



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 199) Share December 21, 2024

Welcome to Week #199 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: You will not receive a Pick Up Reminder email. At the Washtenaw Food Hub we ask that you 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

The conversation between the sun and the earth must be acknowledged at this time of year. The sun leans in with its great cosmic rays to lick the face of the tilting earth as it leans away in the repose of the winter solstice. While the dark slyly nestles into the summer and fall days, we also may prepare for the slow transformative sunlight hours to return as we move closer to the sun again. We can physically feel the effects of the sun's warmth, but we may not even recognize how we are so dependent on this yearly event with over ten million other diverse life forms thriving on this living earth.

As these darker days commence, we are looking for the silence and calm that the winter solstice offers as a refuge at this time of year. Our work day is shorter and slowed down compared to the rapid pace of summer, so everyone seems more cheerful, and the conversations linger over coffee in the morning or soup and broth in the afternoon. The work is simple now sorting roots, bunching kale, peeling cabbages, dumping crates of potatoes and beets through the root washer, then storing them in what *was* our walk in cooler, but now has become our walk in "warmer" as the bite of the frigid winter temperatures have moved in, although this bite has made all the greens sweet like candy and all the carrots like candy canes-- crunchy, sweet, glowing, living roots.

As we prepare for the deepest and darkest time of winter, it may be time to settle in with a warmly baked pot pie, a healthy spinach salad with a hint of the warmer Southeast Asian climates, and a few decadent treats of mini snacking chocolates with hints from Uganda, Haiti, Ecuador, and Guatemala. As the gray skies turn grayer and grayer and the black of night gradually blankets our days more and more, it is a time to turn to the warmth of the kitchen and create the gift of food, so heat up some warm soup or bake some squash and enjoy the flavors and crunch of a variety of vegetables or fruit, while we settle in for the

journey through the darkest days of the season. Thank you for joining us for the last share of 2024. We hope to see you all in the coming of the new year. Thank you so much for being along for this part of the journey as we share our Winter Solstice menu with you!

THIS WEEK'S "WINTER SOLSTICE" SHARE ITEMS:

EVERCRISP, PINK LADY, or MUTSU APPLES from [Kapnick Orchards](#): 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 Pink Lady (sweet-tart apple has high sugars and high acids with bright white flesh that is slow to oxidize, so a perfect snack with a crunchy texture which offers a "fizz-like" burst of flavor) OR Mutsu (a medium to large green apple; aromatic, sweet, and sharp with juicy flesh; good as a snack, juicing, drying, or cooking, since it maintains its shape well when baked, sauced, or made into pies; a cross between a golden delicious and an indo apple; It can be kept for up to 3 months). Kapnick Orchards 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 Sunflower Farm Market, 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.

GOLDEN/RED BEETS from [Tantre Farm](#): You will receive Golden Beets (orange skin with rich gold interior; mild, sweet flavor when cooked) or Red Ace (round, smooth, deep red roots with sweet flavor and many health benefits). You will receive just the roots without the greens.

-How to use: roots are good in soups, stews, roasted, boiled, steamed, excellent grated raw into salads or baked goods.

-How to store: store roots unwashed in plastic bags or damp cloth in hydrator drawer of refrigerator for up to 2 weeks

BRUSSELS SPROUTS from [Tantre Farm](#): You will receive a quart of tiny, green cabbage-like sprouts with mildly pungent, mustard-like flavor.

-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 the refrigerator.

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. 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

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 and wonderful in soups; 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.

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.

-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 YELLOW ONIONS (Patterson) from [Second Spring Farm](#): medium-large, blocky bulbs with dark yellow skin and thin necks; excellent storage onion. Thanks to Second Spring Farm with description above.

-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 these 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](#): You will receive a bag or a bunch 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 in the northern climates.

-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 KABOCHA SQUASH from [Second Spring Farm](#): dark green, flat-round fruits; orange flesh is medium-dry and sweet; excellent for baking, mashing,

and pies. Thanks to Second Spring Farm with description above.

-How to use: slice in half, scoop seeds out and bake with a little water in baking pan at 350 degrees for 40 minutes or until tender; boil or steam chunks for 15-20 minutes, or until tender (peel skins off "before" or "after" cooked, but "after" is easiest when it's cooled); 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. *Excellent Gypsy Soup recipe below!

-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.

FROZEN CHICKEN OR VEGETABLE POT PIE from [Harvest Kitchen](#): You were given a choice of the tasty comfort food of a Chicken Pot Pie, which includes pie crust (organic flour, butter, organic sugar, salt) organic chicken, potatoes, carrots, chicken stock (Miller's chicken, carrots, onion, celery, peppercorns, thyme, parsley, coves), onions, peas, celery, eggs, organic rosemary, thyme, organic sage, salt, pepper, organic sugar OR the Vegetable Pot Pie (vegetarian), which includes the pie crust (organic flour, butter, organic sugar, salt), carrots, celery, onions, garlic, potatoes, squash, vegetable stock, thyme, organic rosemary, organic sage, salt, pepper. Keith runs the show at Harvest Kitchen and we are always grateful for their contributions to our CSA and our market. 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 provides granola, cookies, muffins, frozen pot pies, and other frozen prepared foods at the Food Hub Farm Market.

-How to use: Follow directions on the package.

-How to store: Keep in the refrigerator for 5 to 7 days or back in the freezer for several months.

