



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 197) Share December 7, 2024

Welcome to Week #197 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...>

REFLECTIONS FROM RICHARD and DEB

Welcome to the 2024 winter Immune Booster CSA! Thank you for your patience as we took a break throughout the summer and part of the fall from creating our Immune Booster boxes, but now we are back to provide you with these collaborative shares. As you know, you will find many nutritional treats in this box, but we would like to celebrate the real "immune booster" this week, and that is "winter kale"! Kale is full of vitamin K, vitamin A, vitamin C, calcium, folic acid, and protein. It is a true immune booster for your whole mind and body. One leaf a day will protect you from any virus or bacterial infection. It is a true and magnificent booster and also is very sweet and tasty even when just plain or steamed. It is a true refuge of flavor and nutrition. Please celebrate the great season of Winter Kale with us this week and throughout the winter.

Thank you for joining this week's Immune Booster Share. There are other comforting treats with Pilar's tamales, Harvest Kitchen's hummus, and Ann Arbor Tortilla Factory's tortilla chips, and our eyes can feast on the health and beauty of White Lotus's tatsoi salad. We have very healthy, field-grown spinach and kale with the kiss of jack frost making the winter flavor so much sweeter. The colors in the box are vivid and brilliant from the greens, to the yellow onions, to the speckled acorn squash, to the green of the Brussels, to the light yellowish brown of celeriac, to the delicate translucent orange of the candy carrots which have also benefited from the cold season.

This box marks the beginning of our cold season crops, which is a very special time to store our vegetables on the farm, since you will not usually find this northern climate flavor in any standard grocery store. Although our food system has been somewhat reliable in providing many kinds of produce across the continents throughout the year, we do have some very delicious flavors for

our local varieties due to the frost and cold temperatures. Everything comes from within our local food shed. As farmers we work and work and celebrate the soil. When it freezes, we celebrate the peaceful winter slumber. The Brussels sprouts have been growing since July towering above the frozen earth providing nutritional flavor. Even in the cold of winter, we can keep picking Brussels well into January. The carrots and potatoes are put to bed in the root cellar quietly waiting to display their glowing sweetness.

We are grateful for the freshly harvested greens from the staff at Tantre Farm & Goetz Greenhouse. Thank you for the roots cleaned and packaged by Second Spring Farm and Tantre Farm. We also can't forget our gratitude for the extra efforts for the value-added dishes from Pilar's Tamales, White Lotus Farms,, Ann Arbor Tortilla Factory, and Harvest Kitchen. We hope you enjoy this week's share of freshly picked greens and root cellar treasures. Thank you for your interest in this week's share, and please remember to stop by and visit these businesses for more of these locally sourced products!

THIS WEEK'S SHARE ITEMS:

BRUSSELS SPROUTS from [Tantre Farm](#): tiny, green cabbage heads with mildly pungent, mustard-like flavor. Thanks to the Tantre staff for harvesting these knobby sprouts during these cold days of fall.

-How to use: boil or steam for 5-10 minutes without overcooking, so they are still bright green; toss with olive oil, lemon juice, salt and pepper, or a pat of butter; excellent roasted or stir-fried.

-How to store: refrigerate for up to a week or more unwashed in a plastic bag in hydrator drawer.

ORANGE CARROTS from [Tantre Farm](#): You will receive Bolero (excellent long-term, storage carrot with medium-long, thick, blunt, orange roots). Thanks to the Tantre staff for getting the last of the carrot fields harvested, sorted and washed.

-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, and sometimes longer

ORGANIC CELERIAC from [Second Spring Farm](#): also called Celery Root, rather ugly, knobby, brown vegetable skin with white flesh when peeled; taste is like a cross between strong celery and parsley; can range anywhere in size from an apple to a small cantaloupe; high in carbohydrates, vitamin C, phosphorus, and potassium. 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 eaten raw in slaws or salads or cooked in soups, stews, purees; can also be baked, boiled, or sautéed; after peeling should be soaked in lemon juice to prevent discoloration of the flesh.

-How to store: refrigerate in plastic bag for up to a month; may also be dried and used as a seasoning.

GREEN CURLY KALE from [Tantre Farm](#): well-ruffled, curly green leaves on green

stems; this variety makes a good, roasted “kale chip”, and excellent in a wilted kale salad drizzled with a lemon vinaigrette, topped with toasted nuts and dried fruit bits! This is the best time of year to eat this bitter green, since it is frost-sweetened from the cold weather. See reflection above.

-How to use: good in salads, soups, smoothies, lightly steamed or baked

-How to store: keep in plastic bag or damp towel in refrigerator for up to 1 week.

