



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 206) Share February 15, 2025

Welcome to Week #206 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.

IMPORTANT MESSAGE DUE TO SNOWY WEATHER: If you are finding it difficult to get to any of our locations tomorrow due to the snowy weather, please text Deb immediately at [734-385-6748](tel:734-385-6748). For those picking up at Agricole, our good friends at Agricole, will probably allow us to keep your box overnight at Agricole, so we can label it for pick up on Sunday. If you pick up at the Food Hub, we can leave your labeled box in the reach-in cooler on the porch if you need to pick it up later than 12 PM. If you can't get there until after 4 PM, all boxes will be brought back inside, so they don't freeze overnight. We will just arrange a time on Monday or another time for you to pick up, since Deb will be at the Food Hub from 10 AM until whenever on Monday, so please call or text. Drive safely!

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

The deep blanket of snow shrouds the land with fluffy, white ice crystals burying much of the foraging material for the bunnies, the deer, and the geese who have decided to stay all winter this year. The autumn olive, hazelnut, and multiflora bushes are nibbled and gnawed to get the wee bit of sugar that can be consumed for extra calories to keep warm. The tender trunks of baby fruit trees show scrapes and bites as the animals feed on a rather austere diet of green bark, dried berries, lichen, and mosses in order to strengthen their immune systems. Most of the kale, collards, and brussels plants in the fields have been chewed down to the stem. All the brown and green leaves have been nibbled away. The deer amble around chewing and filling their rumen with any plant material they can forage in order to keep themselves warm through the cold, winter nights.

For social animals like the pig, there is no rumen, so the inside warmth given off by their intestines is compensated by their social nature. Their nights are spent

piled up together in a grassy nest of weeds or straw that they haul tenaciously inside a shed or a burrow and make pig piles of warmth! Although simpler and more essential, it is similar to our human culture, where we create our own ways of social organization to keep us alive, comfortable, and warm throughout the long, cold nights.

Hope you enjoy this local food from this local food shed, and remember all the local food businesses who have helped provide all the foods that make up your box today. We especially would like to thank the farmers at Sell Farms, Second Spring Farm, Kapnick Orchards, Garden Works, and Tantre Farm for growing or storing these foods for you. We also appreciate the warmth and kindness of our good friends at Pilar's Tamales, Ginger Deli, Ann Arbor Tortilla Factory, and Juicy Kitchen at providing our value-added foods. May we continue to keep each other warm with good warming foods, the warmth of good company, and warm kind words. Thank you for joining us this week, and Happy Valentine's Day!

THIS WEEK'S SHARE ITEMS:

EVERCRISP and PINK LADY 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 [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.

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

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 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 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.

LETTUCE from [Sell Farms & Greenhouses](#): 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 (believe it or not!) use in soups or smoothies.

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

ORGANIC YELLOW ONIONS (Patterson) from [Second Spring Farm](#): medium-large, blocky bulbs with dark yellow skin and thin necks; excellent storage onion. Thanks to Second Spring Farm with description above.

-How to use: great for soups, stews, egg dishes, onion rings, and other dishes for flavor.

-How to store: once cut, wrap in damp towel or plastic bag in fridge for 2-5 days or chop all extra parts of the onion and freeze immediately in Ziploc baggies for quick use; if not cut, store in dry, well-ventilated place for several months.

ORGANIC PEA SHOOTS from [Garden Works Organic Farm](#): You will receive one clamshell of sweet, tender pea shoots. They are soil grown in two-inch deep trays and go from seed to your salad in roughly three weeks. Pea shoots (also known as 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.

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

ORGANIC BUTTERNUT SQUASH from [Second Spring Farm](#): light, tan-colored skin; small seed cavities with thick, cylindrical necks; bright orange, moist, sweet flesh; longest storage potential of all squash. See more detailed description of Second Spring Farm in produce 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 in a dry, moderately warm (50-60 degrees), but not freezing location with 60-75 percent humidity; will also store at room temperature, but watch for rotting spots. Then just cut off spots, cook, and freeze in freezer bags until you are ready to use it.

BLACK BEAN & JALAPENO TAMALES from [Pilar's Tamales](#): You will receive 3 tamales that will be wrapped in aluminum foil that can be stored in your freezer or put in your refrigerator. Silvia's Tamales are handmade with 100% stone-ground corn masa, filled, rolled, and then steamed. You will receive 1 Jalapeno & Cheese Tamale, which is a kid favorite that is not too spicy. It is made up of Corn Flour Masa, Canola Oil, Vegetable Broth, Cheddar Cheese, Monterey Cheese, Mozzarella Cheese, Chihuahua Cheese, Fresh Jalapeno Peppers, Garlic, Onion, Salt. You will receive 2 Black Bean/Cheese Tamales, which are filled with Corn Flour Masa, Canola Oil, Black Bean Broth, Cheddar Cheese, Monterey Cheese, Mozzarella Cheese, Chihuahua Cheese, Michigan Black Beans, Salt, Onions, Garlic. Thanks to Sylvia from Pilars Tamales who packs everything with LOVE, and you can visit her on 2261 W Liberty Rd. in Ann Arbor. Open Wednesdays through Sundays. This is a family-owned Salvadoran joint with organic, local fare & tamales in a festive, colorful atmosphere. Besides their quaint sit down café, they also offer full service catering opportunities.

-How to use: To reheat for moist and fresh tamales, we recommend steaming/stovetop. The reheating process is the same as if they were uncooked especially if they are hard frozen. Just throw them in the steamer and they will have a great consistency again!.

-How to store: Cooked tamales can be placed in the fridge for up to one week or freezer for a couple of months.

