the pasture-raised beef or carne de res, we called upon our friends at Vestergaard Farms, right here in Ann Arbor. Vestergaard maintains an ethical standard of raising small populations of cattle on their farm with plenty of space for their animals to live a comfortable and stress-free life and the freedom to wander in and out of the barns from the fields as they please. Our alternative, plant-based protein comes in the form of tasty Tempeh Chorizo Crumbles from The Brinery. This chorizo is seasoned with all the traditional Mexican spices and has easy cooking instructions on the packaging. My suggestion is to dice up some of the onions and some radishes and fry them up with the chorizo in your favorite cooking oil and then fill those warm taco shells with this beautiful melody. Asombroso!

Serving up the star of the show, and back by popular demand, we are elated to welcome back [Pilar's Tamales](#) with a 3-pack of vegetarian **Tamales**. Most definitely a fan favorite! In your share, you will receive one Michigan-grown black bean and cheese tamales and two jalapeno and cheese tamales. The black bean and cheese tamales are composed of corn flour masa, canola oil, black bean broth, Colby cheese, Monterey cheese, mozzarella cheese, Michigan

black beans and white rice. The jalapeno and cheese tamale is only mildly spicy at best and is composed of corn flour masa, canola oil, vegetable broth, Colby cheese, Monterey cheese, mozzarella cheese, fresh jalapeno peppers, garlic powder, onion powder and salt. To reheat the tamales, remove the wrapping and place them on a plate in the microwave for a minute or two. Serve with anything and everything that is in this week's share, and you will be in business. The yum business! If you have never been to Pilar's Tamales, Silvia the owner, is always there cooking and running the whole place. She is extremely kind, community-oriented and well worth a visit for all her tasty offerings. I have tried everything on the menu, and I always get either their hibiscus tea or my all-time favorite tamarind drink to go with my meals. That tamarind drink is amazing, Hermosa!

Closing out the share and this Latino fusion adventure, we end things on a fizzy note with a 2-pack of **Apple Tart Sparkling Tonics** from [Fruitbelt Tonic](#). These fine, Michigan-made drinks are composed of sparkling water, concentrate from Michigan heritage apples, true source honey, dandelion, chicory roots, heirloom apples, propolis, aronia berries, quassia, cherry bark, extracts of lime and caraway and malic acid. So go ahead and tilt one back to wash down all this local goodness and marvel at what our local food community can do when we all work together. If you're picking up from the Food Hub distribution site, we will have plenty more Fruitbelt drinks to take home and enjoy. Refrescante!!

So there you have it! Our 'Latino' food fiesta breakdown has come to an end. We hope you enjoy this Latino-inspired share. May you feel inspired to challenge yourself with some of the suggested recipes and serving tips included in this newsletter. The culinary world is boundless, and we intend to take you on Immune Booster missions each week to seek out well-known and loved, or yet-to-be-discovered, prepared food gems and offer new recipe suggestions to encourage you outside of your culinary comfort zone and try your hand at some new dishes with the featured fresh produce. Moreover, the fine restaurants and food artisans featured in our weekly shares would be overjoyed to have you stop by and try their latest talented offerings. Sometimes it's fun to let the chefs do the work for you! Mis amigos, eat well, do well, be well and we look forward to seeing you this Saturday at The Washtenaw Food Hub and Chelsea Farmers Market 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.

A reminder that our next email will be on Sunday, July 16, regarding Tantre Farm's Immune Booster CSA Share, Week 167, for pick up on July 22. Hope that you enjoy this burst of local, seasonal food!

Todo lo mejor (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](#)