ORGANIC YELLOW ONIONS (Patterson) from [Second Spring Farm](#): medium-large, blocky bulbs with dark yellow skin and thin necks; excellent storage onion. Thanks to our former intern (2003)-turned-farmer, Reid Johnston, and his staff from Second Spring Farm.

-How to use: great for soups, stews, egg dishes, onion rings, and other dishes for flavor.

-How to store: once cut, wrap in damp towel or plastic bag in fridge for 2-5 days or chop all extra parts of the onion and freeze immediately in Ziploc baggies for quick use; if not cut, store in dry, well-ventilated place for several months.

RED FINGERLING POTATOES from [Tantre Farm](#): You will receive a net bag of small, oblong potatoes with smooth, ruby red skin and creamy pink flesh; have a firm texture, nutty, earthy flavor, and are high in nutrients like potassium, vitamin C, and dietary fiber

-How to use: good for roasting, potato salads, and pair well with fresh herbs, garlic, and olive oil

-How to store: keep unwashed in a dark space or a paper bag

FROST-SWEETENED SPINACH from [Tantre Farm](#) and [Goetz Greenhouse and Family Farm](#): Some of you will receive a dinner-plate rosette of 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. Also, some of you will receive a few bags of spinach from Goetz's, since we found we were short a few rosettes, so thanks to Goetz's staff for helping us out.

-How to use: toss in a 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

ORGANIC STARRY NIGHT ACORN SQUASH from [Second Spring Farm](#): a new variety of acorn squash developed in Maine; unique, pixelated color pattern with speckled and green skin with a smoother, less stringy texture than traditional acorn squash. Thanks to our former intern (2003)-turned-farmer, Reid Johnston, and his staff from Second Spring Farm for growing it.

-How to use: excellent baked, steamed, or stuffed, mash cooked squash with butter; puree cooked squash for creamy soup, or add uncooked chunks to soups or stews; add small amounts to yeast breads, muffins, cookies, pies, oatmeal, etc.

-How to store: keep for several months (depending on the variety) in a dry, moderately warm (50-60 degrees), but not freezing location with 60-75 percent humidity; will also store at room temperature.

BLACK BEAN & JALAPENO TAMALES from [Pilar's Tamales](#): You will receive 3 vegetarian and gluten-free tamales that will be wrapped in aluminum foil that can be stored in your freezer or put in your refrigerator. Silvia's Tamales are

handmade with 100% stone-ground corn masa, filled, rolled, and then steamed. You will receive 1 Jalapeno/Cheese Tamale, which is a kid favorite that is not too spicy. It is made up of Corn Flour Masa, Canola Oil, Vegetable Broth, Cheddar Cheese, Monterey Cheese, Mozzarella Cheese, Chihuahua Cheese, Fresh Jalapeno Peppers, Garlic, Onion, Salt. You will receive 2 Black Bean/Cheese Tamales, which are filled with Corn Flour Masa, Canola Oil, Black Bean Broth, Cheddar Cheese, Monterey Cheese, Mozzarella Cheese, Chihuahua Cheese, Michigan Black Beans, Salt, Onions, Garlic. Silvia from Pilar's Tamales packs everything with LOVE and you can visit her on 2261 W Liberty Rd. in Ann Arbor. Open Wednesdays through Sundays. This is a family-owned Salvadoran joint with organic, local fare & tamales in a festive, colorful atmosphere. Besides their quaint sit down café, they also offer full service catering opportunities.

-How to use: To reheat for moist and fresh tamales, we recommend steaming/stovetop. The reheating process is the same as if they were uncooked especially if they are hard frozen. Just throw them in the steamer and they will have a great consistency again!.

-How to store: Cooked tamales can be placed in the fridge for up to one week or freezer for a couple of months.

TATSOI SALAD from [White Lotus Farms](#) (vegetarian): This particular salad is so colorful with perfectly blended sweet and sour flavors using Asian greens, pickled cucumbers, edamame, clementines, and a creamy sesame ginger dressing (soy allergen). 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!

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

SOUTHWEST HUMMUS from [Harvest Kitchen](#) (vegan and gluten-free): Hummus is a smooth and creamy puree of cooked chickpeas (garbanzo beans), tahini and an acid, typically lemon juice. In this case, Chef Keith from Harvest Kitchen has added a slightly spicy twist with the following ingredients of 16-ounces of goodness with chick peas, olive oil, garlic, tahini, lime, cumin, roasted red pepper, chipotle, salt, and pepper. Harvest Kitchen produces their products in the kitchens at the Washtenaw Food Hub and sells at the Ann Arbor Farmers Market, both Argus Farm Stops in Ann Arbor, Agricole Farm Stop in Chelsea, and of course provides granola, pot pies, quiches, lasagnas, cookies, and muffins at the [Washtenaw Food Hub's Sunflower Farm Market](#).

