



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 207) Share February 22, 2025

Welcome to Week #207 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: When you are bringing your payments with CASH, please bring EXACT AMOUNT in a labeled envelope. 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

In the cold, dark night near the pattering flames of the wood stove, we add more catalpa wood chunks, which we split in the snow earlier that day. We feel a sense of security having a stack of logs nearby, knowing that we just have to get through this short, cold spell before the warm days will eventually come.

For now we are content to have a crunchy, crispy layer of snow under our feet as we head back to the packing shed in the early morning twilight each day. As we trudge down to the root cellar through the shin deep snow to grab some carrots and radishes, we notice the potato washer buried with a thick snow blanket. The cellar doors are hard to pull open laden with snow and ice. When inside though it feels cozy and checking the thermometer, we find it hovering around 35 degrees which is just fine, because the potatoes will sprout if it is much warmer. Weaving in and out among the wooden crates of potatoes, carrots, radishes, and turnips, we select some crates and sit down to sort these roots before we wash, pack, and then deliver them to town.

This is certainly a simple treasure chest of seasonal sustenance to feed ourselves, our friends, and our neighbors in the surrounding communities. As we carry the carrots and radishes up to the packing shed to be washed and close the doors to the root cellar to keep in the optimum warmth and coolness, we are struck by the bright sky and the dazzling snow from the morning sun rising on the horizon. Once in a while, we can hear the trill of the morning cardinal song or the honking call of the Canadian geese. Between sorting, washing, and packing orders and chopping firewood along with a myriad array of other tasks, our days are full in the winter. We watch the early morning birds jump from log to log looking for larvae in the wood that we are splitting knowing that soon this

beautiful snow will be gone. In the next few weeks we will be looking forward to planting some seeds that will eventually transform into seedlings in the greenhouse. The rising temperatures will warm the root cellar making it no longer optimal for storage, and a new season will be here for us to observe and to gain renewed affection for this place.

We hope you are warmed by El Harissa's Lablabi, and enjoy the immune boosting properties of Juicy Kitchen's Power Salad, along with the flavorful Basil Hummus from Harvest Kitchen, accompanied by the Pita Bread from our new friends at Yasmeen Bakery. Thank you for supporting our farmers at Second Spring Farm, Kapnick Orchards, Sell Farms, Garden Works, and of course Tantre Farm. We hope that you can find new ways to observe the world around you and be warmed by hope, knowing that we will get through this cold spell and the warm days will eventually come with a new dawn.

THIS WEEK'S SHARE ITEMS:

FUJI, GALA, or PINK LADY APPLES from [Kapnick Orchards](#): You will receive a mix of 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), Gala (a popular apple cultivar with a sweet, mild flavor, crisp texture, and a striped or mottled orange or reddish appearance ; good for snacking, baking, juicing, freezing, and adding to salads. They are also especially suitable for creating sauces), 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). Thanks to Scott of Kapnick Orchards, who supplies apples, pears, and other products year-round at their farm market in Britton, MI. They can also be found at the Argus Farm Stops and Agricole Farm Stop, the Ann Arbor Farmers Market, the Saline Indoor Farmers Market, and 3 winter markets in Canton.

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

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

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.

ORGANIC RAINBOW CARROTS from [Second Spring Farm](#): A carrot is a root whose skin color can be white, red, purple, or yellow, but more commonly known for their bright orange color; high in all kinds of various nutrients based on their color. Thanks to Second Spring Farm with description above.

-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

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. This will be the end of the garlic, as it's storage season is nearing its end. *TIP: If by chance, we haven't caught all the soft ones, please remove the skins and cut off any bad parts and mince the rest of the cloves, storing them in freezer bags or mixed with olive oil in jars to store in the freezer or the refrigerator to preserve the last bits of garlic from 2024. So delicious!!*

-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. See above for long term storage.

ROMAINE LETTUCE from [Sell Farms & Greenhouses](#): upright, dense heads produce long, uniform hearts with good flavor; organically grown and hydroponic greens that are rich in calcium, iron, and vitamins A and C. Thanks to Dean and Susan Sell, the owners of this family-owned business in Ypsilanti. 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 use in soups or smoothies.

