



## Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 195) Share May 18, 2024

Welcome to Week #195 of the Immune Booster CSA. Please enjoy the newsletter with some recipes, good food tips, etc., and let us know if you need any help in finding any other creative ways to use the following items.

**PLEASE NOTE: There will not be a separate email with the Pick Up Protocol anymore, so you will not receive a Pick Up Reminder email. One update at the Washtenaw Food Hub is that we ask you to come inside the market to pick up your share for the winter. Very specific descriptions were in the initial registration emails, and you may also go to our website for more details about each location: <https://www.tantrefarm.com/imm...>**

### INTRODUCING CHAMOMILE

*SURPRISE!* We have an unexpected surprise for you with this bunch of small, daisy-like flowers in your share box this week! Since Chamomile is an herb that many of you may not know much about, and we have a lot of it volunteering this week in the pathways of our herb garden, we decided to harvest several bunches at the last minute and introduce you to each other. If you have never tried fresh chamomile, this is your chance to enjoy its soothing, calming qualities.

Chamomile has long been one of the most popular herbal teas in Europe, where it is sometimes served in hospitals to calm patients. Chamomile tea aids digestion, is calming, and sleep inducing. It relaxes nerves and reduces inflammation. The flavor is delicate, soothing, slightly sweet, and pleasantly bitter. The aroma is reminiscent of that of apples.

Chamomile can be dried in the shade in a warm, well-ventilated area on a nylon or stainless steel screen, in a shallow box, or loosely in a paper bag. (If you're drying the herbs in a paper bag, punch many holes in the bag for ventilation.) Some have found that drying herbs in a paper bag in the backseat of their car to be very effective. You can also tie herbs in small bunches and string them up in the attic or warm room to dry. The flowers will dry in four to seven days. When leaves and flowers crumble between your fingers that is a good indication they are dry enough. If they bend and remain flexible they probably still contain moisture that needs to evaporate. Store in glass jars or labeled paper bag.

Before brewing the flowers into tea, crush them a bit – rubbing them between your fingers, using a mortar and pestle or chopping them with a knife. 1 tablespoon of flowers should be steeped no longer than three to five minutes to prevent the development of a bitter flavor. *"Chamomile has gentle notes of*

*apple, and there is a mellow, honey-like sweetness in the cup. It has a silky mouthfeel and yet remains a clean, delicately floral herbal tea, and even from the very first sip it feels wonderfully soothing".*

Chamomile has many other uses as well. It is excellent in compresses and salves for treating skin inflammation, burns, eczema, psoriasis, insect bites, and external ulcers. It can be used as a gargle to soothe a sore throat, as a mouthwash to treat gingivitis, as a poultice to relieve a toothache, and as an eyewash to treat conjunctivitis and sties. Chamomile can be used as a bath herb to relieve stress, nourish dry skin and calm cranky children. This week we hope you enjoy chamomile's many qualities, and especially the recipe for Chamomile Lemonade below in the recipe section!

### **THIS WEEK'S SHARE ITEMS:**

**MUIR GREEN LEAF LETTUCE** from [Sell Farms & Greenhouses](#): organically grown and hydroponic greens that are rich in calcium, iron, and vitamins A and C. This family-owned business in Ypsilanti is operated by husband/wife team Dean and Susan Sell. They specialize in perennial plants and hanging baskets. They also carry a wide variety of annuals, bedding plants, herbs, and vegetable plants from April through mid July. Thanks to Dean and Susan for providing a steady supply of lettuce all winter!