-How to use: Perfect for dipping Tante carrots, tortilla chips, and dipping tamales into.

-How to store: can be stored in an airtight container in the fridge for 2 to 5 days.

ORIGINAL ANN ARBOR TORTILLA CHIPS from [Ann Arbor Tortilla Factory](#): This 8-oz bag of chips is vegan and gluten-free and comes with a hint of lime to enliven the flavor of these all natural tortilla chips, but is actually the original flavor. Francisco and staff make the tortillas traditionally with minimal ingredients such as Non-GMO Corn, Water, Lime, Non-GMO Sunflower Oil, Salt, with no gluten, no preservatives, and no trans fats. You can find Ann Arbor Tortilla Chips in many stores around Ann Arbor including Argus Farm Stop, the Food Hub Farm Market, and in Chelsea at Agricole Farm Stop.

-**How to use:** Eat as a snack with salsa or hummus, make Nachos, or use with a cheese dip.

-**How to store:** Can be stored for 60 days.

ANNOUNCEMENTS

1. NEW YEAR'S DAY PLANT WALK at Tantre Farm – Jan. 1, 2025 from 11 AM – 1 PM:

Plant walks are excellent learning opportunities for those with beginning to intermediate foraging skills, and for anyone wishing to increase their knowledge of the local flora with local foraging expert, Rachel Mifsud from “Will Forage for Food”. Our discussion will include information about identification, methods of harvest, preparation, and use. We will explore the area and chose around 20-25 edible, medicinal, or otherwise useful plants and mushrooms to focus on. Kids under 12 are free with paid adult. Walks are almost never cancelled due to weather (one time in 13 years), so dress accordingly. We will be mostly on trails, no need to dress for bushwhacking. You may want to bring a notebook, and cost is \$25. To register ahead of time or to find more information, just go to this site: <https://willforageforfood.squa...>

2. SUNFLOWER FARM MARKET IS OPEN on December 7: Check out our new [website](#)!! We will be open every Wednesday from 4 PM to 7 PM and Saturdays from 9 AM to 12 PM. We have fresh produce from Tantre Farm and other local farms. 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, fish, tempeh, quiche, pot pies, and [Michigan Farm to Freezer](#) Strawberries, Blueberries, Peaches, and Tart Cherries. We have fresh muffins and cookies from Harvest Kitchen. Fluffy Bottom Farms will have yogurt, aged and feta cheese again. [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, [Kapnick Orchards](#) Apple Cider and apples, and [Calder Dairy](#) chocolate and regular milk to drink. Come and get free samples of [Harvest Chocolate](#) snacking chocolate! We also have several snacks including 313 Urban Tortilla Chips, PopDaddy kettle corn, and [Great Lakes Potato Chips](#) along with [Ann Arbor Tortilla Factory](#) Tortilla Chips, and several flavors of [Zingerman's Creamery](#) gelato. As usual you can pick up your basic needs of maple syrup, jam, granola, oats, honey, dried beans, lentils, popcorn, salad dressings, broths, and [Tiani Body Care's](#) and [Bubble Babe Soaps](#). Lots of fun things to check out at the Sunflower Farm Market at the [Washtenaw Food Hub](#) 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.

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!**

WINTER GREENS SOUP (adapted from *Fields of Greens*)

4 cups vegetable stock (include the chard/kale stems)

1 Tbsp light olive oil

1 large **Second Spring yellow onion**, thinly sliced, about 3 cups

Salt and pepper, to taste

4 garlic cloves, finely chopped

1 cup chard stems, thinly sliced (optional)
1-2 medium-sized **Tantre potatoes**, thinly sliced (about 1 cup)
1 large **Tantre carrot**, thinly sliced (about 1 cup)
1-2 turnips, thinly sliced (about 1/2 cup)
1/4 cup dry white wine (not cooking wine)
1 bunch **Tantre kale** (stems removed and leaves washed)
1 bag **Tantre spinach** (stems removed and leaves washed)
1 Tbsp fresh lemon juice
Garlic croutons
Grated Parmesan cheese

Make the stock and keep it warm over low heat. Heat the olive oil in a soup pot and add the onions, 1/2 teaspoon salt, and several pinches of pepper. Sauté over medium heat until the onion is soft, 5-7 minutes. Then add the garlic, chard stems, potatoes, carrot, and turnip. Sauté until the vegetables are heated through, about 5 minutes. Add 1/2 cup stock, cover the pot and cook for about 10 minutes. When the vegetables are tender, add the white wine and simmer for 1-2 minutes, until the pan is nearly dry. Stir in the kale, 1 teaspoon salt, a few pinches of pepper and 3 cups stock. Cover the pot and cook for 10-15 minutes until the kale is tender. Add the spinach and cook for 3-5 minutes, until just wilted. Puree the soup in a blender or food processor until it is smooth. Thin with a little more stock if it seems too thick. Season with lemon juice and salt and pepper to taste. Garnish each serving with garlic croutons and a sprinkle of grated Parmesan.

