



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 201) Share January 11, 2025

Welcome to Week #201 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 DEB

It looks like the season has truly decided to finally become winter with the much colder temperatures and even a layer of snow this past week. As we prepared the menu items for the share over these last few days, we went about our weekly routines on the farm.

One day as the sun came out late in the afternoon we harvested the tops of the kale plants at Tantre Farm. The leaves were a little frozen and tipped with a thin layer of snow. We packed the crowns of each plant into 2-bushel boxes and brought them up to the warm kitchen brushing off the snow and the ice as they thawed a bit before they were packed up. For anyone who hasn't sampled this bitter green in the winter, you are in for a treat, since the flavor is so much sweeter after a freeze. The Second Spring Farm's kabocha squash was carefully nestled into crates waiting for the many bright colors to be sorted later in the week almost as if a little bit of summer color was left behind to fill our bellies at this time of frozen earth. We gathered and packed the onions and the parsnips also from Second Spring Farm to be ready for the share box. Then the Tantre Farm golden and red beets and the purple blushed turnips had to be washed, sorted, and stored in the cooler. At the end of the week we collected Two Tracks Acres mushrooms, Kapnick Orchards apples, Sell Farms lettuce, to complete the sweet and flavorful winter treats of produce at this time of year. Simple sugars and carbohydrates make up so much of these gratifying flavor profiles.

To complete your box's menu we always like to include a few nutritious and complementary prepared foods from our nearby friends and partners. It's good to know that the Washtenaw Food Hub kitchens can provide such delicious winter food in the second week of January with Keith and his staff at Harvest Kitchen making the Harvest Slaw and Te and his staff at Ginger Deli compiling

the Veggie Stir Fry. Then to top off this winter menu of delight, we are able to enjoy hints of a warmer Mediterranean climate with this sweet dessert of a Saffron Rice Pudding from just down the road with Susan and Khaled from El Harissa Café. Much heartfelt appreciation for all our local food artisans, who created this sustenance for this community.

We are grateful to share all these gifts of great abundance from the earth with you, our local community members. Thanks as always for your engagement and your interest. We hope that this makes a difference for each person and helps create meaning and enjoyment for many delicious meals as each day grows a little bit longer in the days and weeks ahead.

THIS WEEK'S SHARE ITEMS:

BRAEBURN, GRANNY SMITH, and IDA RED APPLES from [Kapnick Orchards](#): You will receive 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) AND Granny Smith (a crisp, tart apple with a slightly waxy green freckled skin; with flesh that is firm and white in color. Granny smith apples originated in Australia; popular in baking (pies, galettes, tarts, hand pies, and cobblers) AND Ida Red (a Michigan classic; larger apple, crisp, bright-white flesh that gives a firm, juicy, tart bite; good in apple sauces, pies, and cakes) and 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). 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) AND Red Ace Beets (round, smooth, deep red roots with sweet flavor and many health benefits). You will receive just the roots without the greens. Thanks to the Tantre crew for planting, weeding, harvesting, sorting, and washing these roots for your box.

-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 in plastic bags or damp cloth in hydrator drawer of refrigerator for up to 2 weeks

KALE CROWN from [Tantre Farm](#): You will receive a luscious cluster of leaves from the kale top of Green Curly (well-ruffled, curly green leaves on green stems; this variety makes a good, roasted "kale chip" and kale salad). These bitter greens are remarkably sweeter after several frosts!

-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.

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.

MUSHROOM MIX from [Two Tracks Acres](#): You will receive a 5-oz bag of some combination of [Blue Oyster](#) (a gray oyster-shaped cap with a mild, anise, earthy odor; texture is velvety and dense, and when pan seared, their edges turn deliciously crisp), [Golden Oyster](#) (delicate yellow mushrooms grow in large clusters containing dozens of tender stems topped by yellowish white, shell-like caps, which have a subtle, earthy odor and a slightly chewy, but velvety texture), [Black King Oyster](#) (a hybrid of oyster and king trumpet mushrooms that are dense, meaty, and have a unique flavor), [Chestnut](#) (a type of edible mushroom that can be brown in color and have a meaty texture; mild, buttery and nutty with a seasoned peppery finish making it an excellent choice for sautéing or grilling), OR [Lions Mane](#) (large, white, shaggy mushrooms; dry sauté in a hot skillet until water releases and edges brown, then add butter and seasonings; supports cognitive function but also has properties that can reduce anxiety). Mushrooms are a rich, low-calorie source of fiber, protein, and antioxidants. They may also help to lessen the risk of developing serious health conditions, such as Alzheimer's, heart disease, cancer, and diabetes. Taik and Stephanie grow vegetables, dahlias, microgreens, mushrooms, etc. on Two Tracks Acres in Grass Lake, MI. You can find their produce at the AA Farmers Market and the Howell Farmers Market and sometimes Agricole Farm Stop.

