



Tantre Farm CSA Newsletter IMMUNE BOOSTER Week 170 Share – August 12, 2023

Hello Fellow Locavores,

Welcome to the Immune Booster's Week 170 menu breakdown. We are happy you joined hands with us and our local food partners on this local food mission. This week we have a B.L.D. share lined up for all you locavores, and what exactly does that mean anyways? B is for a brilliant breakfast, L is for a lovely lunch and D is for a delicious dinner, and this week's share aims to cover all those bases! This comprehensive share exudes vibrance in the current local season and welcomes the chef in you to really shuffle your deck to see what you can come up with. The diverse menu of items in your box could reach far and wide into your secret cookbook or you could take the safe route and keep it simple with the tried-and-true basics. Either way, we made it easy for you to mastermind something magical and a lot of what's offered in this week's share can be served multiple times. This is a share that keeps on giving, both to you and the local food growing and cooking community. So shall we complete this circular food economy on this B to the L to the D mission share? Let's dance then, shall we....

Swinging right on in we have a beautiful head of **Organic Green Lettuce** from [Green Things Farm Collective](#) out of Ann Arbor. This robust and beautiful head of lettuce is field grown in rich black soil that is chock full of nutrients that this leafy green needs to grow lush and tender. Perfect for some L or D salads that should be stacked high and plentiful with all of the other produce in this week's share for a robust meal that will make you want to do the Jitterbug dance. So tap tap tap into some serious salads and check Green Things Farm Collective out at the Kerrytown Farmers Market on Saturdays or stop by their self-serve farm stand for round two.

Foxtrotting our way to round two from [Green Things Farm Collective](#), an **Organic Rutgers Devotion Basil Bunch** will have you moonwalking on over to grab the mozzarella cheese and tasty tomatoes that are also in this week's share for the freshest caprese salad. This one can cover B, L or D... or all three, ya hear me? Ha! This aromatic and sweet basil is similar to a Genovese basil that is commonly sold in farmers markets or stores. This basil would also serve well used as a pesto or as a clipped garnish over the top of your salads. Packed with vitamins A and C as well as anti-inflammatory compounds, this basil is sure to

brighten your day so cha-cha-cha away.

Moving and grooving, we hit the west coast swing just west of Ann Arbor to pick up some soil-grown **Pea Shoots** from [Garden Fort](#) out in Dexter. These shoots will set fire to your boots; they are so tasty! Packed with a serious dose of iron, manganese and antioxidants, these shoots would serve well for B, L or D clipped over the top of some scrambled eggs, added to those salads or served on the side with that caprese salad. Garden Fort specializes in shoots and leafy greens and has made a leap of faith to supply Busch's Fresh Food Market stores throughout Southeast Michigan on a weekly basis. Kudos to them and their crew for taking on a mountain of work in a step towards building on sustainable food systems. Enjoy these light and fine shoots that will have you pirouetting in the kitchen just for fun.

Heading out a bit farther west, we waltz right onto [Tantre Farm](#) out in Chelsea for a trio of produce items in the form of **Ailsa Craig Onions, Red Sangre Potatoes and Cherry Tomatoes**. These height of summer crops are at their crescendo and would pair up well with B, L, and D; no problemo. You could make a hash out of this trio, salsa out of the onions, tomatoes and basil to top on your eggs, grill the onions whole on a BBQ, tinfoil roast the spuds along with them, use the cherry tomatoes for that caprese salad and so much more. Dig deep here folks like the Cossack dance and make some meals for the day the local way. Tantre has been a vendor at the Chelsea Farmers Market and the Ann Arbor Kerrytown Farmers Market for nearly 30 years with heaping tables full of diverse produce. I am sure many of you are regulars to the tables, but if not, maybe swing by the Kerrytown market and tell farmer Andy with the natty dreads that Ryan sent you or alternatively go visit Deb at the Chelsea market, and tell her you loved this newsletter and ask her to do the Dougie dance especially for you!

