



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 202) Share January 18, 2025

Welcome to Week #202 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

One of the few warm places on the farm to sort and bunch carrots, or any roots for that matter, is in the part of the barn that we call the squash room. It's dry and warm, maybe about 45 degrees, and bright with windows and lights. Tables and crates of squash, onions, and garlic are stored there and sorted, bunched, and prepared for CSA shares and the farmers market throughout the week.

One morning while we were sorting produce for the share boxes this week, I was looking out the window of the barn and I noticed a multiflora rose (a non-native invasive species) growing right next to the building. The summer leaves were long gone, but the sharp thorns were still abundant and visible, the dense branches curling back on itself like a giant bushy ball of thorns and canes. What caught my eye though were the native chickadees and the non-native house finches flitting, sitting, and jumping excitedly together between the non-native multiflora rose, the native prunis americana, and the native poison ivy climbing up the poplar trees. Upon closer inspection I noticed that they were eating the bark, the rosehips, and the poison ivy berries for a seasonal and local breakfast in the early hours as the sun rose over the trees. It was a breakfast of champions for a mild January day!

I've noticed this before, but this particular morning it raised the question of how does a small house finch from Mexico and southwestern US origin adapt to these low temperatures and still have enough energy to seek food from a multiflora rose. I watched these native and non-native species fluffing their feathers as they hopped from one frozen branch to another unconcerned about their nature of origin. These small creatures know what it means to live and just find their place in the local biome of natives and non-natives learning to live together. The multiflora rose is a non-native species as is the house finch, and

they live a simple life within this local ecosphere. Wouldn't it be great if we could learn to be together, natives and non-natives, sharing food and habitat instead of worrying how we may disrupt the balance of the ecosystems?

We are happy to be sharing this food with you wherever you come from. So many good foods to be grateful for! Thanks to the farmers from Sell Farms, Second Spring Farm, Kapnick Orchards, Garden Works Organic Farm, Ferris Organic Farm, and Tantre Farm who harvested the produce. We also are appreciative to bring you so many good ingredients for many recipes, but especially some chili fixins that will warm your insides for the upcoming single digit temperatures next week. The recipes below have a vegetarian and meat Chili version, along with a recipe card for chili thrown in your box from Smiling Jim's. You might want to start off by tipping your hat to the house finch with a southwestern style chili from Juicy Kitchen and a southwestern cornbread from Harvest Kitchen along with Feta cheese from Fluffy Bottom of Ann Arbor, and finally the chili seasoning packet from Smiling Jim's Seasonings from Tecumseh. We hope you find some warmth and joy as you enjoy these foods that were created and harvested within this ecosystem that we live in.

THIS WEEK'S SHARE ITEMS:

EVERCRISP & McINTOSH 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) AND McIntosh (a small to medium-sized round fruit with red and green skin that is thick, tender, and easy to peel; commonly referred to as "Mac's", an all-purpose apple suitable both for eating raw and for cooking, used primarily for dessert). 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.

DRIED ORGANIC KIDNEY BEANS from [Ferris Organic Farm](#): Kidney beans are a type of bean that are kidney-shaped and red in color. They are a staple in many cuisines and are high in protein and fiber. You will receive a 16-ounce container of this versatile bean, but because it is dried, you should soak it overnight or at least 8 hours beforehand, then cook it for 45 minutes to 1 hour depending on when it becomes tender. 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: can be used in a wide array of dishes, including chili, refried beans, and cold salads

-How to store: keep in cool, dark place in paper bag or glass jar

ORGANIC RED CABBAGE from [Second Spring Farm](#): You will receive Ruby Perfection which is a fancy, fall storage, red head; medium-sized, dense, and a uniform high-round shape with good wrapper leaves. 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: good steamed, stir-fried, or chopped raw into salads or coleslaw.

-How to store: refrigerate for up to 1 month.

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 sorting and washing the orange carrots. These orange 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

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. Thanks to Tantre staff for sorting and cleaning each bulb of garlic.