**-How to use:** raw in salads or sandwiches or (believe it or not!) use in soups or smoothies.

**-How to store:** refrigerate in plastic bag for 3-5 days

**ORGANIC PEA OR SUNFLOWER SHOOTS** from [Garden Works Organic Farm](#): You will receive one clamshell of sweet, tender pea OR sunflower shoots. They are soil-grown in two-inch deep trays and go from seed to your salad in roughly three weeks. Pea and also sunflower shoots (also known as pea or sunflower microgreens) are the young leaves and stems of traditional pea or sunflower plants. They add a delicious, mild, sweet flavor to any salad, stir-fry, grain bowl or sandwich. Garden Works is a certified organic, 4.5-acre truck garden and greenhouse farm in Ann Arbor operating year-round with many other kinds of microgreens available throughout the year. Visit Rob lives just a few miles from the Washtenaw Food Hub and has been providing product for the Ann Arbor Farmers Market, Argus, the Peoples Food Coop, Agricole, and Tantre Farm CSAs for many years. You may contact [gardenworksorganic@gmail.com](mailto:gardenworksorganic@gmail.com) for more information.

**-How to use:** use as a salad, blended with chopped radishes, turnips, and cabbage, excellent garnish on a soup and almost any other dish, so yummy and tender!

**-How to store:** store in the refrigerator for up to a week.

**FROST-SWEETENED SPINACH** from [Tantre Farm](#): With the mild temperatures we have been having, we have been watching our hoop house spinach thicken the garden beds and our field-grown spinach come back to life and produce crisp, dark green leaves--good eaten raw or with minimal cooking to obtain the beneficial chlorophyll, as well as vitamins A and C; delicious flavor when juiced. Thanks to our very own Tantre staff for harvesting, washing, and packing.

**-How to use:** toss in fresh salad, add to sandwiches, sauté, steam, braise, or add to crepes, quiche, lasagna, soups, or spinach pie

**-How to store:** refrigerate with a damp towel/bag for up to 1 week

**ASPARAGUS** from [Tantre Farm](#): You will receive green or purple variety; good amount of vitamin A and fair source of vitamin B and C and iron; refrigerate tightly wrapped in plastic bag for up to 3 or 4 days.

**-How to use:** serve raw chopped in salads or with dips; steam, roasted, grilled, serve "cold" with vinaigrette or with a bit of olive oil and dash of salt and lemon juice.

**-How to store:** wrap in damp cloth and plastic bag and refrigerate or bundle spears with rubber band and place upright in container with inch of water.

**GREEN GARLIC** from [Tantre Farm](#): young, baby garlic with tender leaves that is harvested early in the season before the bulb is fully formed; long, green top that looks a bit like scallions with usually a tiny white or red (depending on the variety) bulb at the end; more mellow and less spicy in flavor than regular garlic

**-How to use:** can be used raw or cooked like scallions; use as a pesto or subbed in for garlic in a plethora of pasta dishes to get just the right amount of spring on your menu.

**-How to store:** keep in the refrigerator in a plastic bag or wrapped in a damp cloth for 1 week

**POTATO MIX** from [Second Spring Farm](#): You will receive [Red Chieftain](#) (round to oblong, smooth, red with white creamy flesh; great flavor and storage potential) AND [Purple Viking](#) (deep purple skin dappled with pink splashes and stripes; flesh is bright white and creamy-good, good for baking and mashes perfectly).

**-How to use:** good for boiling, mashing, baking, roasting, and frying

**-How to store:** keep unwashed in cool, dark place in paper bag

**ORGANIC ORANGE CARROTS** from [Second Spring Farm](#): A carrot is a root, whose skin color can be white, red, purple, or yellow, but more commonly known for their bright orange color; high in all kinds of various nutrients based on their color. Thanks to our former intern (2003)-turned-farmer, Reid Johnston, owner of Second Spring Farm from Cedar, MI for growing these vegetables. Besides finding his certified organic produce up north, he also distributes his veggies at Argus and Agricole.

**-How to use:** Can be used raw as carrot sticks, grated in salads or juiced; steamed or sautéed, in stews, soups, casseroles, stir-fries; pureed or grated into cakes, pancakes, or other baked goods

**-How to store:** Refrigerate dry and unwashed roots in plastic bag for up to 2 weeks

**ORGANIC SHALLOTS** from [Second Spring Farm](#): member of the onion family; classic teardrop shape, reddish-copper skin, and white flesh; richer, sweeter and milder flavor typically than onions. Thanks to Second Spring Farm with farm description above.