Moving on like the Mambo, we head on over to [Kapnick Orchards](#) in Britton, MI for some late season hand-picked **Fresh Blueberries**. These superfood berries are perfect for B, L or D and are loaded with antioxidants that relieve oxidative stress, help lower blood pressure when you're laying down all these dance moves, improve memory and aid in exercise recovery again from all your dancing. So blueberry up and toss them on your salads, add them to a bowl of warm oats that are coming up next, make some muffins, cook them down and pour over vanilla ice cream or just pop them in your mouth right out of the container one by one as the blueberries go marching down... to the belly... to get out... of the box... boom, boom, boom.

A quick Two Step dance and we are on our way over to [Ferris Organic Farm](#) in Onondaga, MI to pick up some **Organic Rolled Oats** that are mighty nutritious and rather delicious. These oats are packed with fiber and calcium and so much more and would serve well for B, L or dessert! So try your hand at overnight oats, baked blueberry oatmeal, make granola bars, cookies or gently sauté them to brown them up and add mushrooms and spinach and then add a fried egg for a savory oatmeal. Now that's thinking outside the box! Ferris Organic Farm has been in operation for over a century with multiple generations running this biodiverse farm that grows a mix of beans, seeds, legumes and oats. If your pickup location is the Washtenaw Food Hub, we have everything Ferris Organic Farm grows for sale in pints inside the retail store, so come on in and grab another pint of awesomeness that will make you want to

do the Paso Doble dance all over.

It's time to breakdance and break some bread while you're at it with a **Rustic Italian Loaf** from [Zingerman's Bakehouse](#) in Ann Arbor. This fine loaf of bread is composed of organic wheat flour, water, sea salt and yeast and has a thin crisp browned crust with a pale white and fluffy inside that has a natural buttery flavor. So sock hop on over and whip up some French toast with blueberries and scrambled eggs for B, use the bread up with the caprese salad for L and stack up the slices for D with your pasta and pesto sauce, which is also included in this week's share. Zingerman's Bakehouse is a one stop shop for savory and sweet breads, pastries, brownies, cakes and so much more. When I pick up the bread for the shares here, I often get some grab-and-go lunch that is always a sure-fire winner, so pop in and see what's popping.

Time to Samba up with a **Dozen Local Eggs** from [Webbed Foot Pines](#), based out of Adrian, MI. These free-range chicken eggs pack a serious nutritional dose of vitamin E and selenium which act as important antioxidants in supporting eye health, retina function and helping counteract degenerative vision as you age. So serve them up for B, L or D and scramble them, fry 'em, hard boil them for deviled eggs, make Eggs Benedict, French toast, bake some blueberry muffins with them or poach them. With so many ways to use these protein rich eggs you might have to get your thinking cap on and see what the chef in you musters up. Webbed Foot Pines also sells meat, and we stock that in the freezer at the Food Hub, or alternatively you can find all their product lines at Argus and Agricole respectively.

Next up, we have a **Mozzarella Cheese Ball** from Fluffy Bottom Farms, based out of Chelsea, that will make you want to do The Floss! This hand-pulled mozzarella ball is composed simply of cow's milk, cultures and salt and is light, fluffy, rich and creamy that makes me feel all happy and dreamy. It's perfect for B, L or D and caprese salad time, or maybe cut into chunks and tossed on your salad, maybe a grilled cheese stuffed with thin slices of tomato and basil is in the works or maybe a charcuterie board. One thing for certain is that you'll want more, and we will have it in the Food Hub retail store pick up location. If that's not your pickup, then you can source them out in the Kerrytown Farmers Market on Saturdays, where they will have all their goods on display and for sale. Pay them a visit and tell them that Ryan sent you and ask them to show you their Running Man moves. They will love that! Ha!

