



## **Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 205) Share February 8, 2025**

Welcome to Week #205 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**

Well, it appears we were due for an ice storm. It is the first week of February after all! The cold has settled in again and with the frozen ice sheets across the crown of the gravel road, it is even difficult to walk to do the chores. The fractured, pea shaped, ice droplets coat the white spruce and white pine sagging down their branches. This frozen ice is not really hard or heavy enough to break the cellulose of this wood, but just enough to bend with the weight of the ice crystals catching the morning light. However, impermanence surrounds us, so by the end of the day the branches were released from their forced bow to Father Winter.

It's been good to work in the warmth of the root cellar and squash room these past few days, washing and sorting carrots and potatoes. The lack of bird singing is noticeable at times, but once in a while a cardinal whistles and trills, or a nuthatch makes a rapid nasal sounding wha-wha-wha, or a chickadee repeats its name in rapid succession, chickadee-dee-dee. This time of year is about quiet, and the quietness pervades the hills and wetlands throughout the neighborhood. The work is simple and the days are short, and the evenings blessedly long. This brings a good amount of extra time to sit next to the wood stove and catch up on reading or napping, whichever precedes the other.

Thank you all for your interest in the Immune Booster share this week. Hope you enjoy the pairing of food and combinations of savory and sweet. Thanks to our farmers at Second Spring Farm, Kapnick Orchards, Sell Farms, Two Tracks Acres, and Tantre Farm. We also appreciate the fun and clever ways that our food artisans, Harvest Kitchen, Zingerman's Bakehouse, and Mindo Chocolate have added the value of the subtleties of flavor in their products. May you enjoy a few moments of quiet as you celebrate the flavors of your box this week!

## THIS WEEK'S SHARE ITEMS:

**EVERCRISP and FUJI APPLES** from [Kapnick Orchards](#): You will receive a mix of Evercrisp (a hybrid of the Fuji and Honeycrisp apples; sweet and juicy, crisp and aromatic; good snacking apple and good for pies) and Fuji (large, bi-colored apple, typically striped with yellow and pinkish-red with sugary-sweet flavor with notes of honey and citrus; excellent in salads and for fresh eating, baked, and in applesauce). 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.

**FRESH BASIL** from [Sell Farms & Greenhouses](#): an herb from the mint family with a sweet aroma and notes of anise in its green leaves; a popular culinary herb with a spicy flavor and aroma; originally from India where it was traded in ancient times via the spice routes. Thanks to Dean and Susan Sell for providing this herb through their hydroponic greenhouse. This family-owned business in Ypsilanti specializes 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:** used traditionally in pesto, and also tomato paste, pizza, pasta, soup

**-How to store:** ideally store herbs upright with cut stems in 1 or 2 inches of water on your counter or table top. This herb does not like cold temperatures, so doesn't store well in refrigerator for more than a day or two, since leaves will wilt and turn black. Wait to wash leaves until right before you use it.

**GOLDEN & RED BEETS** from [Tantre Farm](#): You will receive Golden Beets (orange skin with rich gold interior; mild, sweet flavor when cooked) AND Red Ace Beets (round, smooth, deep red roots with sweet flavor and many health benefits). You will receive just the roots without the greens. Thanks to the Tantre crew for planting, weeding, harvesting, sorting, and washing these roots for your box.

**-How to use:** roots are good in soups, stews, roasted, boiled, steamed, excellent grated raw into salads or baked goods.

**-How to store:** store roots in plastic bags or damp cloth in hydrator drawer of refrigerator for up to 2 weeks

**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

**GREEN LEAF LETTUCE** from [Sell Farms & Greenhouses](#): organically grown and hydroponic greens that are rich in calcium, iron, and vitamins A and C. See description above for Sell Farms operation.

