



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 203) Share January 25, 2025

Welcome to Week #203 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

This third week of January celebrates Martin Luther King Jr's birthday with a national holiday, which perhaps can bring joy and hope in the midst of these frozen days of winter. We have had a blast of the arctic with -9 degrees Fahrenheit on one of the nights this past week, but wind chills hit as low as -25 degrees with this polar vortex being one of the most widespread in recent history.

Yet, we have just had the slightest taste of the true arctic climate that parts of Alaska, Canada, Greenland, Norway, Sweden, Finland, and Siberia experience regularly. The ancient peoples of the north depended on one another, perhaps more than in any other culture. They developed a way of life over many thousands of years to survive months of below zero weather. If a person had a long way to walk in the arctic between villages kind hospitality would be offered. If you showed up cold, frozen, and hungry as a stranger, you would still be welcomed, and you would be fed what the village had stored or dried many months previously, along with a dependency on the fish, seals, whales, caribou, birds, and polar bear that inhabit the north. Being adapted to the cold does not allow for a wide culinary diet. The traditional Inuit would eat some berries, seaweed, and other plants, but mostly animals were used for survival with very little going to waste. The oil lamps were made from tallow or seal blubber. The hides and fur were used for clothing. The bone and antlers were used for tools and weapons. These indigenous cultures survived and subsisted for thousands of years on a very limited diet in the winter and they helped each other. If only we could learn from these ancient people's wisdom and help each other learn to adapt and become native to our place as we adjust to a changing world around us.

If we're lucky, this week may be the end of the coldest weather for the rest of the season. Next week it looks like it will be a warm up for a few days. Warm enough for the squirrels to come out and find their hidden nuts, and if the nights are warm the possums and coons may wake up if only for a few days looking for an easy to find feast of nuts, seeds, and rodents.

On these lonely, dark days it is so cozy to sit next to the wood stove and browse through the pages of our cookbooks looking for warming foods to take away the desolation of the gray days. We hope you can find some warmth in the recipes we have included at the end of this newsletter with the satisfying crunch and amazing sweetness of storage crop salads, the tender juiciness of broiled mushrooms, along with the long lasting, aroma of a hearty soup.

We appreciate the farmers, who have supplied you with the storage crops and fresh vegetables from Sell Farms, Second Springs Farm, Two Tracks Acres, Kapnick Orchards, and Tantre Farm. We also are looking forward to the flavor and nutrition of the value-added foods from Srodek's in Hamtramck, and the Brinery and White Lotus Farms in Ann Arbor. Without the skills and talents of this local food sourcing community, we would be very cold indeed! Thanks for warming up with us, and hope you find time this winter to feed a stranger with a little bit of kindness.

THIS WEEK'S SHARE ITEMS:

BRAEBURN & PINK LADY 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 [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; one quarter of your daily recommended dose of vitamin C, fiber for digestion, and antioxidants to fight against premature ageing). 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.

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 our former Tantre 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 Farm Stops.

-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

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.

RED LEAF & ROMAINE LETTUCE from [Sell Farms & Greenhouses](#): You will receive 2 heads of organically grown, hydroponic greens with 1 head of Red Leaf Lettuce and 1 head of Romaine Lettuce 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 (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), 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. Thanks to our former Tantro interns (2011+) and now farmers, Taik and Stephanie, growing 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 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 POTATOES from [Tantre Farm](#): an heirloom potato with deep blue skin and flesh; moist texture; perfect in salads, baked, or boiled) *Interesting note: Most blue fleshed cultivars contain 90 times more antioxidants than white tubers, and the antioxidants in potato tubers are enhanced by cooking them. 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

PURPLE DAIKON RADISH from [Tantre Farm](#): You will receive 1 or 2 roots of [K-N Bravo](#) (looks like an overgrown carrot with internal color ranging from pale purple to white with purple streaks; has a slightly mild radish taste; crunchy and sweet texture; good macrobiotic root that is good for the gut).

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

ORGANIC SUNSHINE KABOCHA SQUASH from [Second Spring Farm](#): a red-orange, flat-round fruit with dry, sweet, bright orange flesh; 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.