EASTERN SALAD from [Ginger Deli](#): This 1-quart salad is 100% vegetarian and gluten-free. This salad features all kinds of vegetables, such as baby arugula, cucumber, shredded pickled carrot, shredded green papaya, fresh mango, cherry tomatoes, fresh mint and toasted shallot, tossed and served with tangy citrus vinaigrette dressing (olive oil, lime, apple vinegar, sea salt, kiwi, minced garlic, red pepper flakes, water, honey). This salad is created by Te Phan of Ginger Deli (www.gingerdeli.com), a tenant at the Washtenaw Food Hub producing Vietnamese cuisine that packs colorful flavors with a dash of style. Ginger Deli can be found at their Ann Arbor store locations at *203 E. Liberty Street* and their new location *1701 Plymouth Road*. They also sell a variety of their prepared foods at Argus Farm Stops in Ann Arbor and Agricole Farm Stop in Chelsea.

-How to use: Open container, toss ingredients, and use!

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

ANN ARBOR TORTILLA CHIPS from [Ann Arbor Tortilla Factory](#): This 8-oz bag of chips is vegan and gluten-free and comes with a hint of lime to enliven the flavor of these all natural tortilla chips. They make the tortillas traditionally with minimal ingredients such as Non-GMO Corn, Water, Lime, Non-GMO Sunflower Oil, Salt. No gluten, no preservatives, and no trans fats. You can find Ann Arbor Tortilla Chips in many stores around Ann Arbor including Argus Farm Stop, Sunflower Farm Market at the Washtenaw Food Hub, and in Chelsea at Agricole Farm Stop.

-**How to use:** Eat as a snack with salsa or make Nachos, or use with a cheese dip.

-**How to store:** Can be stored for 60 days.

TAHINI DATE COOKIE from [Juicy Kitchen](#): This plant-based and gluten-free cookie creates a chewy, sweet treat made up of gluten-free oats, tahini, cinnamon, and sweetened only with dates & pure Michigan maple syrup. 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 several other places in the area!

-**How to use:** Enjoy for a dessert, as a snack, or as a delicious breakfast treat!

-**How to store:** Store at room temperature or in refrigerator or freezer for longer term storage.

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. 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 15: 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!

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!***

CELERIAC AND APPLE SALAD (from [Victory Garden](#) by Marian Morash) Makes 5 cups

1 large **Second Spring celeriac** (about 1-lb)

1/2 cup orange juice

3 firm **Kapnick 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.

SPANISH TORTILLA WITH APPLE & PEA SHOOT SALAD (from <https://munchyseeds.co.uk/reci...>)

For the tortilla:

1 finely chopped **Second Spring onion**

1.5 tbsp oil

400g (3) **Tantre potatoes** thinly sliced

2 cloves of crushed garlic

1/2 tsp smoked paprika

8 beaten eggs

50-g serving of Savoury Crunch or mild Chili seeds

sea salt and black pepper

a handful of parsley and extra seeds to serve (optional)

For the salad:

1 finely sliced **Kapnick apple**

2 large handfuls of **Garden Work's pea shoots**

1 tsp wholegrain mustard

1 tsp honey

1 tbsp apple cider vinegar

1.5 tbsp olive oil

To make the Spanish tortilla, heat the oil on a low heat, cook the onion for 10 minutes until soft. Add the potato slices, 1/2 tbsp oil and season well with sea salt and black pepper. Cook with a lid on for 20 minutes, gently stirring every 5 minutes to ensure the mixture doesn't stick. Add the garlic and smoked paprika, pour in the eggs, put the lid back on and cook for 20 minutes; the edges should be coming away and the top should be starting to set; press in the seeds and flip. Cook for a further 5 minutes; remove from the pan; serve hot or cold with parsley, extra toasted seeds and salad. For the salad dressing: whisk together the mustard, oil, honey and vinegar; pour over the apple and pea shoot salad.

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

For Soup:

2 tbsp olive oil

1 medium **Second Spring onion**, thinly chopped

2 cloves garlic, minced

1 medium **Tantre carrot**, cubed

1/2 kg **Second Spring 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.

SCALLOPED SQUASH AND POTATOES (from [Farm-Fresh Recipes](#) by Janet Majure)

3 cups **Second Spring butternut squash**, peeled, chunked

2 cups diced **Tantre blue potatoes**

1/3 cup chopped **Second Spring yellow onion**

1/2 cup chopped cooked ham

1/4 cup flour

1 Tbsp chopped parsley

1 tsp salt

1/4 tsp pepper

1/4 tsp ground nutmeg

1 1/3 cups whole milk

2 Tbsp butter

Place half of squash and potatoes in a greased 1 1/2-quart casserole dish. Sprinkle half the amount of ham and onions. Whisk together flour, parsley, salt, pepper, and nutmeg with milk. Pour half the mixture over vegetables. Dot with half the butter. Repeat layers. Cover and bake at 350 degrees for 45 minutes. Uncover and bake 10-15 minutes, or until vegetables tender.

ROSEMARY ROASTED BLUE POTATOES Serves 4

1 lb **Tantre blue potatoes**, unpeeled, whole if small, or chunked

1/4 cup olive oil

2 Tbsp dried rosemary leaves, slightly crushed

1 Tbsp sea salt, slightly crushed

Preheat oven to 400 degrees. Cover bottom of natural finish skillet with heat-resistant handle (cast iron works best) with the oil. Cut potatoes into quarters, add to skillet and toss to coat with oil. Position skillet on middle rack of oven. Roast potatoes for 20 minutes. Turn off oven heat. Stir potatoes and keep them in oven another 10 minutes. Stir potatoes one last time, then transfer to a serving bowl, tossing the rosemary and salt mixture over them.

Hope you are enjoying the snow this week! Stay safe! We look forward to seeing you next week for the Immune Booster's Week #207 with pick up on Sat. February 22 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.

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](#)

