



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 210) Share March 15, 2025

Welcome to Week #210 of the Immune Booster CSA. Please enjoy the newsletter with some recipes, good food tips, etc., and let us know if you need any help in finding any other creative ways to use the following items.

PLEASE NOTE: When you are bringing your payments with CASH, please bring EXACT AMOUNT in a labeled envelope. You will not receive a Pick Up Reminder email. At the Washtenaw Food Hub we ask that you come inside the market to pick up your share for the winter. Very specific descriptions were in the initial registration emails, and you may also go to our website for more details about each location: <https://www.tantrefarm.com/imm...>

REFLECTIONS FROM RICHARD and DEB

It doesn't take much warm weather to bring the house flies out. Fat, gray and black houseflies. Sunshine concentrates on the back door of the shed, and the fly communities collect around the doors and windows. They bask in the sun just sitting and slowly awakening. Just sitting; perhaps meditating. They seem to be fully enjoying the present moment of the wonderful warmth from the lifegiving sun that has awakened them.

The honeybees also are drawn to the warm sunshine, flying in the hundreds in and out of the hive. To what purpose? Perhaps a spring cleaning. Perhaps to stretch their wings and buzz about after feeding on the storehouse of the previous year's nectar and honey, having waited all winter in anticipation of the first willow flowers or the early spring yellows of winter aconite that are out now or the sky blues of Siberian squill that are soon to come. This is a small pollen collecting window for a bit before another whisk of coldness chases them back inside for a few more weeks. It's still a bit early, and they must wait before there is actually plenty of pollen to forage from the plants and the land. Those of us with allergies know it is just beginning. Late winter's gentle tease of the spring that is soon to come, and yet here they are flying around after many weeks of frozen temperatures. Here they are indeed as if all they need is a little sunshine, a little warmth, a little late winter breeze to be happy and productive. To savor this moment before all the world will be in a rage to produce sugars, both simple and complex carbohydrates and protein, to share in the abundance for all the critters that breath, walk, crawl, and run around and around this beautiful land of four seasons. So much to be appreciated! Such an abundant and reproductive time to look forward to every year... from the soil and the air to the water and the sun.

We are grateful also to the farmers who have saved their abundance, so that we may tap into their storehouses of produce from Kapnick Orchards, Second Spring Farm, and Tantre Farm. Thank you also to the growers of greens from Sell Farms and Garden Works Organic Farm. We also appreciate always our value added producers, Srodek's, Juicy Kitchen, the Brinery, and Zingerman's Bakehouse, who put extra time into taking the raw ingredients and creating delicious dishes for us to savor. We hope you enjoy the warm sunshine and life-giving food that reminds us that more is yet to come, and spring is on its way!

THIS WEEK'S SHARE ITEMS:

EVERCRISP & 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.

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

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

-**How to use:** Great for salads, soups, stews, egg dishes, and other dishes for flavor.

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

ORGANIC PEA SHOOTS from [Garden Works Organic Farm](#): You will receive one clamshell of sweet, tender pea shoots. They are soil grown in two-inch deep trays and go from seed to your salad in roughly three weeks. Pea shoots (also known as pea microgreens) are the young leaves and stems of traditional pea plants. They add a delicious, mild, sweet flavor to any salad, stir-fry, grain bowl or sandwich. Garden Works is a certified organic, 4.5-acre truck garden and greenhouse farm in Ann Arbor operating year-round with many other kinds of microgreens available throughout the year. Rob lives just a few miles from the Washtenaw Food Hub and has been providing product for the Ann Arbor Farmers Market, Argus, the Peoples Food Coop, Agricole, and Tantre Farm CSAs for many years. You may contact gardenworksorganic@gmail.com for more information.

-**How to use:** use as a salad, blended with chopped radishes, turnips, and cabbage, excellent garnish as a soup and almost any other dish, so yummy and tender!

-**How to store:** store in the refrigerator for up to a week.

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 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.

DAIKON RADISH from [Tantre Farm](#): You will receive Red King (looks like an overgrown carrot with brilliant red skin and white inside; mild, crisp, and juicy; good, sweet, eating quality) OR Alpine (the smooth, attractive roots are white with green shoulders; looks like an overgrown white carrot, but with a slightly mild radish taste; crunchy and sweet texture; good macrobiotic root that is good for the gut; the most common type grown in Korea). Thanks to Tantre Farm crew for sorting, washing, and packing these roots.

-**How to use:** excellent julienned, sliced, used in a salad or tossed with your

favorite vinaigrette; good eaten fresh, cooked, or pickled

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

PIEROGI LOTTERY MIX from [Srodek's Campau Quality Sausage Co.](#) (vegetarian):

A pierogi is one or more dumplings of Polish origin and is one of Poland's greatest dishes and an eastern European favorite. You will receive one of the following varieties in your box: Potato & Cheddar Cheese (unbleached flour, water, milk, pomace oil, vegetable glycerine, potato flake, salt, cheddar cheese, butter, salt, spices, onion, soybean oil) OR Mushroom (unbleached flour, water, milk, pomace oil, vegetable glycerine, potato flake, salt, champignon mushrooms, butter, onion, all purpose seasoning, spices, soybean oil) OR Potato & Onion (unbleached flour, water, milk, pomace oil, vegetable glycerine, potato flake, salt, butter, milk, salt, onion, spices, soybean oil). 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 Agricole and Argus Farm Stops.