SESAME SPINACH 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 from a separate cup. This salad is featuring Tandre Farm's spinach, along with toasted sesame seed, shredded pickle carrots, Asian clear noodle (gluten-free), bean sprouts, mint, mango, toasted shallot, crushed peanut (in separate container), sesame dressing (water, sesame oil, 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 vegetables and top with cup of chopped peanuts

-How to store: keep in refrigerator for 5 days

MINI SNACKING CHOCOLATE LOTTERY (vegan & gluten-free) from [Harvest Chocolate](#): You will receive one of 4 varieties of 2-ounce mini dark chocolate bags with cocoa beans from Guatemala, Ecuador, Haiti, or Uganda. We carry all of these varieties at Sunflower Farm Market and also at Agricole Farm Stop. Each one comes with a different and unique flavor profile, so it will be a surprise which one will be in your box! The ingredients include organic cocoa beans, organic cane sugar. Thanks to Matt and Elizabeth for providing these chocolate

varieties made from scratch, starting with the fair-trade sourced cocoa beans and locally made in Tecumseh, MI. They source their cocoa beans from all over the world, which offer different tasting profiles, but they also are interested in sourcing other flavors from local farmers' products. They sell their products in many places around the area including Agricole Farm Stop in Chelsea, Carosello Pasta in Dexter, and the Washtenaw Food Hub's Sunflower Farm Market in Ann Arbor.

-How to use: Open and enjoy as a snack or good for melting chocolate for fondue or many baking recipes that require melting chocolate or chocolate chunks. Perfect as a stocking stuffer or to pack along on a hiking or ski trip in the winter!

-How to store: can last up to two years if stored in a cool, dry place such as a pantry or cupboard

ANNOUNCEMENTS

1. STILL PLENTY OF ROOM--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 21 & 28: Check out our new [website](#)!! We will be open most Wednesdays 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, 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 along with eggnog at this time of year! 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](#) located at the [Washtenaw Food Hub](#) this Saturday!

3. NO IMMUNE BOOSTER CSA on DEC. 28 (Market will be open!) and NO WEDNESDAY SUNFLOWER FARM MARKET on Dec. 25 and Jan. 1: We are taking a holiday break with the Immune Booster CSA next week on Sat., the 28th, but the

Hub Market will be open! Also, our Sunflower Farm Market will be closed only on Wednesdays for 2 weeks. Hopefully most of you will stock up on holiday feasting items this coming Saturday at Agricole Farm Stop and the Hub Market, and have plenty of holiday leftovers for the middle of the weeks! We will be back in action for our next Immune Booster menu sent out to you on Sunday, Dec. 29, regarding Tantre Farm's Immune Booster CSA "Bicentennial" Share, Week 200, for pick up on January 4 with a few surprises and delicious local food for the NEW YEAR!

4. 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!***

BRUSSELS SPROUTS SALAD (adapted 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 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.

GYPSY SOUP (from [Moosewood Cookbook](#) by Molly Katzen)

1 Tbsp olive oil

2 tsp Spanish paprika

2 medium **Second Spring onions**, chopped

1 tsp turmeric

2 garlic cloves, crushed

1 tsp basil

2 cups chopped, peeled **Second Spring kabocha winter squash**

1 tsp salt

Dash of cinnamon

1 stalk celery, chopped

Dash of cayenne

1 cup chopped or canned tomatoes

1 bay leaf

1 green or red pepper, chopped

1 Tbsp tamari
1 (15-oz) can garbanzo beans
3 cups stock or water

In a soup kettle, sauté onions, garlic, celery and sweet potatoes in olive oil for about 5 minutes. Add seasonings, except tamari, and the stock or water. Simmer, covered, about 15 minutes. Add remaining vegetables and beans. Simmer another 10 minutes or so--until the vegetables are tender. Add tamari and serve.

*Note: This soup freezes well. You can also throw in greens at the end, such as **spinach** or kale or cabbage for more nutrition and flavor.*

CELERIC AND APPLE SALAD (from Victory Garden by Marian Morash) Makes 5 cups

1 **Second Spring celeriac**

1/2 cup orange juice

3 firm tart **Kapnick 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

ROSY HOME FRIES (from Rolling Prairie Cookbook by Nancy O'Connor) Serves 6

4 to 5 medium **Tantre potatoes**, cooked until tender, then cubed

3-4 medium **Tantre golden & red beets**, cooked until tender, and cubed

1 Tbsp canola oil

1 medium **Second Spring onion**, finely chopped

1 large red or green pepper, chopped

1/2 cup minced fresh parsley

3/4 tsp salt

Black pepper, to taste

Heat the oil in a large skillet over medium heat. Add the onions and sauté for 5 minutes, stirring often. Add the potatoes and beets and sauté for approximately 10 minutes more, stirring occasionally, until the potatoes begin to brown slightly. Remove from heat. Toss in the red pepper, parsley, salt, and pepper. Serve immediately.

SAUTEED SPINACH WITH APPLES AND GARLIC (from

<https://ladydocscornercafe.com/sauteed-spinach-with-apples-and-garlic>)

Serves 4.

1 bag **Tantre spinach**, washed and dried

2 cloves garlic chopped

1-2 **Kapnick's apple** cut into small cubes

2-3 tablespoons pine nuts

2 tablespoons olive oil

Salt and pepper to taste

Add garlic to heated olive oil to release the flavor of the garlic. Sauté 1-2 minutes on low heat. Add apples and sauté until apples start to become slightly translucent and soft. Add spinach to pan with medium to high flame. The spinach will wilt and shrink in size quickly. Stir rapidly so spinach on top is moved to bottom and has chance to cook. When about ½ spinach is wilted, add pine nuts into pan and gently mix around. The spinach will cook quickly, in about 5-6 minutes. The goal is to wilt all the spinach leaves. Be careful to not overcook. Add salt and pepper for taste.

Hope you enjoy the delights and flavors of these Winter Solstice-inspired foods this week! This would be a good time to get a few things to stock up on before company comes, or give some items away as a holiday gift! Hope to see you in a few weeks for our special "Bicentennial Share" Week #200 with pick up on Sat. January 4 for the beginning of the new year! 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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