-How to use: brush off dirt to clean or wipe with damp cloth, do not wash or submerge in water; good grilled, sautéed, steamed, in soups, and tossed in flour and pan sear.

-How to store: place in paper bag or wax bag and keep in refrigerator for up to 5-7 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 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.

ORGANIC PARSNIPS from [Second Spring Farm](#): long, cylindrical, creamy-white roots with sweet flavor; contain small amounts of iron and vitamin C. See more detailed description of Second Spring Farm in produce above.

-How to use: can be baked, boiled, sautéed, steamed; our favorite way to prepare them is to roast with olive oil and fresh herbs.

-How to store: refrigerate in plastic bag for up to 2 weeks, and sometimes longer.

ORGANIC KABOCHA SQUASH from [Second Spring Farm](#): dark green, cream, orange, or gray, 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.

-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.

PURPLE TOP TURNIPS from [Tantre Farm](#): this traditional variety is the preferred standard of market farmers and backyard gardeners for over 100 years; has smooth, round roots with white below the soil line and bright purple above with a somewhat spicy flavor that works well in braises and stews

-How to use: roots can be roasted, steamed, or sautéed, put in soups, stews, pot roasts or pasties.

-How to store: roots can last up to 1-2 weeks in refrigerator.

VEGGIE STIR-FRIED NOODLES from [Ginger Deli](#): A vegan & gluten-free stir-fry in a quart container with diced red pepper, diced carrots (Tantre Farm), shredded cabbage (Tantre Farm), red curly kale (Tantre Farm, red onion, green onion, chopped garlic, light fried tofu, fresh tamarin, olive oil, sesame oil, pepper flakes, maple syrup, fresh rice noodle, garnished with fresh basil, cilantro, and sweet cherry tomato. Thanks to Te Phan and his staff from Ginger Deli, who is 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. Please stop by to try their items.

-How to use: heat to warm when ready to eat

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

TANTRE HARVEST SLAW from [Harvest Kitchen](#): What better way to celebrate the root harvest than with a slaw from some of Tantre Farm's storage vegetables dressed with a sweet/sour vinaigrette. This vegan, gluten-free pint will be a combination of the following ingredients: cabbage (Tantre Farm), carrots (Tantre Farm), apples, toasted walnuts (in a separate container), shallots, apple cider vinegar, brown sugar, olive oil, 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. Please stop by and pick up some of their items or order online.

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

-How to store: keep in refrigerator for 5 days

BLACK TEA & SAFFRON RICE PUDDING from [El Harissa](#): This exotic yet simple

pudding is a gluten-free, vegan dessert in an 8-oz container containing Medium Grain Arborio Rice, Oat Milk, Water, Raisins, Cardamom, Cinnamon, Salt, Sugar, Orange Blossom Water, Saffron, Toppings: Toasted Almonds, Pistachios, and Rose Petals. Thanks to Susan and Khaled who own El Harissa Market Cafe, which is a family-owned restaurant, deli, market, and catering service based in the northwest side of Ann Arbor on Maple Road. They specialize in healthy and delicious food inspired by the flavors of North Africa and the greater Mediterranean region. Please stop by and visit!

-How to use: Open, dip in with a spoon, and enjoy!