**-How to use:** good pickled, raw, roasted; excellent caramelized and in vinaigrettes

**-How to store:** store the shallots in a paper or mesh bag in a cool (32 to 40 F), dry (60 to 70 percent relative humidity) location for six months or longer.

**POTATO FARMERS CHEESE PIEROGI** from [Srodek's](#) (vegetarian): A pierogi is one or more dumplings of Polish origin, made of unleavened dough filled with meat, vegetables, or fruit and boiled or fried or both. It is one of Poland's greatest dishes and an eastern European favorite. This variety is filled with Flour, Water, Milk, Pomace Oil, Vegetable Glycerine, Potato, Cheese, Pepper, Onion, Butter,

Salt, Spices and comes with 12 pieces in a packet. Srodek's Campau Quality Sausage Co. is a second generation family owned and operated business located in the heart of the immigrant community of Hamtramck. We specialize in an excellent selection of homemade and import products that are rich in tradition and quality. They sell many quality Polish products all around the area, including the Ann Arbor Farmers Market and Argus Farm Stop. See their website for more locations. Go visit their restaurant and bakery in Hamtramck to try many other Polish items.

**-How to use:** use as a main dish or a side dish. If you have the time, boil the frozen pierogies first, to get the pasta perfect for sautéing. However, it's not a must—you can also cook frozen pierogies right in the skillet without boiling them—and they will turn out delicious. Follow directions on the package. Add a dollop of sour cream.

**-How to store:** store in freezer for up to 6 months to a year.

**D'AMBERT BLUE CHEESE SALAD** from [White Lotus Farms](#) (vegetarian): This 16-oz combination of flavors is reminiscent of your favorite cheeseboard. Ingredients include blue cheese (on the side), abernet vinegar dressing, pears, toasted peanuts, breadcrumbs (on the side), amaranth, and fresh lettuce. Thanks to Byron and his staff for all their efforts at harvesting and creating this beautiful salad straight from the hoop houses at White Lotus Farms. They set up a stall in the Kerrytown Farmers Market every Wednesday and Saturday. They sell many of their products around town and especially at their farm on Liberty St. in Ann Arbor. Check out the website above to find out more about them.

**-How to use:** Open and ready to go! *Can be topped with **Garden Works pea or sunflower shoots** as a garnish.*

**-How to store:** Keep in refrigerator for 5 to 7 days

**LEMON CURD CHIA PUDDING WITH GRANOLA TOPPING** from [Juicy Kitchen](#): This 12-oz container of lemony goodness is vegan and gluten-free, but does contain nuts. Being high in protein, full of omega-3s, and packed with fiber, it can be refreshing for a snack, breakfast, or dessert. Ingredients include Organic Chia Seeds, Lemon, Coconut Milk, Turmeric, Sugar, Fresh Blueberries, House-Made Vanilla Almond Granola (Organic Rolled Oats, Almonds, Cinnamon, Michigan Maple Syrup, Coconut Oil, Salt). Thanks to Aaron and all the kitchen staff at Juicy Kitchen. They sell their prepared foods with an online menu or at their location on Maple Rd, Argus Farm Stops in Ann Arbor, and Agricole Farm Stop in Chelsea, so stop and see them!

**-How to use:** Open the container and enjoy for breakfast, snack, or dessert.

**-How to store:** Store in refrigerator for about 5 days.

**CAFE AU LAIT DAHLIA BULB** from [Old House Gardens](#): You will receive 1 bulb to plant in your garden or in a container. This heirloom originated from France in 1967. These dahlia flowers will be large, often reaching 8-10 inches (20-25 cm) in diameter. The petals blend shades of cream, peach, and soft pink sometimes giving the appearance of "milky coffee". They grow to about 3 to 4 feet tall and bloom from midsummer until autumn. Thanks to Vanessa Elms, owner of Old House Gardens, which is America's only mail-order source devoted entirely to heirloom bulbs, and are located at our very own Washtenaw Food Hub. They spend some time traveling and looking for great old bulbs that are at risk, research their histories, and then recruit small farmers to grow them, and grow many bulbs themselves at the Food Hub. Then they share them with gardeners across America through their mail-order catalog and website. See more of

what they offer on their website above in the name.

