



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 198) Share December 14, 2024

Welcome to Week #198 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 DEBI

A couple of days ago during a mild 50-degrees, we managed to plant 1000 pounds of garlic seed in the soft, muddy dirt after the warm rain on Monday night. It was a wholehearted effort by all on the farm to kneel or bend to plant these long rows of garlic that will sleep and grow throughout the winter until they turn into garlic shoots in the spring and bulbs in the summer. As we wrapped that up, we even managed to have a few more hours of daylight to gather several bunches of spinach and kale that had been sweetened by the frost.

With the frigid temps at the end of the week, we have been working inside these last few days bagging potatoes, washing and bagging spinach, and washing and bunching the tender orange carrots, along with never ending sorting for marketworthy roots, bulbs, and squash. Sometimes it is hard to comprehend that within one week, we have gone from a 50-degree, typical, fall day to the biting cold of fresh snow and winter winds. As a famous poet once said, "Grace to be born and live as variously as possible." For this week, we have certainly seen a broad spectrum of temperatures on the land and have enjoyed the gathering of these simple foods for this week's seasonal Immune Booster Share.

We are grateful that we can grow thousands of pounds of food, continue to eat seasonally, and share healthy food with our community. We are thankful that you are enjoying this harvest and storage benefit with the produce in this week's share from Tantre Farm, Second Spring Farm, and Kapnick Orchards, but also through the culinary creativity of Harvest Kitchen, Ginger Deli, Zingerman's Bakehouse, and Juicy Kitchen in your box this week. Using roots, stems, and leaves we can enjoy the crunch and freshness of the harvest as we continue to

eat within our local food shed. Thank you for being a part of our share.

THIS WEEK'S SHARE ITEMS:

EVERCRISP, GALA, or FUJI APPLES from [Kapnick Orchards](http://www.kapnickorchards.com): You will receive Evercrisp Apple (a hybrid of the Fuji and Honeycrisp apples; sweet and juicy, crisp and aromatic; good snacking apple and good for pies) OR Fuji (large, bi-colored apple, typically striped with yellow and pinkish-red with sugary-sweet flavor with notes of honey and citrus; excellent in salads and for fresh eating, baked, and in applesauce) OR Gala (a popular apple cultivar with a sweet, mild flavor, crisp texture, and a striped or mottled orange or reddish appearance; good for snacking, baking, juicing, freezing, and adding to salads. They are also especially suitable for creating sauces). Kapnick Orchards (<http://www.kapnickorchards.com>) supply apples, pears, and other products year-round at their farm market in Britton, MI. They can also be found at the Argus Farm Stops and Agricole Farm Stop, the Ann Arbor Farmers Market, the Saline Indoor Farmers Market, and 3 winter markets in Canton.

-How to use: see above in description; all good for fresh eating

-How to store: can store for 2 to 3 months in cool location.

ORGANIC DRIED BEAN LOTTERY from [Ferris Organic Farm](http://www.ferrisorganicfarm.com): You will receive a pint of certified organic beans, which may include Kidney, Pinto, or Adzuki Beans, so get ready for the surprise of which one is in your box! Beans are rich in a number of important micronutrients, including potassium, magnesium, folate, iron, and zinc, and are important sources of protein in vegetarian diets. Thanks to Silvie and her husband who provide this Michigan-grown, organic product from Ferris Organic Farm in Eaton Rapids, which has been a family farm since 1837. The Washtenaw Food Hub Market carries many of their products, including black, pinto, navy, kidney beans, split peas, red/green lentils, popcorn, and oats. Their products are sold in many different stores including Carosello Pasta, Argus Farm Stop, etc.

-How to use: good in stews, soups and casseroles, etc.

-How to store: can have a shelf life of 1 year or more, depending on container they are stored in

ORANGE CARROTS from [Tantre Farm](http://www.tantrefarm.com): 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. These carrots taste like candy at this time of year!

-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

RED CURLY KALE from [Tantre Farm](http://www.tantrefarm.com): well ruffled, red leaves with red stems; gets redder and sweeter after a frost, 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. Thanks to our very own Tantre staff for harvesting, washing, and packing.

-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, 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: 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.

YELLOW & BLUE POTATOES from [Tantre Farm](#): You will receive Carola (yellow potato from Germany; smooth, creamy texture that is good for baking or frying) AND All Blue (an heirloom potato with deep blue skin and flesh; moist texture; perfect in salads, baked, or boiled) *Interesting note: Most blue fleshed cultivars contain 90 times more antioxidants than white tubers, and the antioxidants in potato tubers are enhanced by cooking them.

-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](#): You will receive a bag of small rosettes of crisp, dark green leaves, which are on the stem to last longer; 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. This is the best time to eat frost-sweetened spinach of the north climate.

-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

PURPLE DAIKON RADISH from [Tantre Farm](#): You will receive K-N Bravo (looks like an overgrown lavender carrot with internal color ranging from pale purple to white with purple streaks; roots average 8- to 9-inches by 2 1/2- to 3-inches with good, sweet, eating quality).

