



# Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 200) Share – January 4, 2025

Welcome to Week #200 of the Immune Booster CSA. IT'S A MILESTONE!!! This week marks the **200th SHARE** of the Immune Booster CSA! As always, thank you for signing up. We have a wonderful line-up of local, fresh produce, healthy prepared foods, and artisanal treats to offer. To celebrate this special bicentennial occasion, we will also have a golden ticket hidden in 2 random shares for an Immune Booster Gift Basket. Open your share upon pick-up and look under the top box flap to see if you are a lucky winner and claim your gift basket at both the Agricole Farm Stop and also the Washtenaw Food Hub!

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: Please make your payments with Check, Venmo or Cash (bring EXACT AMOUNT in a labeled envelope). You will not receive a Pick Up Reminder email today. 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 DEB

This is a new beginning for a new year with the shortest days of the year leading to many hopes, dreams, and reflections. It has been nearly four years since we started the Immune Booster CSA over 200 weeks ago, and it has been our pleasure to enjoy the cooperation of many people in our local food community to produce this locally-sourced share. Collectively, the loving kindness of all of these good folks, who have gathered along the way, continue to produce an interesting, widely diverse collection of fruits, vegetables, and innovatively prepared foods. We are grateful for all who have joined us on this long journey, the food creators, you the CSA members, and especially for the cooperative help of our fellow farmers like so much starlight shining through the darkness of this new beginning of this new year of long nights and short days.

Many of these hardworking folks have given their heart, soul, and love of food for much of their lifetime, which begs the question, WHY?... Perhaps we might guess

that in some way it is a manifestation of their loving being and this is a way to share it. To put it simply, each vendor has put something of themselves into each share and therefore passes that part of themselves onto you. Even though 4 years or 10 years or 20 years or 40 years may seem like a rather lengthy commitment, each one of us has the great opportunity to manifest our love for one another in the collaborative sharing of this local community and throughout our planetary ecosphere. We are given this wonderful chance to help one another and to know this place and to continue to return to this place as if for the first time.

For our part we thank you for allowing us this opportunity to be original and creative as we forge ahead into a new year of possibilities. Thank you for all working together to create this bicentennial Immune Booster share. We look forward to this new year as we head one more time around the sun, our life-giving star. Hope you enjoy this week's menu from the fine folks at Kapnick Orchards, Second Spring Farm, Sell Farms & Greenhouses, Goetz Family Farm, Ferris Organic Farm, Harvest Kitchen, Ginger Deli, Zingerman's Bakehouse, Zingerman's Creamery, and our crew at Tantre Farm. Many of these food businesses have been with us from the beginning over 200 weeks ago. As always we appreciate you continuing to support this local food-producing talent throughout this coming year with your loving kindness!

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

**PINK LADY or BRAEBURN APPLES** from [Kapnick Orchards](#): You will receive 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) AND Braeburn (medium to large size with orangish-red blush over a green-yellow background; crisp flesh is creamy yellow and juicy; flavor is sweet and just slightly tart with subtle hints of pear and cinnamon; good for eating and makes a fabulous pie). 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.

**ORANGE and PURPLE CARROTS** from [Tantre Farm](#) and [Second Spring Farm](#): You will receive Napoli (a specialized orange variety with a sweet taste; 7" roots are cylindrical, smooth, and blunt) AND Deep Purple (deep purple roots; excellent grated raw or cooked; taste very similar to their orange cousins and should be embraced for their nutritional powerhouse benefits such as extra antioxidants, which help prevent blood clotting and heart diseases; anti-inflammatory as well as anti-bacterial properties). Thanks to the Tantre staff for sorting and washing the orange carrots. These Napoli orange carrots taste like candy at this time of year! Thanks to our former intern (2003)-turned-farmer, Reid Johnston, owner of Second Spring Farm from Cedar, MI, who provided the Deep Purple Carrots. 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, 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 Second Spring Farm with description above.

-**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.

**GARLIC** from [Tantre Farm](#): a bulb of several papery white cloves; believed to help in fighting infections, cancer prevention, bolstering the immune system, lowering blood pressure and preventing heart disease.

-**How to use:** minced raw in salad dressings, sauté, & added to stir-fries, meats, vegetables; try roasting garlic by cutting off tops of garlic bulb, so cloves are exposed, brush with olive oil and bake for 1 hour at 350 degrees, squeeze garlic out of skins and spread on a good, crusty Zingerman's Bakehouse baguette.

-**How to store:** can be stored in an open, breathable basket in a cool, dark place for many months.