**-How to use:** Dahlias thrive in light, fertile, well-drained soil. Full sun is best, but eight hours will do. Space your dahlias 18-24 inches apart. Dig a hole a foot deep and wide and lay the tuber horizontally with the eye, if visible, pointing up about 6 inches below ground level. Cover with dirt and don't overwater. Enjoy!

**-How to store:** Keep soil moist and put outside in the ground or in planter box when temperatures are above freezing. *Dahlias don't come back every year in this growing zone, so need to be dug up and stored in a basement or other cool dry area in the winter to replant in the spring.*

**CHAMOMILE** from [Tantre Farm](#): This apple-scented herb was volunteering prolifically around the herb garden paths and we decided to harvest it and put it in your shares as a gift, so that you can enjoy it too! Chamomile has thin roots, an erect stem, and long, narrow leaves. The flowers are small and daisy-like, with white collars around raised yellow centers. When crushed, chamomile releases an apple-like scent. *See feature article above for more information and recipe below.*

**-How to use:** make a soothing tea or infusion; also the flowers make a pretty garnish and a flavorful addition to salads

**-How to store:** In general, store herbs upright with cut stems in 1 or 2 inches of water and refrigerate for up to 1 week or wrap in slightly dampened cloth or plastic bag and store in refrigerator. The whole bundle (flowers & leaves) can be used fresh or dried upside down for a week or two, and then the flowers plucked and put into a jar for a restful, calming, sleepy time tea for the winter.

## ANNOUNCEMENTS

**1. WASHTENAW FOOD HUB FARM MARKET OPEN on May 18:** We will be open every Saturday from 9 AM to 1 PM. We have replenished a few shelves at the market with Tiana Body Care soaps and several new varieties of Miss Kim's jams and pickles, so come and get some Zingerman's Bakehouse bread and lather it up with jam from Miss Kim's, Calder Dairy butter, Zingermans Creamery pimento cheese or cream cheese, or sliced cheeses from Fluffy Bottom Farms. We will continue to have fresh produce from Tantre Farm, Sell Farm, and Garden Works. [Carosello Pasta](#) is back with several flavors of pasta and Zingerman's Bakehouse has fresh bread available. Many frozen items are available including frozen meats, tempeh, blueberries, quiche, pot pies, and [Michigan Farm to Freezer](#) Strawberries and Tart Cherries. We have fresh muffins and cookies from Harvest Kitchen and coffee beans from [Roos Roast Coffee](#). [The Brinery](#) has plenty of kimchi along with their signature sauerkraut, pickled roots, and hot sauces. In addition we will have [Calder Dairy](#) butter, local eggs, and several varieties of kombucha, and [Calder Dairy](#) chocolate and regular milk to drink. Come and get free samples of Harvest Chocolate snacking chocolate! We also will provide chocolate bars, hot cocoa packets, chocolate tea, and [Great Lakes Potato Chips](#) along with [Ann Arbor Tortilla Factory](#) Tortilla Chips. As usual you can pick up your basic needs of maple syrup, granola, oats, honey, dried beans, lentils, popcorn, and a few varieties of soap. Lots of fun things to check out at the Hub Farm Market this Saturday!

**3. SOCIAL MEDIA:** Follow us on Instagram [@tantrefarm](#) to learn more. We are also active on [Facebook](#) with regular posts of photos and blurbs detailing life on the farm and what is happening in the weekly Immune Booster CSA shares.