-How to use: excellent julienned, sliced, used in a salad or tossed with your favorite vinaigrette; good eaten fresh, cooked, or pickled

-How to store: store dry and unwashed in plastic bag in refrigerator for up to 2 weeks; can last for 2-4 months if stored in cold, moist conditions like beets.

ORGANIC SWEET POTATOES from [Second Spring Farm](#): these are edible roots related to the morning-glory family that have dark red-orange skin with a vivid orange, moist, sweet flesh; high in vitamins A & C. Thanks to Second Spring Farm with farm description above.

-How to use: prepare like potatoes--baked, boiled, sautéed, fried; can be made into pies, waffles, pancakes, breads, and cookies.

-How to store: store in a cool, dark place like winter squash. Note: Do not store in plastic or in fridge, unless cooked.

BUTTERNUT SQUASH SOUP from [Harvest Kitchen](#) (vegan & gluten-free): This 16-

oz container of Butternut Squash Soup is a hearty, flavorful soup that can be served as an appetizer, entrée, or side dish. This creamy, nourishing soup is filled with vitamins and flavor. Your eyes may appreciate the beta-carotene from the butternut, but this soup also contains an amazing blend of ingredients and cooks up into a thick, velvety *soup* ready to be seasoned with fall spices using the following simple ingredients: Vegetable Stock, Butternut Squash, Onion, Shallot, Long Grain Rice, Salt, White Pepper, and Cinnamon. Harvest Kitchen produces their products in the kitchens at the Washtenaw Food Hub. Be sure to visit Keith from Harvest Kitchen at the Saturday Kerrytown Farmers Market, where Harvest Kitchen has a fully stocked booth with all their cooked meals, muffins and granola ready for purchase. They also sell at both Argus Farm Stops in Ann Arbor, Agricole Farm Stop in Chelsea, and of course provide granola, quiche, mac & cheese, pot pies, and muffins at the Washtenaw Food Hub's [Sunflower Farm Market](#).

-How to use: Heat and enjoy this warming soup with Ginger Deli's Kohlrabi Salad, and Zingerman's Sourdough Round loaf!

-How to store: can be stored in an airtight container for up to a week

SOURDOUGH ROUND BREAD from [Zingerman's Bakehouse](#): This popular bread uses organic wheat flour, water, sea salt, and the sourdough starter. Excellent for avocado toast! Thanks to Jaison and the staff at Zingerman's Bakehouse. Their baked products can be found all around Ann Arbor, at Agricole Farm Stop in Chelsea, and at the Washtenaw Food Hub's [Sunflower Farm Market](#).

-How to use: Many uses like sandwiches, French toast, with dipping sauces or with spreads. Stale bread can be made into bread pudding or made into croutons! Be creative!

-How to store: Store in paper bag and just sprinkle some water on it to reheat in the oven at 350 degrees. It comes out just as if it was freshly baked!

KOHLRABI & GREEN PAPAYA SALAD from [Ginger Deli](#): This 1-quart salad is 100% vegan and gluten free. It can also be nut-free, if you choose not to add the crushed peanuts and dried shallot cup. This salad is featuring Tantre Farm's shredded kohlrabi, along with shredded green papaya, bean sprouts, shredded carrot, mint, mango, beet, and a sweet tangy dressing in a separate cup of water, apple vinegar, lime, minced garlic, red pepper flakes, maple syrup. This salad is created by Te Phan of Ginger Deli (www.gingerdeli.com), a tenant at the Washtenaw Food Hub producing Vietnamese cuisine that packs colorful flavors with a dash of style. Ginger Deli can be found at their store location at 203 E. Liberty Street and also their products are at Argus Farm Stops in Ann Arbor and Agricole Farm Stop in Chelsea.

-How to use: when ready to use, take dressing out of cup and toss with shredded vegetables and top with cup of nuts and shallots

-How to store: keep in refrigerator for 5 days

LEMON CURD CHIA PUDDING WITH GRANOLA TOPPING from [Juicy Kitchen](#) (*vegan & gluten free, contains nuts*): This 12-oz favorite, tangy pudding is filled with Organic Chia Seeds, Lemon, Coconut Milk, Turmeric, and topped with Fresh Blueberries and House-Made Vanilla Almond Granola (Rolled Oats, Almonds, Cinnamon, Michigan Maple Syrup, Coconut Oil, Extra Virgin Olive 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, Agricole Farm Stop in Chelsea, and several other places in the area!

-**How to use:** Open the container and enjoy for dessert, or as a snack, or as a delicious breakfast treat!