It's time for a little Jazz wiggle as we swing back out to Dexter to pick up some fresh-off-the-press pasta in the form of **Conchiglie Pasta Shells** from [Carosello Pasta](#). These fine shells are composed of organic semolina wheat and water and will have simple cooking instructions on the package. They should be consumed for L or D within the first couple days of receiving them for ultimate freshness, and they would serve up, ohhh so well, with the pesto sauce that is coming up next. My suggestion here is to cook the noodles and then cool them to room temp. Add the pesto, chunks of the mozzarella cheese, cherry tomatoes that are cut in half and some Ailsa Craig caramelized onions and gently mix. Now you're in business, the yum business and maybe even the Krumping business. Lastly, if you have not been out to Carosello Pasta's retail store in Dexter then you are surely missing out. This store is a hybrid of the best of local food purveyors and imported goods from Italy. I have found so many wonderful things in the quaint shop that packs some serious goodies, so head on out

there and pay them a visit. It's sooo worth it!

It's time to Tango with a **Fresh Basil Pesto Sauce** that is vegetarian and gluten-free, but does contain nuts from [Juicy Kitchen](#). This in-season-for-all-the-right-reasons pesto is composed of locally sourced basil, extra virgin olive oil, walnuts, fresh-squeezed lemon juice, parmesan cheese, garlic, salt and pepper and is perfect for L or D. So do it up with the pasta above and a DIY salad, a savory slice of toast and eat like royalty. Juicy Kitchen has been a staple vendor in these Immune Booster shares, and they really do work with quite a few local farms and dry good vendors like Carosello Pasta. So pay them a visit on the northwest side of Ann Arbor and tell them how much you liked their pesto. They will be thrilled to hear some feedback.

Line dancing away as we come to the last featured item in this week's share, we go out on a sweet note of grace and elegance with a pound of **Local Spring Wildflower Honey** from [Hives on the Hill Apiary](#). This honey can be served B, L or D and is composed of 100% raw wildflower honey collected by bees in Southeast Michigan and then retrieved from Jacob the owner of the farm. Jacob likes to keep it all in-house from setting up the beehives, managing their health and accommodations and then gently collecting the sweet honey from the hives and processing it down to a smooth thick syrup. Spring honey is lighter in color than fall honey because the flowers the bees are pollinating in each season are much different. Spring flowers that the bees pollinate generally produce light nectar which makes the honey a bit more mild and lighter color whereas in the late summer and fall the bees are pollinating on many varieties of annuals and perennial flowers that have many shades of nectar thus making the honey more amber color and a bit more robust in flavor. This delicate spring honey would serve well mixed in with a bowl of oatmeal with blueberries, served on toast, drizzled on a salad with a little mustard as a dressing, make a rustic honey cake or baklava for the ambitious or for a real curveball ball you could cut a nectarine or peach in half and grill it for a few minutes on each side, slap on a thin slice of mozzarella and let it melt a little, and then drizzle it in honey with some fresh basil clipped over the top of it for an alternative caprese salad. Well, that's one heck of a way to go out with a boot, scoot, and boogie!

Thank you for joining us on this merry dance through our local food economy. Many hands joined to embrace this labor of love of wholesome local food with many hours happily spent growing, cultivating, harvesting, washing, prepping, rolling, chopping, pressing, baking, buzzing and then some. It's a beautiful melody when we all work together: the farms and the restaurants and then you, the patrons, to complete the circular food economy. The future of food is this model of sustenance as the population of the planet swells and the resources shrink. Far flung food will eventually become so expensive that demand will eventually dry up and projects like this one will soon bring us back to where the Midwest was just over a short one hundred odd years ago, full circle where neighborhood farms and surrounding communities lived far from the grid of modern industrial food systems. When I visit these local farms and restaurants, I see the conversions and relationships already taking shape to support one another, and I am always grateful that I am a part of that cause to help out a fellow foodie brother or sister. As the music slows and your bellies are full, I hope you enjoy this share with loved ones. I look forward to seeing you tomorrow!

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.

Due to all the vacations during these last days of summer, we are going to take a break from the Immune Booster CSA for the next few weeks, so that all may enjoy their travels. However, our Food Hub Market will still be open on Saturdays from 9 AM until 12 PM, so please stop on by to purchase any of your local food needs. 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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