-How to store: refrigerate in plastic bag for 3-5 days.

ORGANIC RED ONIONS from [Second Spring Farm](#): You will receive Rossa di Milano (classic Italian storage onion; strong, bronze-pink skins; an excellent cooking onion adding sweetness and pungency to any cuisine). Thanks to Second Spring Farm with description above.

-How to use: Great for salads, soups, stews, egg dishes, 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 pea 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 or sandwich. 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.

DAIKON RADISH from [Tantre Farm](#): You will receive Red King (looks like an

overgrown carrot with brilliant red skin and white inside; mild, crisp, and juicy; good, sweet, eating quality). Thanks to Tantre Farm crew for sorting, washing, and packing these roots.

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

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

NO SWEET POTATOES, SO SUBSTITUTION OF ORGANIC TETSUKABUTO SQUASH & RED FINGERLING POTATOES from [Second Spring Farm](#) and [Tantre Farm](#):

Unfortunately due to a slight miscalculation we will not be able to provide sweet potatoes this week, so rather we are substituting not 1 but 2 items to make up for this oversight. You will receive [Tetsukabuto Squash](#) (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. You will also receive [AmaRosa Red Fingerling](#) (small, oblong potatoes with smooth, ruby red skin and speckled red flesh; have a firm texture, nutty, earthy flavor; good for roasting, potato salads, and pair well with fresh herbs, garlic, and olive oil). Thanks to Tantre Farm crew for sorting, washing, and packing.

-How to use: both are great roasted, boiled, steamed, and mashed; add them to soups, stews, or salads

-How to store: Both can be stored at room temperature. Keep the potatoes in the dark, so they don't turn green.

WHITE TURNIPS from [Second Spring Farm](#): White turnips are a root vegetable with white skin and flesh with a somewhat spicy flavor that works well in braises and stews; a member of the brassica family and are related to rutabagas.

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

-How to store: roots can last several weeks in refrigerator.

LABLABI (*vegan & gluten-free*) from [El Harissa](#): Lablabi, is a traditional Tunisian Chickpea Soup or Stew. This hearty North African meal features chickpeas, garlic, lentils, kale, onions, canola oil, salt, and warm spices, and is paired nicely with the Yasmeeen Bakery pita bread in your box. Lablabi is traditionally served quite simply, since it's a dish meant to provide sustenance for cold days, using frugal ingredients, which is perfect for these cold, winter Michigan days. Thank you to Khaled and Susan Houamed and their children Yusef and Yasmin of 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.

-How to use: Heat and enjoy!

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

POWER SALAD (*vegan & gluten-free*) from [Juicy Kitchen](#): Power salads are healthy, vegetarian salads that are full of fresh produce and protein. They are designed to keep you feeling full and energized. These ingredients include kale, sweet potatoes, black beans, caramelized onions, sun-dried tomato vinaigrette (sun-dried tomatoes, water, garlic, red wine vinegar, dark balsamic). Thanks to Aaron, Kelby, and all the kitchen staff at Juicy Kitchen. They sell their prepared foods with an online menu or at their location on Maple Rd, Argus Farm Stops in

Ann Arbor, Agricole Farm Stop in Chelsea, and at several other places in the area!

-How to use: Enjoy with an entrée or serve it as a dinner salad!

-How to store: Best eaten fresh, but can be stored in refrigerator for about 2-3 days.

BASIL HUMMUS from [Harvest Kitchen](#) (vegan and gluten-free): Hummus is a smooth and creamy puree of cooked chickpeas (garbanzo beans), tahini and an acid, typically lemon juice. In this case, Keith from Harvest Kitchen has created 8-ounces of a pesto-like flavor by adding a basil twist to homemade hummus with the following ingredients of chickpeas, olive oil, garlic, tahini, lemon, basil, salt, and pepper. 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 Food Hub Farm Market. You can also order their products from their website from an online menu and they even will do home deliveries to your door!