**-How to use:** raw in salads or sandwiches or (believe it or not!) use in soups or smoothies.

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

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

**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

**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

**-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.

***SESAME CRUSTED BUTTERNUT SQUASH OVER A GINGER CARROT MASH & PICKLED RADISH SALAD*** from [Harvest Kitchen](#):

This 12-oz vibrant orange combination of a sweet, slightly spicy carrot mash topped by a toasty encrusted butternut is vegan & gluten-free, and is balanced by the sweet and sour flavor of a pickled radish salad. Ingredients include Second Spring Farm's butternut squash and carrots & Tantre Farm's daikon radishes, ginger, garlic, shallot, sesame oil, sesame seeds, tamari, olive oil, salt, pepper, rice vinegar, brown sugar, red peppers, cumin, dry mustard. Thanks to Keith at Harvest Kitchen, who 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:** Enjoy!

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

***SOURDOUGH ROUND BREAD*** from [Zingerman's Bakehouse](#): This popular, vegan bread uses organic wheat flour, water, sea salt, and the sourdough starter. Excellent for avocado toast! Zingerman's Bakehouse can be found all around Ann Arbor and now at Agricole in Chelsea. They produce many more products including bread sold at Sunflower Farm Market.

**-How to use:** Many uses like sandwiches, French toast, with dipping sauces or with spreads. Stale bread can be made into bread pudding or made into croutons! Be creative!

**-How to store:** Store in paper bag and just sprinkle some water on it to reheat in the oven. It comes out just as if it was freshly baked!

***WHITE CHOCOLATE "RASPBERRY" BAR*** from [Mindó Chocolate](#): This limited edition raspberry-infused white chocolate bar, is a special treat for Valentine's Day coming up or any occasion, especially for the "raspberry lover" in your life. This 1.06-oz, vegetarian, and gluten-free bar features creamy cocoa butter blended with organic cane sugar and milk powder, and then combined with organic freeze-dried raspberries. Thanks to the Mindó Chocolate staff for this fusion of flavors with high quality, fair-trade ingredients. They hand-craft bean-to-bar chocolate in small batches, using only the purest and best-tasting, ethically-sourced ingredients. Family-cultivated over generations for superior flavor with organic Ecuadorian Nacional cacao beans. You can find Mindó Chocolate all over Ann Arbor in many stores, especially their retail store location on 4th Ave., also at Agricole in Chelsea, as well as various stores in Dexter.

**-How to use:** Enjoy as a dessert or as a snack with coffee or tea

**-How to store:** store at room temperature

## **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 8:** 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 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!

**5. 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...>

**6. 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!***

GYPSY SOUP (from [Moosewood Cookbook](#) by Molly Katzen)

*\*\*This is a favorite recipe of Tantré Farm!*

1 Tbsp olive oil

2 tsp Spanish paprika

2 medium **Second Spring's onions**, chopped

1 tsp turmeric

2 garlic cloves, crushed

3 or 4 leaves of **Sell Farm's fresh basil**, chopped

2 cups chopped, peeled **Second Spring's Tetsukabuto squash**

1 tsp salt

Dash of cinnamon

1 stalk celery, chopped

Dash of cayenne

1 cup chopped tomatoes

1 bay leaf

1 green or red pepper, chopped

1 Tbsp tamari

1 (15 oz) can garbanzo beans

3 cups stock or water



In a soup kettle, sauté onions, garlic, celery and squash in olive oil for about 5 minutes. Add seasonings, except tamari, and the stock or water. Simmer, covered, about 15 minutes. Add remaining vegetables and beans. Simmer another 10 minutes or so--until the vegetables are tender. Add tamari and serve.