**BABY RED RUSSIAN KALE** from [Goetz Greenhouse and Family Farm](#): You will receive a bag of this colorful and nutritious green with stems that are purple, and leaves are deep gray-green, purple-veined, flat, non-curved, and tooth-edged. These greens have a sweet, mild, cabbage flavor and are interchangeable with broccoli, mustard greens, and other hearty greens in recipes; rich source of phytochemicals, which studies have shown can ward off various forms of cancer; highest protein content of all the cultivated vegetables.

-**How to use:** good steamed, sautéed, stir-fried, and in soups and salads.

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

**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.

**BLUE, YELLOW, & RED POTATO MIX** [Tantre Farm](#): You will receive a net bag of [Adirondack Blue](#) (round to oblong, slightly flattened tubers have glistening blue skin enclosing deep blue flesh; moist, flavorful flesh is superb for mashing or salads; very high in antioxidants!), [Carola](#) (yellow potato from Germany; smooth, creamy texture that is good for baking or frying), AND [AmaRosa Red Fingerling](#) (small, oblong potatoes with smooth, ruby red skin and speckled red flesh; have a firm texture, nutty, earthy flavor, and are high in nutrients like potassium, vitamin C, and dietary fiber: good for roasting, potato salads, and pair well with fresh herbs, garlic, and olive oil). Thanks to the Tantre Farm crew for sorting and compiling these different varieties of potatoes!

-**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

**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.

**ORGANIC POPCORN** from [Ferris Organic Farm](#): Popcorn is a cereal grain and originates from a wild grass and could be found throughout ancient North, Central, and South America. Popcorn can pop up to 30 times its size and up to 3 feet in the air. Thanks to Silvie and her husband who provide this Michigan-grown, organic seed from Ferris Organic Farm in Eaton Rapids, MI. The Washtenaw Food Hub Market carries many of their beans and lentils, including black, pinto, navy, kidney, split peas, green lentils, and oats.

-**How to use:** good tossed with salt, pepper, cinnamon, oregano, thyme, nutritional yeast, or made into caramel corn; commonly strung in the past with string and cranberries for a natural garland that can be hung inside on Christmas trees or outside for the birds to enjoy in the winter

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

**MEAT or VEGETARIAN LASAGNA** from [Harvest Kitchen](#): Lasagna is an Italian dish of pasta sheets layered with fillings and baked in the oven. You were given a choice of this classic comfort food and each of you will also enjoy a small side of steamed green curly kale with your lasagna. You could either choose [Vegetarian Lasagna](#) (lasagna noodles, Tantre Farm's kale, preserved tomatoes, onion, garlic, shallot, parmesan, mozzarella, ricotta cheese, cottage cheese, olive oil, basil, oregano, parsley, thyme, salt and pepper) OR [Meat Lasagna](#) (lasagna noodles, Vestergaard Farm's ground beef, preserved tomatoes, onion, garlic, shallot, parmesan, mozzarella, ricotta cheese, cottage cheese, olive oil, basil, oregano, parsley, thyme, salt and 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 put in the freezer for several months.

**ROOT CELLAR SALAD** from [Ginger Deli](#): This 1-quart salad is 100% vegan and gluten-free. This salad is featuring all kinds of winter roots, such as shredded organic white daikon (Tantre Farm), organic purple daikon (Tantre Farm), shredded carrot, shredded papaya, mango, and toasted shallot, served with sweet, tangy, citrus vinaigrette dressing (water, lime, watermelon, kiwi, olive oil, apple vinegar, minced garlic, red pepper flakes, honey) in separate container. This salad is created by Te Phan of Ginger Deli ([www.gingerdeli.com](http://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 up to a week

**RUSTIC ITALIAN CITY BAGUETTE** from [Zingerman's Bakehouse](#): We had to do a switcheroo from the French Baguette to the Rustic Italian City Baguette, so hope everyone enjoys this Rustic Italian bread in a baguette shape featuring a tender crumb and crisp crust, which are great for garlic bread. This top seller is vegan and uses organic wheat flour (organic wheat, malted barley), water, sea salt, yeast. Thanks to Jaison and his staff at Zingerman's Bakehouse. Their products can be found all around Ann Arbor and now at Agricole in Chelsea, and a few loaves at the Hub Market. See more of what they offer on their website above in the name.

**-How to use:** Many uses like mini sandwiches, French toast, with dipping sauces or with spreads, but especially garlic bread (see recipe below). Stale bread can be made into bread pudding or made into croutons! Be creative!

**-How to store:** Baguettes tend to harden in just one day, but if stored in a paper bag, it will last for several days and you can bring it back to like by just sprinkling some water on the crust to reheat in the oven. It comes out just as if it was freshly baked!