Notes: *The kale will take longer to cook than the spinach or chard, so be sure it's tender before you puree the soup.*

CELERIAC AND APPLE SALAD (from [Victory Garden](#) by Marian Morash) Makes 5 cups

1 **Second Spring celeriac**
1/2 cup orange juice
3 firm tart apples
1/2 cup mayonnaise
1 cup chopped celery
1/2 cup chopped walnuts
Salt and freshly ground pepper, to taste

Peel and julienne celeriac into matchstick pieces. Toss with orange juice until coated. Peel, core, and chop apples; mix with celeriac. Marinate for 10 minutes, turning often; strain, reserving juices. Place mayonnaise in a large bowl, and little by little, add orange juice marinade until thinned to the point where it coats a spoon thickly. Beat smooth and combine with the drained celeriac, apples, celery, and nuts. Marinate for 2 hours, season with salt and pepper, and serve.

BRUSSELS SPROUTS SALAD (from [Winter Harvest Cookbook](#)) Serves 4

3 Tbsp lemon juice, divided
1 1/2 cups sliced **Tantre carrots**
1 large **Second Spring celeriac**, peeled and cut into bite-sized pieces
4 small leeks, white part only, chopped
1 lb **Tantre Brussels sprouts**, trimmed
3 Tbsp olive oil
1 Tbsp fresh grated lemon zest (optional)
Salt and pepper, to taste
2 Tbsp chopped parsley

Combine 1 tablespoon of the lemon juice and 3 cups water in medium bowl. Add artichokes (carrots) and celeriac; cover and chill until it is time to dress salad. Cook leeks in 1-inch of boiling water until tender, but not slimy, about 5 minutes. Drain, saving the water. Bring water back to boil; steam sprouts over it until tender-crisp, 8-10 minutes. Place leeks and sprouts in serving bowl. Drain and add artichokes (carrots) and celeriac to bowl. Toss with olive oil, remaining 2 tablespoons lemon juice, optional lemon zest, and salt and pepper to taste. Cover and chill 1 hour. Garnish with parsley.

BRUSSELS SPROUTS IN CIDER WITH ONIONS AND APPLES (from [Vegetarian Table: France](#)) Serves 6

1 lb **Tantre Brussels sprouts**

2 apples

2 Tbsp butter

2 Tbsp olive oil

1 **Second Spring yellow onion**, chopped

1 1/2 cup apple cider

1/2 tsp salt

1/2 tsp pepper

2 star anise

1/4 cup balsamic vinegar

Trim sprouts and halve lengthwise. Cut apples into 1/2-inch cubes. Melt butter and oil in large skillet over low heat. When mixture foams, increase heat to medium and add apples and onions; sauté until apples are soft and onions are translucent, about 4 minutes. Add Brussels sprouts; sauté 3-4 minutes. Add remaining ingredients, except vinegar. Cover, reduce heat, and simmer until sprouts are easily pierced with a fork, about 10 minutes. Discard anise. Remove contents of pan with slotted spoon to warm serving dish; cover. Heat liquid in pan over medium-high heat until reduced by half. Add vinegar; cook 2-3 minutes, stirring and scraping pan to loosen any stuck-on bits. Pour over sprouts; serve immediately.

APPLE STUFFED SQUASH (from [There is a Season: Cooking with the Good Things Grown in Michigan](#))

2 **Second Spring acorn squash**

3 Tbsp butter

2 chopped apples

1 chopped **Second Spring onion**

2 cups cottage cheese

2 Tbsp lemon juice

3/4 cup grated cheddar cheese

1/4 tsp cinnamon

1/4 cup raisins (optional)

Cut squash in half lengthwise; remove seeds. Place face down on oiled baking sheet; bake at 350 degrees for 1 hour. While squash is baking, saute apples and onions in butter. Add remaining ingredients to apples. Stuff squash with mixture, covered, 15-20 minutes.

Hope you are enjoying this layer of white as we prepare for the winter holiday time! We look forward to seeing you next week for Week #198 with pick up on Sat. December 14 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.*

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