-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.

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

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.

ORGANIC PEA SHOOTS from [Garden Works Organic Farm](#): You will receive one clamshell of sweet, tender pea shoots. They are soil-grown in two-inch deep trays and go from seed to your salad in roughly three weeks. Pea shoots (also known as microgreens) are the young leaves and stems of traditional pea plants. They add a delicious, mild, sweet flavor to any salad, stir-fry, grain bowl, sandwich or soup/chili! Garden Works is a certified organic, 4.5-acre truck garden and greenhouse farm in Ann Arbor operating year-round with many other kinds of microgreens available throughout the year. Rob lives just a few miles from the Washtenaw Food Hub and has been providing product for the

Ann Arbor Farmers Market, Argus, the Peoples Food Coop, Agricole, and Tantre Farm CSAs for many years. You may contact gardenworksorganic@gmail.com for more information.

-How to use: use as a salad, blended with chopped radishes, turnips, and cabbage, excellent garnish as a soup and almost any other dish, so yummy and tender!

-How to store: store in the refrigerator for up to a week

CAROLA POTATOES from [Tantre Farm](#): yellow potato from Germany; smooth, creamy texture that is good for baking or frying. Thanks to Tantre staff for sorting and cleaning all these roots.

-How to use: good roasted, fried, mashed, or in salads.

-How to store: keep in cool, dark place in paper bag for several months

WATERMELON RADISH from [Tantre Farm](#): an heirloom Chinese variety; 2- to 4-inch, round radishes with unique dark magenta flesh and light green/white skin along with a remarkably sweet, delicious taste.

-How to use: Excellent julienned or thinly sliced and used in a salad; color is vibrant when served raw in a salad or in a veggie plate with some dip; can also be pickled; cooking does minimize the intensity of their color, but can be braised or roasted like a turnip, or mashed like a rutabaga, or sliced as a beautiful garnish to your Chili bowl! See recipes below.

-How to store: Refrigerate in plastic bag/damp towel for 1-2 weeks.

ORGANIC TETSUKABUTO SQUASH from [Second Spring Farm](#): a 5-6 pound Japanese squash; nearly round with dark green rind, slightly mottled and ribbed; sweet and nutty flavor with yellow, thick flesh. 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.

ROASTED POBLANO & SWEET POTATO CHILI from [Juicy Kitchen](#) (vegan & gluten-free): Chili is a robust stew-like dish thought to originate from Mexico, which may include any kind of meat or beans, cooked with red chili peppers, various spices, and other ingredients. It can be served as a main dish, a side, or an ingredient in other dishes. This 16-oz container is filled with Black Beans, Pinto Beans, Sweet Potato, Poblano Peppers, Onion, Bell Peppers, Tomato, Garlic, Vegetable Broth, Lime Juice, Olive Oil, Smoked Paprika, Chili Powder, Cayenne, Cumin, Salt, Pepper. 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 Road just a few miles away, Argus Farm Stops in Ann Arbor, and Agricole Farm Stop in Chelsea!

-How to use: Heat up and enjoy!

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

SOUTHWEST CORNBREAD from [Harvest Kitchen](#) (vegetarian): Cornbread is a

quick bread made from cornmeal, baking powder, and other ingredients with origins in Native American cuisine. It can be sweet or savory, and is often served with soup, stew, or chili. You will receive 2 slices of cornbread, and ingredients include cornmeal, flour, sugar, baking powder, salt, butter, buttermilk, eggs, poblano pepper, and cheddar jack cheese. 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 Sunflower Farm Market.

-How to use: Enjoy this cornbread with Juicy Kitchen's chili!