-How to use: Perfect for dipping Second Spring carrots, Tantre daikon radishes, and Yasmeen Bakery's Pita Bread.

-How to store: can be stored in an airtight container in the fridge for about 3 to 4 days.

PITA BREAD (10-piece) from [Yasmeen Bakery](#): a round flatbread originating from the Middle East; made from whole wheat flour, water, yeast, and salt, and is often leavened; known for its unique texture, with a crispy crust and a soft, chewy interior. Thanks to Ahmed who runs the New Yasmeen Bakery founded in 1986 in Dearborn, MI, which is an authentic Lebanese Bakery/Restaurant with a wide variety of dishes. He comes from a long line of bakers in Lebanon. Khaled from El Harissa highly recommends this pita for its genuineness and sells it in his little market.

-How to use: perfect for dipping into **Harvest Kitchen's basil hummus** or **El Harissa's Lablabi**; excellent in many wraps and can be eaten in many other ways

-How to store: best eaten fresh, but can be stored in an airtight container at room temperature for a few days. It can also be easily frozen for later use.

ANNOUNCEMENTS

1. TANTRE SUMMER CSA 2025 REGISTRATION IS OPEN: When you become a Summer CSA member, you will receive 18 weekly distributions of fresh, nutritious produce for \$680 beginning the week of May 25-May 31 and ending the week of September 21-27. That's approximately \$38 (often with a \$50 real value) of groceries every week! On top of that, if you sign up anytime before the last day of February, you can take advantage of the Early Bird discount. During checkout apply the coupon code **2025EARLY** and you will receive a \$25 discount if you sign up by February 28. Please go to our website for more information [HERE](#) or sign up directly through this [SIGN UP LINK](#). You will have from now until May 24 to register. Please let us know if you have any questions. *Hope to see you this summer in 2025!*

2. STILL SPACE!! DISCOUNT FOR TANTRE MEMBERS - 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 will cost \$60 and **if you are a Tantre CSA member, there is a 20% discount on all classes if you use the code TANTRE at checkout!** You may register here: <https://www.willforageforfood.com/store/p/foraged-medicine-cabinet>

3. SUNFLOWER FARM MARKET IS OPEN on February 22: 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. NEW ITEMS!! We will have a few extra Pita Bread from Yasmeen Bakery, as well as more lettuce and pea shoots, but we are most excited about carrying Detroit Breakfast Sausage from [Marrow Detroit Provisions](#). We also will 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 spritzer and NEW PRODUCT Bea's Squeeze Hibiscus Lemonade, [Kapnick Orchards](#) Apple Cider and apples, and [Calder Dairy](#) regular milk. 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, Hummus Goodness and Srodek's Polish Mustard and more Srodek's pierogis are 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!

4. DO YOU LIKE TO WORK OUTSIDE? TANTRE IS HIRING! We are looking for part-time and full-time workers who are interested in getting their hands dirty and enjoy healthy, hearty, hard work. We provide home-cooked lunches every day with food from the farm. Room and board are available for full time work, and part time work is available as well for an hourly wage. Please email us or fill out an application from our website at <https://www.tantrefarm.com/int...>

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!***

SESAME ROASTED TURNIP SALAD WITH QUINOA (from <https://naturallyella.com/roas...>)

1 large **Second Spring turnip**, cubed
1-2 **Second Spring carrots**, cubed
1 clove **Tantre garlic**, minced
1 tablespoon olive oil
2 teaspoons sesame seeds
2 teaspoons honey
1/4-teaspoon sea salt
1 tablespoon soy sauce
2 tablespoons minced cilantro
4 to 5 handfuls **Sell Farm lettuce**, chopped
1 cup cooked quinoa
1/4-cup green onion (or **Second Spring red onion**), diced
2 teaspoons sesame seeds
2 tablespoons rice vinegar
1 teaspoon toasted sesame oil

Preheat oven to 375° F. Cut turnips and carrots into 1/4" cubes and place in a bowl. Add minced garlic, olive oil, sesame seeds, honey, and sea salt: toss until well combined. Spread turnips out into a single layer in a roasting pan and bake for 25-30 minutes until caramelizing and turnips are tender. Remove turnips from oven and add the soy sauce and cilantro to the roasting pan. Let cool. To assemble salad, toss the cooled turnips with the lettuce, cooked quinoa, scallions and sesame seeds. Whisk together the vinegar and sesame oil then pour over the salad. Toss until everything is well combined.