**GELATO and SORBET LOTTERY** from [Zingerman's Creamery](#): You will receive a choice of the following gelatos and sorbet to add some sweet treat to your meal. Please feel free to pick what you like, but it is first come first serve. Aromatic [Vanilla Gelato](#) (milk, sugar, cream, nonfat milk, egg yolk, guar gum, vanilla extract (water, alcohol-35%, sugar, vanilla bean extractives), vanilla bean), classic [Strawberry Gelato](#) (milk, demerara sugar, cream, nonfat milk, egg yolk, guar gum, Michigan strawberries (strawberries, sugar) skim milk powder, strawberry juice, lemon juice), refreshing [Mint Chocolate Chip Gelato](#) (milk, sugar, cream, nonfat milk, egg yolk, guar gum, chocolate chips (cocoa beans, sugar, cocoa butter, soy lecithin, natural vanilla extract), peppermint oil, natural food coloring (glycerin, water, polysorbate 80, trehalose, spirulina extract, turmeric, sodium citrate)), OR dairy-free [Raspberry Sorbet](#) (water, sugar, Michigan raspberries, lemon juice, natural stabilizer (dextrose, guar gum, locust bean gum, carrageenan). Thanks to Arend and the staff at Zingerman's Creamery, whose products can be found all around Ann Arbor and now at Agricole in Chelsea and the Hub Market. We also will have 3 new kinds of gelato at the Hub Market. See more of what they offer on their website above in the

name.

-**How to use:** Enjoy as a dessert or a snack!

-**How to store:** Store in freezer for long term storage.

## ANNOUNCEMENTS

1. **SUNFLOWER FARM MARKET IS OPEN** on January 4: Check out our new [website](#)!! We will be open on 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!

### 2. **SAVE THE DATE: WINTER TREE ID at Tantre Farm - Feb. 8**

Tree ID is important to finding herbs and mushrooms, as well as the trees themselves. If you can ID trees with their leaves on, you can't scout during the winter. But if you can ID them without their leaves, you can scout all year round. To ID trees in the winter, you need to look at characteristics other than their leaves. In this class, with local foraging expert, Rachel Mifsud from "Will Forage for Food", we will look closely at several different trees and shrubs and discuss how to identify them based on characteristics such as bark, branching pattern, and winter buds. This is an outdoor class. Please dress for the weather. Keep an eye on this website to sign up when it is ready: <https://www.willforageforfood...>

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!**

CINNAMON ROASTED SWEET POTATOES AND APPLES (from <https://joyfoodsunshine.com/ci...>)

2 med **Second Spring sweet potatoes** 4 cups, cut into 1" cubes

2 medium **Kapnick's apples** about 2 cups, cut into 1" cubes



3 Tbsp coconut oil, melted & divided

1 tsp sea salt

2 Tbsp pure maple syrup

1 tsp ground cinnamon

Preheat oven to 425 degrees F. Grease a large baking pan, set aside. In a large bowl, toss cubed sweet potatoes with 2 TBS of melted coconut oil. Stir until coated. Add sea salt and stir until evenly distributed. Bake in the preheated oven for 20 min, stirring halfway through, until sweet potatoes just barely start to brown. While the sweet potatoes are baking: stir the remaining 1 TBS of coconut oil into the apples. Add maple syrup and cinnamon and stir to combined. After 20 minutes, or the sweet potatoes have begun to brown, remove the sweet potatoes from oven and add the apple mixture and stir to combine. Return to the oven and bake for 20 more minutes, stirring halfway through. Once the sweet potatoes and apples are browned and the maple syrup has caramelized on them remove them from the oven and serve immediately!

CARROT SOUP (from [Moosewood Cookbook](#))

2 lbs **Tantre carrots**, peeled or scrubbed and chopped

4 cups stock or water

1 1/2 tsp salt

1 cup chopped **Second Spring onion**

1-2 small cloves crushed **Tantre garlic**

1/3 cup chopped cashews or almonds

1/4 cup butter

*Optional:*

1 medium **Tantre potato** chopped (for heartier soup)

Bring carrots, stock or water, salt (and potato if desired) to a boil. Cover and simmer 12-15 minutes. Let cool to room temperature. Sauté the onion, garlic and nuts in 3-4 tablespoons butter and with a little salt, until onions are clear. Puree everything together in a blender, until it is smooth. Return the puree to a kettle or double boiler and whisk in **ONE** of the following: 1 cup milk, 1 cup yogurt or buttermilk plus a little honey, 1/2 pint heavy cream, 3/4 cup sour cream. Season with **ONE** of the following combinations: 2 pinches nutmeg, 1/2 teaspoon dried mint, dash of cinnamon, 1/2 to 1 teaspoon each of thyme, marjoram, and basil, 1 teaspoon freshly grated ginger root, sautéed in butter plus a dash of sherry before serving. Garnish with grated apple or toasted nuts or sour cream.

