



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 204) Share February 1, 2025

Welcome to Week #204 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 seems like the geese never left for the winter. One afternoon I watched a large V formation flying in the sky towards the sunset. I mentioned it to my neighbor a few days later, and he mused that there must be some open water nearby. Maybe a spring fed pond? Maybe the river?

Then one day as I was driving around town, I saw a few geese just sitting in the snow in a park. As I drew closer, I noticed they were gathering near a small, open pond with an actual fountain squirting water, and there were other geese bounding in and out of the water, circling it with glee. I could hear their voices honking back and forth. It didn't seem like there was much green sustenance around to feed them, and I couldn't see much algae in the water for them to eat. I wondered if they were living off the fat of the summer grasses and keeping warm with their downy feathers. As my late father in law would say, they must have been eating rabbit tracks and wind pudding as the wind carried their voices away in the late afternoon.

We hope you find sustenance with the variety of produce and breakfast items below instead of just "rabbit tracks and wind pudding"! We have added some delicious recipes below with yummy food combos for this beginning of February Breakfast Bliss. Thanks to all of our partners at Sell Farms and Greenhouses, Second Spring Farm, Kapnick Orchards, Harvest Kitchen, Fluffy Bottom Farms, Michigan Farm to Freezer, and our crew at Tantre Farm for providing all these wonderful, local connections to our earth, our animals, and our community.

THIS WEEK'S SHARE ITEMS:

EVERCRISP & GALA 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 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). 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.

FROZEN BLUEBERRIES from Michigan Farm to Freezer: prepared from properly ripened fresh fruit and flash frozen. Blueberries are rich in antioxidants and full of vitamins and minerals; may help lower cholesterol; delicious in many dishes. Michigan Farm to Freezer specializes in the preservation of Michigan-grown produce through freezing, operating within the food processing and agriculture industry. The company offers a range of frozen fruits and vegetables, ensuring peak freshness and traceability from field to kitchen. They primarily cater to grocery stores and institutional buyers seeking high-quality, frozen produce sourced from Michigan farms. It is based in Detroit, Michigan.

-How to use: excellent snack, uses in smoothies, ice cream, cheesecake, pancakes, oatmeal, or baked as a fruit crisp with pears and apples (hint! hint!).

-How to store: will last 10-12 months in a freezer

ORGANIC GREEN CABBAGE from Second Spring Farm: a sweet green cabbage; considered a beneficial digestive aid and intestinal cleanser; cabbage has a good amount of vitamins A and C, calcium, potassium, and magnesium. 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.

-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.

GREEN LEAF 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 SWEET POTATOES from [Second Spring Farm](#): these are edible roots related to the morning-glory family that have dark red-orange skin with a vivid orange, moist, sweet flesh; high in vitamins A & C. Thanks to Second Spring Farm with farm description above.

-How to use: prepare like potatoes--baked, boiled, sautéed, fried; can be made into pies, waffles, pancakes, breads, and cookies.

-How to store: store in a cool, dark place like winter squash. Note: Do not store in plastic or in fridge, unless cooked.

ROOT MIX BAG (potatoes, parsnips, turnips) from [Tantre Farm](#) and [Second Spring Farm](#): You will receive a small variety of roots including [AmaRosa Red Fingerling](#) (small, oblong potatoes with smooth, ruby red skin and speckled red flesh; have a firm texture, nutty, earthy flavor, and are high in nutrients like potassium, vitamin C, and dietary fiber: good for roasting, potato salads, and pair well with fresh herbs, garlic, and olive oil from Tantre Farm), [Parsnips](#) (long, cylindrical, creamy-white roots with sweet flavor; contain small amounts of iron and vitamin C from Second Spring Farm), and [Purple Top Turnips](#) (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 from Second Spring Farm).

-How to use: good for roasting, mashing, steaming; excellent in pot roasts, soups, and stews.

-How to store: refrigerate in plastic bag/damp towel for up to 1 month or more

ORGANIC STARRY NIGHT ACORN SQUASH from [Second Spring Farm](#): a new variety of acorn squash developed in Maine; unique, pixelated color pattern with speckled and green skin with a smoother, less stringy texture than traditional acorn squash. Thanks to our former intern (2003)-turned-farmer, Reid Johnston, and his staff from Second Spring Farm for growing it.

-How to use: excellent baked, steamed, or stuffed, 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.

