



# Tantre Farm CSA Newsletter IMMUNE BOOSTER Week 167 Share – July 22, 2023

Hello fellow Locavores,

Welcome to the Immune Booster's Week 167 Newsletter, and thank you all for joining us to enjoy this week's slowww downnnn summer cookout share! We send so much gratitude your way for supporting this community-building, local food project. With a skip and a jump, the current season has reached a tipping point that leads us down the garden path and into the height of the most delicious, ripe and abundant summer crops to share with you. With the sun ablaze from sun-up to sun-down (roughly 15 hours a day), along with the warm and humid nights, it is onwards and upwards we go with the summertime bounty that this beautiful earth provides us when nurtured with care and compassion. The fruits and vegetables in this week's share grew through many moons and endured the ebb and flow of weather patterns out in the fields just outside of our neighborhoods. All for this particular moment in time for you to take home and enjoy out on the deck or out on a lake with family and friends. Eating with the seasons is surely the best when the season is mid-summer fun in the sun. Whether you are backyard grilling or camping in the beautiful outdoors, we have got you set with some of the best, delicious, local food that southeast Michigan has to offer. So let's delve into the details!

With a flash of a monarch butterfly and a crunch of a hornworm out in the tomato field, we step into the dawn with dew-laden foliage to collect a few bushels of **Lettuce** from [Tantre Farm](#). With Thursday afternoon's derecho of rain, this lettuce is definitely going to be well hydrated and full of H2O for you to be on the go in the heat wave that is coming to us next week. So lettuce up like you should and top that grilled-up smokey burger with some crisp leaves or mix up a salad for the ages with the other veggies included in this week's share. The produce lineup this week is deep, and the possibilities are endless, nutritious and undoubtedly delicious.

As we walk in tow along the hedge row at the edge of the [Tantre](#) fields, next we have a mix of beautiful summer onions to harvest – **Red Tropea and Ailsa Craig Onions**. The Red Tropea is a cylindrical red root onion that is prized in Calabria, Italy, as the sweetest and most delicate herbal flavor of all onions. This red beauty would serve best thinly sliced atop your burger or served on a bed of lettuce greens along with some of the other produce items featured in this

share. The crisp, white Ailsa Craig onion is a girthy, sweet, and rather large onion that is water laden and thick ringed. The awesome grilled onion blossom comes to mind with this succulent and juicy root. Or perhaps onion rings in the air fryer. Simply slicing and adding them to a grilled burger will be a mouth-watering treat too. You can't go wrong!

Past the bend and around the curve we come across a sprawling landscape of creeping vine **Cucumbers** at [Tantre Farm](#). These vines of juicy cucumbers are in full swing production and the bounty offers rich amounts of vitamin K and a plethora of vitamin B's. We can trace cucumbers all the way back to ancient India where they were cultivated at least 3000 years ago. Fast forward to current times and the desirability and demand is still extremely high. So you've got 3 options here... the thin sliced and salad-topped route or the thin sliced and quick-pickle burger-topped route or lastly, the eat-on-the-way-home route. The latter is easiest with the least amount of effort and liberty to consume at will as you cruise right on down the road with the windows down.

As the sun begins to gleam in the late morning, we step into a field full of frills with the shimmering tops of **Purple Carrots** from [Tantre Farm](#). We plant carrots of all colors in succession throughout the spring, summer, and fall here at Tantre Farm based on their desirability in the marketplace. These pastel purple carrots will have a bright orange, circular, inner center and would be best served grated over the top of your salads, cut into sticks and dipped into your favorite condiments or roasted in tinfoil on the grill until tender to the tong touch. So beta carotene your way to a better day as you consume these carrots that promote healthy vision, balance your blood sugar, lower your risk of cancer, regulate blood pressure, reduce heart disease, improve immunity and boost brain health. With so many health benefits, you won't regret incorporating more of this vegetable into your diet!

Heading back to Ann Arbor, we stop by [Green Things Farm Collective](#) for a hefty bunch of organic **Celery**. This elusive trickster of a crop has some very specific needs to grow well and is usually considered a crop for experienced gardeners. The crew at Green Things Farm Collective have really dialed in the soil nutrition and have managed to produce hearty and robust bunches just for this share. This celery most definitely fits the bill for a homemade potato salad or would be delicious and refreshing served with your favorite condiment, whether that be ranch dressing or peanut butter-filled troughs. This plant can be consumed top to tail, so don't waste all those leafy greens and instead clip them with scissors and add them to your salads, cook them into soups, quiches, or stir fries for a colorful kick of extra nutrition on this Immune Booster mission.

Heading down to Riga, Michigan for our next pick up, we gather hoop house-grown **Red Cherry Tomatoes** from [Goetz Greenhouse and Family Farm](#). These blazing red globes of delight may be too small for that burger, but perfect for a hand-to-mouth snack. Maybe meet in the middle, cut them in half and serve them up on that fresh garden salad for a sugary dose of nutrition that we have longed for as they're just coming into full production in this current season. One thing that is for certain is that these tomatoes are good for your taste buds no matter how they are served in your cookout spread. Some fun facts about tomatoes... There are roughly 3,000 tomato varieties around the globe, with China currently growing roughly a quarter of the world's annual consumption. In France, tomatoes were once considered an aphrodisiac, and according to the

Guinness Book of World Records the largest harvest from a single tomato plant in a 365-day period is 32,194 tomatoes. Incredible!