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

CHILI SEASONING from [Smiling Jim's Seasonings](#): This 1.25-oz package can be added to your chili dish with it's own special blend of organically grown peppers, onion, garlic, certified organic herbs, spices, and kosher salt to bring out the best of the food's flavor with only medium heat. A recipe card will be included in each box to guide you in addition to the recipes included below. Have fun experimenting on making your best chili! Thanks to Jim and Deb Bliss for providing this special addition to your share box for you to create your own chili. Smiling Jim's business started in 2020 in Tecumseh, where they make 10 or 15 other seasoning packets, which are locally grown, crafted and packaged with certified organic herbs & spices in these blends of seasonings, which have no added fillers or artificial ingredients. They are also non-GMO and gluten free. Their many seasonings can be purchased online at www.etsy.com/shop/SmilingJims. Several local grocers sell the seasonings in their stores, including Kapnick Orchards in Britton, several stores in Tecumseh, Monahan's Meat Market in Adrian, Agricole Farm Stop in Chelsea, and Vestagaard Meats and Sunflower Farm Market in Ann Arbor.

-How to use: Provides a great flavor enhancement for vegetables, tofu, tempeh, and all kinds of meat; delicious on roasted veggies, egg dishes, soups, and of course, chili!

-How to store: Keep in spice cupboard for several years.

FETA CHEESE from **Fluffy Bottom Farms**: a fresh, white, soft or semisoft cheese, which is not cooked or pressed but is cured briefly in a brine solution that adds a tangy, salty flavor and made from Calder milk, culture, and salt. This small creamery specializes in hand-crafted cheeses and yogurts along with a limited availability of mozzarella, manchego, camembert, feta, gouda, and gruyere cheeses. We appreciate these dairy items from Fluffy Bottom Farms, which is owned by Inanna Andres & Jack Miles. A few months ago they joined the Washtenaw Food Hub community and moved their creamery onsite, so we are excited to see many more new creations. They have more products at Argus, Agricole, the Saturday Ann Arbor Farmers Market, and the Sunflower Farm Market.

-How to use: very versatile, so put on top of soups, pasta, watermelon, grapes, nuts, potatoes, salads, pizza, or eggs

-How to store: refrigerate following expiration on package

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 18:

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 (chicken parts are new!), 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, along with the last of the eggnog! 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](#). Also Food for Thought salsa and Hummus Goodness is back, and check out our Natural Peanut Butter from Koeze. 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!***

BUTTERNUT SQUASH AND KIDNEY BEAN CHILI (vegetarian version adapted from <https://threemanycooks.com/rec...>) Serves: 6

2 tablespoons vegetable or canola oil

1 large **Second Spring's onion**, cut into medium dices

3 garlic cloves, minced

2 **Tantre's carrots**, chopped

2 tablespoons chili powder

1 tablespoon smoked paprika

1½ teaspoons dried thyme leaves

1 can (14.5 ounces) petite-diced tomatoes

2 generous cups bite-size diced butternut squash (or **Second Spring's Tetsukabuto squash**)

2 cans (15 to 16 ounces each) kidney beans, drained or (*1-2 cups **Ferris's dried kidney beans**, cooked)

1 quart vegetable broth

1 can (13.5 ounces) coconut milk

½ cup thinly sliced scallion, white and green part

¼ cup chopped fresh cilantro

1 **Tantre's watermelon radish**, thinly sliced (optional)

Heat oil in a soup kettle over medium-high heat. Add onions and carrots, sauté until softened, about 4 minutes. Add garlic, chili powder, paprika, and thyme; sauté until fragrant, about a minute. Add tomatoes; stew to reduce slightly, a couple of minutes longer. Add squash, **kidney bean, broth, and coconut milk; bring to a simmer. Reduce heat to medium-low and simmer, partially covered, until squash are tender and flavors blend, about 15 minutes. Turn off heat and stir in scallions and cilantro; let stand to blend flavors, a few minutes longer. Serve, garnishing with extra scallions, cilantro, sliced **watermelon radishes**.