BREAKFAST HASH from [Harvest Kitchen](#): This one pint of nutritious, delicious hash is perfect for breakfast layered with color and flavor. Ingredients include potatoes, turnips, butternut, parsnips, carrots, onion, garlic, shallot, green onions, parsley, olive oil, salt & pepper. Thanks to 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, etc. at the Sunflower Farm Market.

-**How to use:** See Reflections from Carrin above for ideas on how to use.

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

PLAIN YOGURT from **Fluffy Bottom Farms**: Plain yogurt is a dairy product made by fermenting milk with bacteria cultures. The fermentation process thickens the milk and gives yogurt its tangy flavor. Yogurt can be used for many recipes, often used as a healthier substitute to mayonnaise, sour cream or crème fraîche. This 32-oz container of yogurt is sourced from the cow milk at Annie G's/Lambarth Farms in Ann Arbor, which is a new recent switch of milk sourcing. Their cows produce milk containing only the A2 beta casein protein, which is easier for people to digest. The cows are also fed a varied and natural diet of grasses and clover and are pastured in the summer. Fluffy Bottom Farms (*soon to be Hedgecraft Creamery*) specializes in hand-crafted cheeses and yogurts along with a limited availability of mozzarella, manchego, camembert, feta, gouda, and gruyere cheeses. Fluffy Bottom Farms is owned by Inanna Andres and Jack Miles with product at Argus, Agricole, the Saturday Ann Arbor Farmers Market, and the Sunflower Farm Market.

-**How to use:** can jazz up many dishes including smoothies, roasted veggies, pickled beets, replaces mayo, bake with it, use with granola, etc.

-**How to store:** refrigerate for up to 1 or 2 weeks

MARY'S CRUNCHY GRANOLA from [Harvest Kitchen](#) (8-oz vegetarian, contains nuts): Granola is calorie-dense, as well as rich in protein, fiber, and micronutrients. This popular variety is composed of organic rolled oats from Ferris Organic Farm, local honey, cinnamon, canola oil, sesame seeds, cashews, sunflower seeds, coconut, and almonds. Keep in mind that you can always try several other variety of granolas or replenish every Saturday at the Food Hub if that is your pickup location. Harvest Kitchen produces their products in the kitchens at the Washtenaw Food Hub. Be sure to visit Keith from Harvest Kitchen in the 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:** great for breakfast with **Fluffy Bottom's yogurt** and maple syrup; also good as a trail snack, add to baked goods, or as a crunchy topping to a salad or a veggie dish.

-**How to store:** can be stored in an airtight container for up to a month

ANNOUNCEMENTS

1. DISCOUNT FOR TANTRE MEMBERS – 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. **If you are a Tantre**

CSA member, there is a 20% discount on all classes if you use the code

TANTRE at checkout! Please dress for the weather. Please register at

<https://www.willforageforfood.com/store/p/winter-plant-id>

2. DISCOUNT FOR TANTRE MEMBERS – 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 If you attend above class as well they are discounted to \$45. **If you are a Tantre CSA member, there is a 20% discount on all classes if you use the code TANTRE at checkout!** Please dress for the weather.

<https://www.willforageforfood.com/store/p/winter-plant-id>

3. DISCOUNT FOR TANTRE MEMBERS – MEDICINE CABINET at Tantre Farm – Feb.

22 from 2 to 5 PM: What would your medicine cabinet would 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 **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>

4. SUNFLOWER FARM MARKET IS OPEN on February 1:

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. 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 "recipes" at the end, and many recipe ideas will pop up. Have fun searching!***

APPLE STUFFED SQUASH (from [There is a Season: Cooking with the Good Things Grown in Michigan](#))

2 Second **Spring's Starry Night's acorn squash**

3 Tbsp butter

2 chopped **Kapnick's apples**

1 chopped onion

2 cups cottage cheese

2 Tbsp lemon juice

3/4 cup grated cheddar cheese

1/4 tsp cinnamon

1/4 cup raisins (optional)

Cut squash in half lengthwise; remove seeds. Place face down on oiled baking sheet; bake at 350 degrees for 1 hour. While squash is baking, sauté apples and onions in butter. Add remaining ingredients to apples. Stuff squash with mixture, covered, 15-20 minutes.