-How to store: Keep in the refrigerator for 4 to 6 days

ANNOUNCEMENTS

1. SAVE THE DATE - WINTER TREE ID at Tantre Farm - Feb. 8 from 12 to 1:30

PM: Tree ID is important to finding herbs and mushrooms, as well as the trees themselves. If you can only 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. Rachel Mifsud, founder of Will Forage for Food, will be leading this class, and 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 for \$25 followed by another optional class called Non Woody Id from 1:30 to 3 PM for \$25. If you attend both classes they are discounted to \$45 Please dress for the weather. Please register at <https://www.willforageforfood.com/store/p/winter-plant-id>

2. SAVE THE DATE - NON-WOODY PLANT ID at Tantre Farm - Feb. 8 from 1:30 to 3

PM: Similar to Winter Tree ID, except this class with local foraging expert, Rachel Mifsud from "Will Forage for Food", we will focus on herbaceous plants. There are several plants that remain green all winter, even under the snow. So we will spend some time talking about those. But we will also spend time learning to ID dead plants Why? Because the "skeletons" of dead herbaceous plants can tell you where to look for roots and where you should look for things during the growing season. You would be surprised at how much you can ID in the winter. Please register with \$25 or if you attend above class as well they are discounted to \$45 Please dress for the weather. <https://www.willforageforfood.com/store/p/winter-plant-id>

3. SAVE THE DATE - MEDICINE CABINET at Tantre Farm - Feb. 22 from 2 to 5 PM:

What would your medicine cabinet look like if you replaced your over the counter stuff with herbal remedies? Now is your chance to find out! First, we will discuss roughly 15 wild plants that can be used to treat most minor ailments with local foraging expert, Rachel Mifsud from "Will Forage for Food". You will learn about the healing properties of the plants, as well as the techniques for extracting and preserving their healing qualities. This part will be sort of like a lecture, so bring a notebook to take notes. Then we will spend the rest of the afternoon in the kitchen, using lawn weeds and common garden herbs to produce home remedies that can take the place of over the counter medicines. You will get to work hands on to make First Aid Salve, Muscle Ache Balm, Headache Tincture, Cough and Cold Syrup, Tummy Tea, Sleepy Tea, Tooth Tincture, and Eye Relief Compress. Everyone will get to take their products home with them. This class will not include a plant walk. All plants will be pre-harvested so that we can focus on learning the techniques. This class with cost \$60 and you register here: <https://www.willforageforfood.com/store/p/foraged-medicine-cabinet>

4. SUNFLOWER FARM MARKET IS OPEN on January 11: 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, 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 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!

5. 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!***

NEW YORK TANGY APPLE SALAD (from <https://www.food.com/recipe/ne...>)

3 crisp **Kapnick's apples**

2/3 cup plain low-fat yogurt (or vanilla)

1 tablespoon orange marmalade

fresh ground black pepper, to taste

2 heads **Sell Farm's lettuce**

1/4-cup sliced almonds, toasted (or untoasted if preferred)

Mix yogurt with marmalade and black pepper. Tear lettuce into bite size pieces. Cut apples into small cubes. Mix lettuce, apples, almonds, and yogurt/marmalade dressing. Serve immediately. Serves 5.

APPLE PARSNIP SOUP (from <https://www.farmfresh toyou.com...>)

2 tablespoons olive oil

1 onion, coarsely chopped

4 **Kapnick's apples**, peeled, cored and cut into wedges

1 tablespoon curry powder

1 1/2 teaspoons fresh ginger, peeled and grated

1 teaspoon ground cardamom

3 garlic cloves, minced

4 **Second Spring's parsnips**, peeled and chopped

4 cups veggie or chicken broth

1 cup apple cider
3/4-1 teaspoon sea salt
1/8 teaspoon freshly ground black pepper, plus more for garnish
1/4 cup sour cream or crème fraîche

In a large pot or Dutch oven, heat olive oil on medium heat. Add onions and cook until tender, about 5 minutes. Add apples, curry powder, ginger, cardamom and garlic, cook until fragrant, about 1-2 minutes. Add parsnip, broth and apple cider, bring to a boil. Cover, reduce heat to medium low, and simmer for 30 -35 minutes or until parsnip is tender. Pour parsnip mixture in a blender, in batches. Blend until smooth. Pour mixture into a large bowl. Repeat the procedure with remaining parsnip mixture. Stir in salt and pepper, taste and add more salt if you prefer. Ladle soup into serving bowls, top each bowl with 1 tablespoon sour cream or crème fraîche and sprinkle over a little more pepper for a garnish.