**4. ONE MORE WEEK TO REGISTER FOR OUR SUMMER CSA 2024:** Our SUMMER CSA registration is NOW OPEN for 18 weeks from June through September of 2024 for

\$675 for the full season! Each week our goal is to provide 1 to 4 salad greens (lettuce, arugula, etc.), 1 to 4 cooking greens (collards, Swiss chard, kale, etc.), 1 to 4 root vegetables (carrots, potatoes, etc.), 1 to 4 fruiting vegetables (tomatoes, corn, squash, green beans etc.), 1 or 2 alliums (onions, garlic, etc.), 1 to 3 brassicas (broccoli/cabbage family), and 1 or 2 herbs (basil, parsley, etc.) when possible. Please feel free to go to our [website](#) for more details if you are new to our CSA or go directly to the Sign Up link [HERE!](#) *Hope to see you this summer in 2024!*

**5. DO YOU LIKE TO WORK OUTSIDE? TANTRE IS HIRING!** We are looking for part-time and full-time workers who are interested in getting their hands dirty and enjoy healthy, hearty, hard work. We provide home-cooked lunches every day with food from the farm. Room and board are available for full time work, and part time work is available as well for an hourly wage. Please email us or fill out an application from our website at <https://www.tantrefarm.com/int...>

## RECIPES

**\*\*Keep in mind a very easy way to find recipe ideas for almost any combination of share box ingredients is to type the items into your preferred "search bar" with the word "recipes" at the end, and many recipe ideas will pop up. Have fun searching!**

CHAMOMILE LEMONADE (from [www.vegetariantimes.com](http://www.vegetariantimes.com)) Serves 6  
*If chamomile is not your cup of tea, this refreshing lemonade is a great new way to give the flower a try.*

3/4 cup cane sugar

2 Tbsp grated lemon zest

5 Tbsp fresh or dried **Tantre chamomile flowers**, or 6 chamomile tea bags

3/4 cup lemon juice

Lemon slices, for garnish

Combine sugar, lemon zest, and 2 cups water in saucepan. Bring to a boil, stirring to dissolve sugar. Remove from heat, and add chamomile flowers. Cool. Strain chamomile mixture into 2-quart pitcher; stir in lemon juice and 3 cups water. Serve over ice with lemon slices, or store, covered, in refrigerator up to 5 days.

SPINACH AND GARLIC SCAPE FRITTATA (adapted from [dakotagarlic.com](http://dakotagarlic.com))

3 Tbsp olive oil

10 eggs

1 cup (1/2 lb) chopped raw **Tantre spinach**

1/2 cup grated Parmesan cheese

1 Tbsp chopped parsley or basil

1/2 cup finely chopped garlic scapes OR **Tantre green garlic**

Salt and pepper, to taste

Preheat oven to 350 degrees. In a large bowl mix all ingredients except oil and scapes. Heat oil in a 10-inch ovenproof skillet on the stove. Add the scapes and saute until tender on medium heat for about five minutes. Pour egg mixture in skillet with garlic and cook over low for three minutes. Place in oven and bake uncovered for 10 minutes or until top is set. Cut into wedges and serve.

SHALLOT VINAIGRETTE (from *Local Flavors* by Deborah Madison)

1 **Second Spring shallot**, peeled and finely diced

2 Tbsp red wine vinegar

1/2 tsp sea salt

6 Tbsp or more extra virgin olive oil

Finely dice the shallot by slicing it first lengthwise, then crosswise. Put into a bowl with the vinegar and salt. Let stand for 10 minutes, then whisk in the oil to taste.

Drizzle over **Sell Farm's lettuce** and garnish with **Garden Work's pea or sunflower shoots**.