CABBAGE SWEET AND SOUR (from [What Do You Do With this Stuff](#))

4 cup shredded **Second Spring's cabbage**

3 onions, chopped

4 Tbsp lemon juice

4 **Kapnick's apples**

1/4 cup apple cider

3 Tbsp honey

3 Tbsp oil

1 Tbsp caraway seed

1/2 cup raisins

1/8 tsp ground allspice

Core and chop apples. Combine all ingredients in a large saucepan and simmer gently for 10 minutes, stirring constantly. Serve with **Harvest Kitchen's Breakfast Hash**.

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

1/4 cup white wine

1 cup finely chopped onions

1 cup finely diced celery

1 cup finely diced **Tantre's carrots**

1 1/2 cup peeled and diced **Tantre's potatoes**

1 1/2 cup peeled and diced **Second Spring's parsnips**

8 cups vegetable stock or water

1/2 tsp thyme

2 tsp crushed **Tantre's garlic**

1 Tbsp soy sauce

2 cups chopped kale

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

SKINNY MAPLE GRANOLA YOGURT PARFAITS (adapted from <https://www.ambitiouskitchen.c...>)

3 1/2 cups rolled oats, gluten free if desired

2 teaspoons cinnamon

3/4 teaspoon nutmeg

1/2 teaspoon ground ginger

1/2 teaspoon sea salt

1/2 cup dried unsweetened cranberries

1/2 cup raisins

1/3 cup chopped pecans

1/3 cup chopped almonds

1/2 cup maple syrup

1 1/2 teaspoons vanilla extract

1/2 cup canned pumpkin

1/2 cup apple sauce (or make homemade with 1 or 2 **Kapnick's apples**)

1/2 cup of coconut flakes

Fluffy Bottom's plain yogurt

bananas or thawed **Michigan Farm to Freezer's blueberries**

To make granola (or use **HARVEST KITCHEN'S GRANOLA instead & keep it simple!**): Preheat oven to 325°F. Line a baking sheet with parchment paper. In a large bowl, mix together oats, cinnamon, nutmeg, ginger, and salt. Add cranberries, raisins, pecans and almonds to bowl. Stir to combine. In a medium bowl, whisk together maple syrup, vanilla, pumpkin and apple sauce until well combined. Add wet ingredients to dry ingredients and stir until evenly coated. Spread granola in a thin layer over baking sheet. Sprinkle coconut on top. Bake granola until golden, stirring oats halfway through baking, about 40 minutes. Remove from oven and let cool before making parfaits.

To assemble parfaits: slice 1 banana and set aside. Place 1/2 cup yogurt in glass. Top yogurt with 1/4 cup of **granola**. Add a couple of banana slices and some blueberries. Place another 1/4 cup granola on top of bananas and blueberries. Add a tablespoon or two of yogurt on top of granola. Sprinkle a bit more granola on top and add more bananas and more blueberries. Drizzle honey or more maple syrup on top if desired. Repeat for each parfait you wish to make. Recipe makes about 4 parfaits. Store granola in airtight container. Enjoy your new favorite breakfast!

APPLE, PEAR, AND BLUEBERRY CRUMBLE (from

<https://cookingwithfudge.com/apple-pear-blueberry-crumble>) Makes 6 servings.

2 **Kapnick's apples** thinly sliced
2 pears thinly sliced
1/2 cup **Michigan Farm to Freezer's blueberries**
1 tablespoon lemon juice
1/8 cup brown sugar
1 tablespoon corn starch
1/4 teaspoon salt
1/2 cup old fashioned oats
1/4 cup all purpose flour
1 teaspoon cinnamon
1/2 teaspoon nutmeg
4 tablespoons light butter melted
Cooking spray

Preheat your oven to 400 degrees and spray an 8x8 baking dish with cooking spray. Using a knife and cutting board, peel the apples and pears if desired. Then, thinly slice the apples and pears. Juice and zest the lemon. In a large bowl, mix together the apples, pears, blueberries, lemon juice, lemon zest, half of the brown sugar, corn starch, and salt. This is your crumble filling. Next, spread the filling into the 8x8 baking dish. In another bowl, combine the oats, flour, the remaining brown sugar, cinnamon, nutmeg, and melted butter. This topping mixture will be crumbly, and that's how you want it! Then, sprinkle the topping on top of the filling. It does not need to cover the whole surface. Finally, bake for 30-35 minutes until the topping is golden brown. Serve warm with ice cream, **Fluffy Bottom's yogurt**, or whipped cream. This can also be served cold if desired.

Hope you stayed safe and warm enough this week! We look forward to seeing you next week for the Immune Booster's Week #205 with pick up on Sat. February 8 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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