POTATO & CHEDDAR CHEESE PIEROGI from [Srodek's Campau Quality Sausage Co.](#) (vegetarian): A pierogi is one or more dumplings of Polish origin, made of unleavened dough filled with meat, vegetables, or fruit and boiled or fried or both. It is one of Poland's greatest dishes and an eastern European favorite. This variety is filled with Flour, Water, Milk, Pomace Oil, Vegetable Glycerine, Potato, Cheese, Pepper, Onion, Butter, Salt, Spices and comes with 12 pieces in a packet. Srodek's Campau Quality Sausage Co. is a second generation family owned and operated business located in the heart of the immigrant community of Hamtramck. They specialize in an excellent selection of homemade and import products that are rich in tradition and quality. They sell many quality Polish products all around the area, including the Ann Arbor Farmers Market and Argus Farm Stop. See their website for more locations. Go visit their restaurant and bakery in Hamtramck to try many other Polish items.

-How to use: use as a main dish or a side dish. If you have the time, boil the frozen pierogies first, to get the pasta perfect for sautéing. However, it's not a must—you can also cook frozen pierogies right in the skillet without boiling them—and they will turn out delicious. Follow directions on the package. Add a dollop of sour cream.

-How to store: store in freezer for up to 6 months to a year.

FAIR N' BY SAUERKRAUT from [The Brinery](#) (vegan & gluten-free): As basic it gets, this simple, yet tasty and super healthy sauerkraut is composed of organic green cabbage, filtered water, and sea salt. Thanks to David Klingenberger and the Brinery staff for bringing this sauerkraut to you. The Brinery is a local foods business, specializing in naturally fermented local vegetables and operated by long time Tantré farmer/alum (2001+), David Klingenberger. Their products are available in many stores in the area, including Whole Foods, Plum Market, Arbor Farms, the Argus Farm Stops in Ann Arbor, and Agricole in Chelsea, etc. We carry many of their varieties of sauerkraut, pickles, kimchi, and tempeh at Sunflower Farm Market in Ann Arbor.

-How to use: use as a condiment with any dish, especially meat dishes, salads, roasted veggies, sandwiches or **along side Srodeks's pierogis.**

-How to store: refrigerate for up to 1 year or longer depending on how you like the flavor, since it will get stronger with more age. **NOTE: This sauerkraut jar has NOT been canned, so STORE IN REFRIGERATOR.*

TAHINI GINGER GRAIN BOWL from [White Lotus Farms](#) (vegan & gluten-free): This 16-oz grain bowl is a meal made with a cooked legume base, protein, vegetables, and other toppings, typically served in a bowl. Grain bowls can be eaten hot or cold, and are a good source of nutrition. Ingredients include lettuce, sunflower shoots, beluga lentils, chick peas, sweet potato, dates, tahini, sesame oil, candied ginger water, harissa, lemon juice, salt, tamari. Thanks to Byron and his staff for all their efforts at harvesting and creating this beautiful salad straight from the hoop houses at White Lotus Farms. They set up a stall in the Kerrytown Farmers Market every Wednesday and Saturday. They sell many of their products around town and especially at their farm on Liberty St. in Ann Arbor. Check out the website above to find out more about them.

-How to use: Open and ready to go! **Can be added to Sell Lettuce for extra greens flourish!**

-How to store: Keep in refrigerator for 5 to 7 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 25: 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, 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!

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**

BROILED MUSHROOMS (from www.recipes.wikia.com) Serves 2-3

1 lb fresh **Two Tracks oyster mushrooms**, stems removed
6 Tbsp fresh lemon juice
4 garlic cloves, finely minced
4 Tbsp flat-leaf Italian parsley, coarsely chopped
2 Tbsp olive oil
Salt and black pepper, to taste

Preheat the broiler. Clean the mushroom caps with a damp paper towel. Save the stems for stock or to flavor sauces. In a small bowl, combine 4 tablespoons of the lemon juice, the garlic, 3 tablespoons of the parsley, and the oil and pepper. Mix well. Line a 17x11-inch jelly roll pan with foil. Arrange the mushrooms, top side up, on the foil, and brush generously with the lemon juice mixture. Place the mushrooms 4-inches from the heat and broil until just tender, 5-7 minutes. To serve, sprinkle the mushrooms with the remaining 2 tablespoons lemon juice, 1 tablespoon of parsley, salt and pepper to taste.

TURKISH CELERIAC SOUP (from <https://foodandjourneys.net/tu...>) Serves 5.