STIR-FRIED OYSTER MUSHROOM WITH EGG (from <https://sichuankitchenrecipes...>)

2 eggs
5-oz **Two Track's oyster mushrooms** (or any kind)
1 stalks green onion
1 carrot
1/4 tsp salt
1.5 Tbsp cooking oil

Clean oyster mushrooms with a paper towel and split them into smaller pieces. Beat eggs in a bowl. Slice 1 carrot and some green onion. In a pan, add cooking oil on medium heat. Fry eggs and separate into smaller pieces. Add carrots and oyster mushrooms. Stir fry until oyster mushrooms are tender (3-4 minutes). Season with salt.

WARM BEETROOT, MUSHROOM & LEEK SALAD (from <https://sarahbrowneskitchengarden.wordpress.com/2011/11/02/warm-beetroot-mushroom-leek-salad>) Serves 2.

1/2 Tbsp oil, your choice
1 tsp butter
2 fresh **Tantre beets**, boiled until tender
3 flat **Two Track's mushrooms**, roughly chopped
1 leek or **Second Spring onion**, roughly chopped
sea salt
1/2 tsp English mustard
1 Tbsp balsamic vinegar
1 tsp fresh thyme leaves
1/2 tsp dried marjoram
sea salt & black pepper
toasted seeds to garnish

Heat the butter and oil in a frying pan over medium heat. Add the leeks and season with salt – cook for 2-3 minutes. Add the mushrooms, thyme and marjoram and another pinch of salt and continue cooking until the mushrooms are just tender. Peel the beets and slice them into wedges. Stir the warm beets, mustard, black pepper and balsamic vinegar into the mushroom/leek mix off the heat. Taste and adjust seasoning. Serve with toasted pumpkin & sunflower seeds on top.

CANDIED ROOT VEGETABLES (from Capay Organic Farm CSA "Farm Fresh To You")

website) Serves 12

3-4 **Tantre turnips**, cut into 3/4-inch cubes

6 Tbsp butter

3-4 EACH **Second Spring parsnips** and **Tantre beets** or carrots, cut into 1-inch lengths

1/3 cup golden brown sugar

1 3/4 cups broth

Melt butter in skillet over medium-high heat. Add turnips, carrots and parsnips. Saute 5 minutes, stirring often. Stir in broth and sugar. Cover; bring to a boil. Uncover; reduce heat to medium and simmer until vegetables are tender and liquid is reduced to syrup, stir often, about 30 minutes. Season with salt and pepper to taste.

KALE SALAD WITH KABOCHA SQUASH AND MAPLE DIJON MUSTARD (from <https://withfoodandlove.com/kale-salad-with-kabocha-squash-a-maple-dijon-dressing/>)

1 **Second Spring kabocha squash**, diced small

2 tablespoons olive oil (divided)

1/2 teaspoon fine sea salt (divided)

1/2 teaspoon ground black pepper (divided)

1 large bunch **Tantre curly kale**

1 tablespoon lemon juice

1 tablespoon Dijon mustard

1 tablespoon unsweetened almond milk

1/2 tablespoon maple syrup

1/4 cup pomegranate seeds

1/4 cup shelled pumpkin seeds

Preheat the oven to 450 degrees and line a sheet pan with parchment paper. Drizzle 1 tablespoon olive oil, and sprinkle 1/4 teaspoon salt and 1/4 teaspoon pepper over the squash and toss to coat. Roast for 20 minutes (or until golden brown) flipping halfway. While the squash is roasting prepare your kale. Strip the kale from its rib and cut into bite-sized pieces. Add the kale, remaining 1 tablespoon olive oil, 1/4 teaspoon salt, 1/4 teaspoon pepper and lemon juice to a large mixing bowl and massage with your hands for a few minutes. The leaves will turn bright green and begin to wilt. Then set aside. Whisk together the Dijon mustard, almond milk and maple syrup in a small mixing bowl and set aside. When the squash is done roasting toss it with the kale. Then add in the dressing, pomegranate seeds and pumpkin seeds. Toss to combine well and enjoy.

Hope you stayed safe and warm enough this week! We look forward to seeing you next week for the Immune Booster's Week #202 with pick up on Sat. January 18 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.

Tantre Farm

2510 Hayes Road, Chelsea
MI 48118 United States

You received this email because you signed up on our website or made a purchase from us.



[Unsubscribe](#)