BEST GARLIC BREAD RECIPE (from [https://www.loveandlemons.com/...](https://www.loveandlemons.com/))

1/2 cup unsalted butter (1 stick) at room temperature

1 Tbsp finely chopped fresh parsley or chives, plus more for garnish

2 **Tantre garlic** cloves, grated

1/2 teaspoon sea salt

1 loaf French bread, or **Zingerman's baguette**

2 tablespoons grated Parmesan cheese

Flaky sea salt

Red pepper flakes, optional

Preheat the oven to 350°F and line a baking sheet with parchment paper. Arrange an oven rack in the top third of the oven. In a small bowl, stir together the softened butter, parsley, garlic, and salt. Preheat the oven to 350°F and line a baking sheet with parchment paper. Arrange an oven rack in the top third of the oven. In a small bowl, stir together the softened butter, parsley, garlic, and

salt. Use a serrated knife to slice the bread in half lengthwise. Slather the cut sides with the garlic butter. Place the bread, cut side up, on the baking sheet. Place on the high oven rack and bake for 8 minutes, then broil for 2 to 5 minutes, or until the bread is golden brown around the edges. Sprinkle with the Parmesan, flaky sea salt, parsley, and red pepper flakes, if desired. Slice and serve hot. Serve with **Harvest Kitchen lasagna** or various soups and salads.

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

1 large **Second Spring celeriac** (about 1 lb)

1/2 cup orange juice

3 firm **Kapnick's 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.

POTATO KALE AND FETA BOUREKAS (from <https://thekitchensinkblog.com/potato-kale-and-feta-bourekas-2/>)

1/2 cup **Second Spring onion**, chopped

1 cup chopped **Goetz kale**

3 tbsp olive oil

2 cups mashed **Tantre potatoes**

1/2 cup feta cheese, crumbled

2 eggs, 1 for the egg wash

salt and pepper

1 sheet puff pastry, thawed

2 tbsp sesame seeds

Thaw puff pastry in the fridge until you're ready to use it. Sauté chopped onion and kale in a pan over medium heat until wilted. Add to a medium bowl with the mashed potatoes. Stir in crumbled feta and one egg. Mix well and season with salt and pepper. Set aside. Line a baking sheet with parchment paper. On a lightly floured surface, roll out the pastry to a 12x12" square. Cut the pastry dough into 4" squares. Place 2 tbsp of the potato filling in the centre of each square, spreading it out to 1/4 inch from the edge. Fold the dough diagonally to make a triangle. Pinch firmly along edge of the triangle and crimp with a fork to seal the edges. Repeat this process for the remaining squares. Place the bourekas on the prepared baking sheet, leaving space to give them room to expand during baking. Place in the refrigerator for 45 minutes. Preheat oven to 425°F. In a small bowl, whisk the egg yolk. Use a pastry brush to brush the egg wash onto the surface of each boureka. Sprinkle with sesame seeds. Bake for 30-35 minutes until golden brown.

ITALIAN PEASANT SOUP (from [From Asparagus to Zucchini: A Guide to Cooking Farm-Fresh Seasonal Produce](#) by MACSAC) Makes 8 1/2 cups

1/4 cup white wine

1 cup finely chopped **Second Spring onions**



1 cup finely diced celery or **Second Spring celeriac**  
1 cup finely diced **Tantre carrots**  
1 1/2 cups peeled and diced **Tantre potatoes**  
1 1/2 cups peeled and diced parsnips  
8 cups vegetable stock or water  
1/2 tsp thyme  
2 tsp crushed **Tantre garlic**  
1 Tbsp soy sauce  
2 cups chopped **Goetz kale**

Combine wine, onions, celery, and carrots in large pot over medium heat, and cook, stirring occasionally, until vegetables are tender, about 25 minutes. Stir in potatoes, parsnips, stock, thyme, garlic, and soy sauce. Bring to simmer, cover and cook over low heat until potatoes are not quite tender, about 15 minutes. Add greens and cook 10-15 minutes longer.

Hope you enjoy the delights and flavors of these foods inspired by this new year's Immune Booster's "200th" Share! We look forward to seeing you next week for Week #201 with pick up on Sat. Jan. 4 at the Washtenaw Food Hub or Agricole Farm Stop! Thank you for supporting local farmers and food artisans for 2025!

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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