For Soup:

2 tbsp olive oil
1 medium **Second Spring's onion**, thinly chopped
2 cloves garlic, minced
1 medium **Second Spring's carrot**, cubed
1/2 kg **Second Spring's celeriac** (about 1 lb), cubed
4 cups stock (vegetable or chicken)
salt and pepper, to season
1/8 tsp chili flakes
1/2 cup plain yogurt
2 tbsp fresh dill, roughly chopped

For Sauce:

3 tbsp olive oil
3 cloves garlic, crushed
3 tsp dried mint

Use a medium-sized pan to heat olive oil over medium-high heat. Once the oil is ready, add onion and garlic and cook until the onions have slightly softened. Add the carrots, celeriac, stock, chili flakes, salt, and pepper. Mix. Cover the pan with a lid, then bring to a boil. Adjust the heat to medium-low and continue simmering until the vegetables are cooked. Take the saucepan off the heat, then use an immersion blender to puree the soup. Once you get a smooth texture, add the yogurt, mix, then taste and adjust seasoning. Place the saucepan back on the heat, covered, then bring to a boil. Turn the heat off, then transfer soup into bowls for serving. Serve your Turkish celeriac soup with garlic and mint sauce --- and more fresh dill, if desired. To prepare sauce: Place a medium-sized skillet on medium-high heat, then add the remaining olive oil. When the oil is ready, add the smashed garlic and cook until they turned darker. Add the dried mint, mix, then take the skillet off the heat. Set aside for serving.

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

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

1/2 cup orange juice
3 firm tart **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.

APPLE DAIKON RADISH SALAD (from <https://diaryofamadhausfrau.co...>)

1-2 **Tantre's Daikon radishes**
1 green bell pepper
1 large **Kapnick's apple**
2 tablespoons apple cider vinegar
3 tablespoon apple juice
2 tablespoons vegetable oil
1 tablespoon walnut oil
1 pinch sugar
Salt and freshly ground black pepper to taste
1/3 cup Chopped raw walnuts
1/4 cup fresh Lemon Balm leaves (optional)

Peel the radish, cut into coins or sticks, your preference. Quarter the pepper, remove the stalk, seeds and the white partitions, cut into quarters in fine strips. Wash core, and quarter the apples. Remove the cores and cut the quarters into thin slices. Whisk together the cider vinegar, apple juice, walnut, and vegetable oils. Season with sugar, salt, and freshly ground pepper. Toss the radish, pepper, apple slices and walnuts with the dressing. Let it rest for 20 minutes. Season again and garnish with lemon balm.

BLUE POTATO HASH BROWNS (from [www.garden-wiki.org/index.php5?topic=BLUE POTATO](http://www.garden-wiki.org/index.php5?topic=BLUE_POTATO))

2 large (or 3 medium) **Tantre's blue potatoes**
1 medium **Second Spring's onion**
1 green bell pepper
Your favorite cheese
Salt, to taste
Canola oil

Dice potatoes with a knife into small cubes (or shred for variety). Dice or slice onions and pepper. Place the above onto a hot skillet and add a few tablespoons of oil. Salt to taste. Cook them until they've been browning for a few minutes. Slice or shred cheese and toss onto hash browns just before removing them from the skillet to melt it. That's it. Eat it. *Add with **Srodeks's pierogis** or **the Brinery's sauerkraut** and always a salad.*

AUTUMN MINISTRONE (from [Moosewood Restaurant Daily Special](#) by the Moosewood Collective) Serves 6-8.

2 Tbsp vegetable oil
1 cup chopped **Second Spring's onions**

2 garlic cloves, minced or pressed
2 1/2 cups **Second Spring's kabocha squash**, peeled and cubed
2 celery stalks, diced
1/2 cup peeled and diced **Second Spring's carrots**
2 1/2 cups cubed **Tantre's blue potatoes**
1 tsp dried oregano
2 tsp salt
1/2 tsp black pepper
6 cups water
4 cups chopped kale/collard greens
1 1/2 cup cooked (or 15 oz can) cannellini beans

Warm the oil in a large soup pot on medium heat. Add the onions and garlic, and sauté for 5 minutes. Add the squash, celery, carrots, potatoes, oregano, salt, pepper, and water; cook for 10 minutes or until potatoes are almost done. Add the kale and beans (drained) and simmer for another 5–7 minutes, until the kale is tender and the beans are hot.

Hope you stayed safe and warm enough this week! We look forward to seeing you next week for the Immune Booster's Week #204 with pick up on Sat. February 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@tanrefarm.com.*

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