*\*Note: This soup freezes well. You can add a few of **Second Spring's rainbow carrots** during the sauté instructions to add color and flavor. You can also throw in greens at the end, such as spinach or kale or cabbage.*

#### MIXED ROOTS GRATIN (from [The Goodness of Potatoes and Root Vegetables](#))

Serves 4

5 Tbsp olive oil, divided

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

8-oz **Two Track's mushrooms**, sliced

4 cloves garlic, minced, divided

Handful of fresh **Sell Farm's basil**, washed and chopped

Salt and black pepper, to taste

1 cup dry white wine, divided

1 1/2 lb roots and tubers (including **Second Spring's carrots** and **Tantre's potatoes**)

6-oz grated Cheddar or Gruyere cheese

Lightly oil a deep-sided baking dish. Heat oven to 400 degrees. Heat 4 tablespoons of the olive oil in a skillet; add onion and mushrooms and sauté over high heat, about 5-6 minutes. Add half the chopped garlic and all the basil. Season to taste with salt and pepper. Add half the wine and boil it off, stirring well. Spoon a thin layer of the mixture into baking dish. Arrange root and tuber slices over mushroom layer, alternating and overlapping slightly. Sprinkle with a little garlic, moisten with wine and a few drops of olive oil and top with grated cheese. Season lightly. Repeat the process, reserving some cheese to finish. Bake 35 minutes, or until soft and golden.

#### BEET SALAD (Contributed by a CSA member) Serves 6

4 medium **Tantre red or gold beets**

**Sell's Farm Green leaf lettuce** as a garnish

2 Tbsp toasted sesame seeds

##### Lemon Dressing:

4 Tbsp extra virgin olive oil

3 Tbsp fresh lemon juice

1/4 tsp sea salt

In a medium saucepan cook the whole beets, covered, in boiling water for 40 to 50 minutes. Drain, cool slightly and peel the beets (cooking and peeling can be done the day before). For the dressing combine the olive oil, lemon juice and sea salt in a mixing bowl. Dice the beets into bite-size cubes. Put them in the bowl of dressing. Stir well and refrigerate. When you are ready to serve, toast the sesame seeds in a pan on the stove top. Remove when they are golden brown. To serve, line each plate with a lettuce leaf. Stir the beets again, then use a slotted spoon to scoop them onto the plates. Sprinkle the seeds over the top and serve.

#### NEW YORK TANGY APPLE SALAD (from <https://www.food.com/recipe/ne...>) Serves 5.

3 crisp sweet **Kapnick's apples** (Fuji, Pink Lady, Gala)

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

1 tablespoon orange marmalade

fresh ground black pepper, to taste

2 heads **Sell Farm's lettuce**

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

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

CARROT/BEET SLAW Serves 4

2 medium **Tantre's beets**

3 large **Second Spring's rainbow carrots**

1 medium **Second Spring's red onion** (optional)

Olive oil, to taste

Lemon juice, to taste

Salt and pepper, to taste

Grate vegetables into a bowl. Add olive oil and lemon juice as a salad dressing to suit your taste. Be careful of too much liquid. The tartness of the lemon should be prominent.

ROASTED WINTER SQUASH WITH BASIL (<https://www.christinacooks.com...>)

3 cups ½-inch cubes winter squash (**Second Spring's Tetsukabuto squash**)

1 **Second Spring's onion**, cut into ½-inch dice

2 teaspoons avocado oil

2 teaspoons organic soy sauce

Grated zest of 1 orange

1 teaspoon brown rice syrup

4 to 5 sprigs fresh **Sell Farm's basil**, leaves removed, shredded

Preheat oven to 375F. Place squash and onion in a mixing bowl. Whisk together oil, soy sauce, orange zest and rice syrup in a small bowl until smooth. Toss with vegetables to coat. Arrange vegetables in a shallow baking dish, avoiding overlap. Cover tightly and bake for 45 minutes. Remove cover and return vegetables to the oven and bake for about 15 minutes, until lightly browned on the edges. Remove from oven and toss shredded basil gently into the vegetables, taking care not to break them too much. Transfer to a serving bowl and serve hot.

Hope you stayed safe and warm enough this week! We look forward to seeing you next week for the Immune Booster's Week #206 with pick up on Sat.

February 15 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](mailto:info@tantrefarm.com).

## Tantre Farm

2510 Hayes Road, Chelsea  
MI 48118 United States

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



[Unsubscribe](#)