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 daikon 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.

BRAISED CABBAGE, APPLE, AND ONIONS (from <http://www.marthastewart.com/3...>) Serves 4

1 Tbsp butter

1 medium **Second Spring red onion**, halved and thinly sliced

1 **Kapnick's Gala or Fuji apple**, halved, cored, and sliced

1 head **Second Spring red cabbage**, cored, quartered, thinly sliced

Coarse salt and ground pepper, to taste

3 Tbsp cider vinegar

4 tsp sugar

1/2 cup water

In a large Dutch oven or heavy pot, melt butter over medium. Add onion and apple; cook, stirring, until onion softens, 4-6 minutes. Stir in red cabbage and season with coarse salt and ground pepper. Add cider vinegar, sugar, and water. Bring to a boil; reduce to a simmer, cover, and cook until cabbage is tender, 20-25 minutes. Season with salt, pepper, and sugar.

ORIENTAL STYLE CABBAGE AND PEA SPROUT SALAD (from

<https://www.tomatoblues.com/oriental-style-cabbage-and-pea-sprout-salad/>) Serves 2

1 cup **Second Spring red cabbage**, shredded

1/2 cup **Garden Works pea shoots**

1 small celery sticks, sliced thinly

2 tbsp roasted peanuts

For the dressing:

1 tbsp sesame oil

1 tbsp soy sauce

1 tsp grated ginger

1 clove **Tantre garlic**, grated

1 tbsp lemon juice

1 tsp white pepper, crushed

salt to taste

1 tsp brown sugar

1 tbsp coriander (cilantro) leaves, chopped finely

Combine all the ingredients for the dressing in a large bowl. Whisk thoroughly until well incorporated. Now, add cabbage, celery and pea sprouts. Toss well making sure the dressing and the veggies are mixed well. Add roasted peanuts just before serving.

BRAISED DAIKON (from Winter Harvest Cookbook) Serves 4

1 **Tantre Daikon radish**, peeled and diced

2 Tbsp light cooking oil

1 tsp sugar (or honey)

1 1/2 Tbsp soy sauce

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

WINTER VEGETABLE CHOWDER (from 366 Simply Delicious Dairy Free Recipes by Robin Robertson) Serves 6

1 tsp canola oil

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

1/2 cup celery, chopped

1-2 medium **Second Spring rainbow carrot**, chopped
1/2 cup **Second Spring turnip**, chopped
1-3 **Tantre Red Fingerling potatoes**, chopped
1-2 cup **Second Spring winter squash**, peeled and chopped
1/2 cup sweet red or green pepper, chopped
1 tsp **Tantre garlic**, minced
3 cups vegetable stock or water
1/2 tsp minced fresh thyme, or 2 Tbsp parsley, chopped
2 cups kale (or **Second Spring's cabbage**)
1 cup unsweetened soymilk
Salt and pepper, to taste

Heat the oil in a large saucepan over medium heat and cook onions, celery, turnip, and carrot for 5 minutes. Add potatoes, squash, bell pepper, garlic, stock or water, and herbs. Reduce heat and simmer for 20 minutes or until vegetables are tender. Boil greens in lightly salted water for 3-5 minutes. Drain and set aside. Puree soup in a blender (or use a stick blender in saucepan) until smooth. Return to saucepan. Stir in the soymilk, cooked greens, and salt and pepper to taste. Slowly heat the soup, being very careful not to boil. Serve with garnish of **Garden Works pea shoots** on top of each bowl of soup and a side of **Yasmeen Bakery Pita Bread**.

Hope you are enjoying the snow this week! We look forward to seeing you next week for the Immune Booster's Week #208 with pick up on Sat. March 1 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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