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

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 14: 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 has 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 along with frozen lasagna, quiches, and mac n cheese dishes from Harvest Kitchen. Fluffy Bottom Farms will have yogurt, aged and feta cheeses again. [The Brinery](#) has plenty of kimchi along with their signature sauerkraut, pickled roots, beet kvass, 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](#) 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!***

APPLE SPINACH SALAD (<https://www.gimmesomeoven.com/...>)

10 ounces (1 bag) **spinach**, chopped

2 large **apples**, cored and thinly-sliced

half a small red onion, peeled and thinly-sliced

1 cup walnut halves, toasted (or pecans)

2/3 cup dried cranberries

5 ounces goat cheese, crumbled (or feta cheese, or blue cheese, or Mozzarella)

1 batch apple cider vinaigrette (see below)

CHAMPAGNE VINAIGRETTE INGREDIENTS:

1/3 cup extra virgin olive oil

1/4 cup champagne vinegar (or apple cider vinegar)

2 tablespoons lemon juice

1 tablespoon Dijon mustard

1 garlic clove, peeled and minced

a generous pinch of salt and black pepper

(optional) 1 tablespoon honey or maple syrup, to sweeten

Add spinach, apples, red onion, walnuts, dried cranberries, and half of the goat cheese to a large bowl. Drizzle with the vinaigrette, and toss to combine. Serve immediately, garnished with the remaining cheese and add a crunchy topping of granola.

TO MAKE THE CHAMPAGNE VINAIGRETTE:

Add all ingredients together in a bowl and whisk to combine. Or, add all ingredients to a mason jar, cover, and shake to combine.

BRAISED DAIKON (from *Winter Harvest Cookbook*) Serves 4

1 **Daikon radish**, peeled and diced

2 Tbsp light cooking oil

1 tsp sugar (or honey)

1 1/2 Tbsp soy sauce

Put Daikon in saucepan, cover with water, and boil 5 minutes. Drain well. Heat skillet, add oil, and stir-fry Daikon for 2 minutes. Add sugar and soy sauce; stir-fry another minute. Add 1/4 cup water, cover, and bring to a boil. Reduce heat to medium-low and cook, stirring occasionally, until Daikon is tender, but not mushy, about 30 minutes. Serve hot.

WINTER LENTIL SOUP

2 **onions**

1 bunch **kale**

4 **carrots**

1 Tbsp olive oil

1 (28-oz) can whole tomatoes, drained

6 cups water

2 **sweet potatoes**, peeled and cut into 1/2-inch dice

1/2 cup brown lentils (or another kind of **dried bean**)

1 Tbsp fresh thyme leaves

2 tsp kosher salt

1/4 tsp black pepper

12 fresh basil leaves (optional)

1/4 cup (1-oz) grated parmesan (optional)

Slice each onion into chunks (about 2 cups). Remove the stems from the kale. Stack the leaves on top of one another and slice them crosswise into 1/2-inch-wide strips; you'll need approximately 3 cups. Heat the oil in a saucepan over medium heat. Add the onions and cook for 1 minute. Chop carrots into chunks, add to onions, and cook 2 or 3 more minutes. Add the tomatoes and cook, breaking them up with a spoon, for 5 minutes. Add the water and bring to a boil. Stir in the kale, sweet potatoes, lentils (or beans), thyme, salt, pepper, and basil

(if using). Simmer until the lentils (or beans) are tender, about 30 minutes. Spoon into individual bowls. Sprinkle with the Parmesan (if using).

BLUE POTATO HASH BROWNS (from [www.garden-wiki.org/index.php5?topic=BLUE POTATO](http://www.garden-wiki.org/index.php5?topic=BLUE_POTATO))

2 large (or 3 medium) **blue (or yellow) potatoes**

1 medium **onion**

1 green bell pepper

any kind of cheese

salt, to taste

canola oil

Dice potatoes with a knife into small cubes (or shred for variety). Dice or slice onions and pepper. Place the above onto a hot skillet and add a few tablespoons of oil. Salt to taste. Cook them until they've been browning for a few minutes. Slice or shred cheese and toss onto hash browns just before removing them from the skillet to melt it. That's it. Eat it. Perhaps next time you can try some tomatoes in the mix!

RED CURLY KALE WITH RED BEANS, CILANTRO, AND FETA CHEESE (from [Local Flavors](#) by Deborah Madison) Serves 4

1 1/2 cups dried **red kidney beans** (or any other kind of dried bean), soaked overnight

2 bay leaves

1/2 tsp thyme leaves

1 1/2 tsp sea salt

1 **onion**, finely diced

1 large bunch **kale**

2 Tbsp olive oil, plus extra to finish

3/4 cup chopped cilantro, divided

3-oz feta cheese, crumbled

Drain the beans, cover with plenty of water, and bring to a boil. Remove scum from surface, then add herbs, salt, and all but 1/2 cup of the onion. Lower the heat and simmer until tender, about 1 1/2 hours. Slice the kale leaves from their stems with a knife. Chop coarsely into bite-size pieces and rinse well. Bring a few quarts water to a boil; add salt and the kale. Simmer until tender, 5-7 minutes, and then pour into a colander to drain. Heat the oil in a skillet. Add the remaining 1/2 cup onion and 1/2 cup cilantro. Cook over medium heat until the onion softens, about 10 minutes. Then add the kale and beans with enough of the cooking liquid for plenty of sauce. Simmer together for at least 10 minutes; then serve garnished with crumbled feta and the remaining cilantro.

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 #199 with pick up on Sat. December 21 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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