**Note: If a recipe calls for two 15-oz cans, you'll need about 1 cup of dried beans to turn into the 2+ cups worth of cooked beans.*

***Note: Presoak overnight and bring water and beans to a simmer and cook for 45 min. to an hour until tender and creamy.*

CHILI CON CARNE (meat version from <https://www.food.com/recipe/ch...>)

1 lb lean ground beef

1 cup **Second Spring's onion**, chopped

1 **Tantre's garlic** clove, minced

3 cups **Second Spring's cabbage**, finely shredded

2 cups celery, chopped

1/2 cup green pepper, diced

1 (28 ounce) can tomatoes, diced (do NOT drain can)

1 (7 1/2-ounce) can tomato sauce

1 (19-ounce) can kidney beans, drained and rinsed (or 1 cup **Ferris's dried kidney beans**, soaked overnight and pre-cooked)

1.5 tablespoons chili powder

2 tsp oregano

In a large sauce pan or Dutch oven cook beef, onion and garlic until browned and done. Drain the fat. Add cabbage, celery, green pepper, tomatoes with their juice, tomato sauce, kidney beans and seasonings. Cover and simmer over for 45 minutes, stirring occasionally.

ETHIOPIAN CABBAGE DISH (from <http://m.allrecipes.com/recipe...>) Serves 5

1/2 cup olive oil

4 **Tantre carrots**, thinly sliced

1 **Second Spring onion**, thinly sliced

1 tsp sea salt

1/2 tsp ground black pepper

1/2 tsp ground cumin

1/4 tsp ground turmeric

1/2 head **Second Spring cabbage**, shredded

5 **Tantre potatoes**, peeled and cut into 1-inch cubes

Heat the olive oil in a skillet over medium heat. Cook the carrots and onion in the hot oil about 5 minutes. Stir in the salt, pepper, cumin, turmeric, and cabbage and cook another 15-20 minutes. Add the potatoes; cover. Reduce heat to medium-low and cook until potatoes are soft, 20-30 minutes.

PEA SHOOT, RADISH & APPLE SALAD (adapted from <https://parlatodesign.com/2012...>)

1 large handful of **Garden Work's pea shoots**

4 large radishes (or 1-2 medium **Tantre's watermelon radishes**), julienned

1 tart **Kapnick Orchards apple**, julienned

1 tb sesame oil

1 tb rice or white wine vinegar

1 tsp sesame seeds

1 tb toasted pepitas

Use a mandolin/julienne slicer or your expert chef knife skills to cut the apple and radishes into matchstick slices. Roughly chop the handful of pea shoots into 1" pieces. Toss everything in a salad bowl, adding the oil, vinegar, sesame seeds and pepitas. Toss to mix and coat through. Feel free to add a few **Sell Farm lettuce leaves** to this salad for extra texture and flavor.

POTATO, KALE, AND FETA BOUREKAS (from

<https://thekitchensinkblog.com/potato-kale-and-feta-bourekas-2/>)

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

1 cup chopped kale

3 Tbsp olive oil

2 cups mashed **Tantre's potatoes**

½ cup **Fluffy Bottom's 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 12×12" square. Cut the pastry dough into 4" squares. Place 2 tbsp of the potato filling in the center of each square, spreading it out to ¼ 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. Feel free to garnish with a few chopped

Garden Work's pea shoots.

TETSUKABUTO SQUASH PIE (from [Backwoods Home Cooking](#))

1 9-inch unbaked pie shell

2 cups mashed & pureed **Second Spring's Tetsukabuto squash**

1/2 tsp vanilla

10 oz evaporated milk

1/4 cup brown sugar

2 Tbsp unbleached flour

1/2 tsp nutmeg

1/2 tsp ginger

1/3 cup chopped pecans

Thoroughly mix pulp, vanilla, and milk. Mix sugar, flour, nutmeg, and ginger together and stir into the wet mixture. Pour into the pie shell and bake in 375 degree oven until the middle of pie is almost firm but still sticky. Remove from the oven and sprinkle with pecans. Continue baking until a straw inserted in the center comes out clean. Entire baking time takes 40-45 minutes.

Hope you stayed safe and warm enough this week! We look forward to seeing you next week for the Immune Booster's Week #203 with pick up on Sat. January 25 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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