ANGEL HAIR PASTA WITH GREEN GARLIC CREAM SAUCE (adapted from [www.chow.com](http://www.chow.com))

2 Tbsp unsalted butter (1/4 stick)

1/2 medium yellow onion (or **Second Spring shallot**), diced small

1/4 cup plus 2 Tbsp minced **Tantre green garlic** (white and light green parts only)

Kosher salt

Freshly ground black pepper, to taste

1 1/2 cups heavy cream

1 lb angel hair pasta

1 lb **Tantre asparagus** (about 1 bunch), woody ends removed and thinly sliced on the bias

12 oz sugar snap peas, strings removed and thinly sliced on the bias (about 3 1/2 cups) (optional)

Bring a large pot of heavily salted water to a boil over high heat. Melt the butter in a small saucepan over medium heat until foaming. Add the onion and 1/4 cup of the garlic. Season with salt and pepper and cook, stirring occasionally, until the onion is tender but not browned, about 5 minutes. Add the cream and bring to a boil. Immediately reduce the heat to low and simmer until the onion is completely tender and the flavors have infused the cream, about 5 minutes. Taste and season with more salt and pepper as needed. Remove the sauce from the heat and set aside. Add the pasta and vegetables to the boiling water. Boil, stirring occasionally, until the vegetables are tender and the pasta is cooked all the way through, about 4-5 minutes. Reserve 3/4 cup of the pasta water. Drain the pasta and vegetables and return them to the pot. Add the reserved cream sauce, remaining 2 tablespoons garlic, and 1/2 cup of the pasta water. Toss to coat the pasta and vegetables, adding more pasta water by the tablespoonful as needed to reach the desired consistency. Taste and season with more salt and pepper as needed or garnish with **Garden Work's pea or sunflower shoots**. Serve immediately.

POTATO SALAD WITH SHALLOT VINAIGRETTE (from *The Organic Cookbook* by Renee Elliot and Eric Treuille) Serves 4

1 1/2 lb **Second Spring potatoes**, cut into bite-size pieces

2 **Second Spring shallots**, finely chopped or 4 scallions

2 Tbsp red wine vinegar

1/4 cup extra virgin olive oil

Salt and black pepper, to taste

Bring potato pieces to a boil in a large pot. Simmer gently until tender, 10-15 minutes. Drain. While the potatoes are cooking, mix shallots, vinegar, and oil until combined. Add the hot potatoes to the vinaigrette with "mix-ins" (see below), if using. Toss gently to coat each potato piece. Add salt and pepper to taste. Serve warm or at room temperature.

"Potato Salad Mix-ins": Vary the flavor and texture by adding 2 tablespoons finely chopped fresh herbs, such as dill, parsley, or chives, 1 tablespoon grainy

Dijon mustard or 2 celery stalks, finely chopped. Garnish with **Garden Work's pea or sunflower shoots**.

ROASTED CARROTS, SHALLOTS, AND GARLIC (from <https://gustotv.com/recipes/si...>)

1 pound **Second Spring carrots**, trimmed and sliced into large chunks  
3 **Second Spring shallots**, peeled and trimmed  
3 garlic cloves (OR **1-2 Tantre green garlic**)  
3 tablespoons (45 ml) extra virgin olive oil  
1 tablespoon (15 ml) dried thyme  
2 sprigs fresh rosemary  
Salt and pepper

Preheat oven to 425 F (220 C). Add carrots, shallots, garlic, olive oil, thyme, rosemary, salt and pepper to a large mixing bowl. Using your hands, or tongs, toss everything together until evenly coated with oil. Spread into a single layer on the baking sheet. Bake in oven for 20-25 minutes, tossing occasionally to ensure even cooking. Remove when soft and caramelized. Garnish with **Garden Work's pea or sunflower shoots**.

Hope you are enjoying these beautiful, spring days! We look forward to seeing you next week for Week #196 for our Memorial Day Weekend share with pick up on Sat. May 25 at the Washtenaw Food Hub or Agricole Farm Stop! Thank you for supporting local farmers and food artisans.

### **Deb and Richard Owners of Tantre Farm**

*\*\*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 Deb or Richard with questions or comments at [info@tantrefarm.com](mailto:info@tantrefarm.com).*

### **Tantre Farm**

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