Our next produce item is a real attention grabber in the form of a fragrant and floral **Cantaloupe** from [Goetz Greenhouse and Family Farm](#). This first-of-the-season musk melon is chock full of nutrition and contains a naturally sugary and juicy inner flesh that makes your mouth water. This melon would serve best simply sliced and served, with juice down your chin and onto your shirt! If you're at a lake just go for a swim after consumption and nobody will ever know your sweet secret. Enough said, you know what to do!

Closing out the produce in this week's share, we have a plentiful bag of **Peaches** from [Kapnick Orchards](#), based out of Britton, Michigan. These peaches are called clingstone peaches and are best for simply consuming hand-to-mouth, not for canning or freezing. Kapnick Orchards grows a wide variety of tree and ground fruits, and we will continue to offer their fruit as the summer rolls along into the fall and winter. Looking ahead to fall, Kapnick Orchards will be celebrating their 44th Apple Festival on October 14 and 15, so something to bookmark on your calendars for some agritourism adventures. But for now, let's enjoy the summer peaches and slice them up for that cookout or maybe a peach cobbler is in the cards. Whichever way you choose, you just can't lose with these juicy orbs of delight.

What's a burger without the bun? No fun. So let's put some fun back in the bun for these tasty burgers with a 6-pack of **Challah Hamburger Buns** from [Zingerman's Bakehouse](#). These soft buns are composed of organic wheat flour, malted barley, water, egg yolk, honey, corn oil, sea salt and yeast. They are the perfect dance partner for those lip-smacking chargrilled burgers that are coming up next and are great lightly toasted on the grill just before serving. Burger-appetit!

Next up, we had a 'You Pick'em' with a choice of either a fabulous **Tempeh Burger** four-pack that is vegan and gluten-free from [The Brinery](#) or a **Pasture-Raised, Beef Burger** four-pack that is gluten-free from [Vestergaard Farms](#). Whether you went with the plant-based burgers or the grass-fed beef burgers, my hunch is that you will find them tasty and perfect for the grill with the sizzle and smoky flavor. So grill them up like a boss and don't forget to add a bit of sauce, some salad toppings and toast the bun for some burger fun in the sun. Lastly, if your pickup location is the Food Hub, we will have plenty of tempeh burgers and beef burgers for sale if you need more to feed your hungry crew. Don't worry, we got you covered!

Breaking away from the grill, next we have a **Smoky Black Bean and Roasted Corn Salad** that is vegan and gluten-free from [Nourish Juicery and Kitchen](#). This colorful salad is composed of black beans, corn, cilantro, quinoa, Goetz Farm zucchini, cumin, chili powder, olive oil, apple cider vinegar, liquid smoke, maple syrup, sea salt and black pepper. A perfect salad for serving up with your burger and a DIY leafy green salad from all the other produce offered in this week's share. If you find that this salad fits your calling, then you're in luck as Nourish Juicery and Kitchen is now delivering prepared foods to Argus twice a week with a plethora of different choices, so head on over and support this young and thriving business. It's good clean food that supports our local economy.

Wrapping up the savory in this week's share, we present a **Potato Salad** that is vegetarian and gluten-free from [Juicy Kitchen](#). This dense and nutritious potato salad is composed of red potatoes, bell peppers, red onion, celery, green onion, dill, extra virgin olive oil, red wine vinegar, Dijon mustard, mayonnaise, salt and pepper. It happens to be one of my favorite menu options that Juicy Kitchen regularly makes during the summer. Dollop some onto your plate along with the Nourish salad, a burger, carrot slices, cantaloupe and peaches for a colorful, tasty and healthy meal. Juicy Kitchen offers a wide variety of locally sourced and nutritious dishes every day of the week, and if you need catering for an event this would be a great place to work with!

Closing out the share, we have a fantastic **Fairytale Kombucha** from [Boochy Mama](#) to wash down this barbecue menu. A tasty and healthy elixir composed of all-organic ingredients that include sencha tea, black tea, fermented sugar, hibiscus, locally grown rose petals, peppermint, chamomile and live probiotic cultures. A sure-fire, inner economy pleaser! Boochy Mama is a woman-owned company and takes pride in using in-season ingredients to make their interesting and diverse kombuchas. If your pickup location is at the Food Hub, we will have several varieties of Boochy Mama's kombucha on offer, so make sure you grab another can or two to cover all your cookout needs.

As we come to the end of our cookout share breakdown, we hope that you all enjoy this menu with loved ones enjoying the summer outdoors, whether it's out on the back deck, at the river or on the shore of a lake somewhere fun. We also hope you relish what our local food purveyors have grown, cooked and processed. Each unique with their own style of farming, processing, cooking and artisanry, we are blessed with a community of talent. By purchasing this very share, you are voting to keep their dreams alive, whilst controlling your source of food and reducing fossil fuel miles and one time use plastics. It feels good to support a budding and ever-growing, circular, local food scene. A scene that is the future of food with fair trade practices and pricing, and without global supply chains or needless paramount of fossil fuel burning. We take pride in sourcing local food and following the seasons. It's a mindful practice that is good for you and good for our environment. Together we are working towards a cleaner, healthier, local meal every time we sit down to eat from these shares. Thank you for joining us on this Immune Booster mission. We look forward to seeing each and every one of you this Saturday at the hand outs, and we wish you a wonderful weekend grilling out in the summer sun.

**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 23, regarding Tantre Farm's Immune Booster CSA Share, Week 168, for pick up on July 29. 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).*

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