-How to use: use as a main dish or a side dish. If you have the time, boil the pierogies first, to get the pasta perfect for sautéing. However, it's not a must—you can also cook 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 or add the **Brinery's turnip pickles** to your meal.

-How to store: store in refrigerator for 3 to 5 days or put in freezer for up to 6 months to a year.

ROOT 31 TURNIP PICKLES from [The Brinery](#). This great, gut healthy snack or side dish is vegan and gluten-free. A pink, garlicky 16-oz jar that is simply composed of thinly sliced turnips, beets, garlic, filtered water, sea salt. Thanks to David Klingenberg and the Brinery staff for bringing these seasonal pickles 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 Klingenberg. 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 jar has NOT been canned, so STORE IN REFRIGERATOR.*

KALE SALAD from [Juicy Kitchen](#): This popular 18-oz container of nutrient-dense leafy greens rich in vitamins, minerals, and antioxidants is vegetarian and gluten-free. Ingredients include kale, organic quinoa, toasted pine nuts, pickled shallots, parmesan (pasteurized milk, cheese cultures, salt, enzymes) and lemon vinaigrette (lemon juice, garlic, Dijon mustard, MI maple syrup, extra virgin olive oil). Thanks to Aaron 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, and Agricole Farm Stop in Chelsea, so stop and see them!

-**How to use:** Open the container and enjoy salad for lunch or supper or what the heck! Why not breakfast too?

-**How to store:** Store in refrigerator for about 5-7 days.

BAILEY'S CHOCOLATE CUPCAKE from [Zingerman's Bakehouse](#): This chocolatey, vegetarian treat is iced in vanilla buttercream spiked with Bailey's Irish Cream. The ingredients include butter, sugar, eggs, organic wheat flour, buttermilk, egg whites, confectioner sugar, Baileys™ Irish Cream, cocoa powder, corn syrup, soft gel paste, water, vanilla extract, sea salt, shortening, glycerin, baking soda, baking powder, gelatin, vanilla artificial flavor, and sprinkled with bright gold tinker dust. Zingerman's Bakehouse is located just off Airport Blvd. and their products can be found all around Ann Arbor and now at Agricole in Chelsea. They produce many more products including bread sold at the 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!

ANNOUNCEMENTS

1. CSA FAIR at [AGRICOLE FARM STOP](#) in Chelsea – March 15 from 9 AM to 12

PM: This is a chance for you to check out other CSAs, if the Tantre Farm model is not a good fit or if you want to hand in your first payment. You can meet other local farmers as well. Sign up for your weekly summer subscriptions until May 24. Support our local farmers and have a cup of coffee, tea, or kombucha! Come say hi to Deb!!

2. EXPLORING WILD FLOURS – A PANCAKE BRUNCH at Tantre Farm – March 23 from 10 AM to 1 PM (**Discount for Tantre Farm members*):

Flours are powders made from various plant parts that are typically used in baking. Wild flours can be made from many different plants. Local foraging expert, Rachel Mifsud of Will Forage for Food, will teach you about 5 of them: Chestnut, Acorn, Cattail, Dock, and Wild Rice. All of these plants were staple food sources for countless generations of humans, and each of them is processed in a different way. We will talk about those processes and the various steps involved in preparing each of them to be ground into flour. And we will make, and taste test, pancakes so that you can see how the various flours work in a recipe and taste test the results. Along with a variety of both sweet and savory wild pancake toppings for you to explore. Wild flours do not have gluten and cannot simply replace wheat flour in most recipes. Typically wild flours are used in combination with wheat flour. So our pancakes will contain wheat flour as well as the wild flours. If you have a gluten allergy, please indicate on the form when you register so that I know how much gluten free pancake mix I need to have. This class with cost \$60.

**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/wildf-lours> .

3. TANTRE SUMMER CSA SIGN UP 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/week (often with a \$50 real value) of groceries every week! 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 for the regular \$680 full cost. Please let us know if you have any questions.
Hope to see you this summer in 2025!

4. SHOP LOCAL AT [SUNFLOWER FARM MARKET](#) on Wednesdays, Fridays, and Saturdays: Many people view small and local businesses as a vital part of the economic and social fabric of communities. Now we will be OPEN ON FRIDAYS from 4 to 7 PM. Our regular hours will continue on Wednesdays from 4 PM to 7 PM and Saturdays from 9 AM to 12 PM. NEW ITEMS!! Now we are carrying a Beet Hummus from Hummus Goodness along with a medium Homestyle Salsa from Traverse Bay Farms and a Lavender Lemonade from Bea's Squeeze. We also will have fresh produce from Tantre Farm and other local farms, including freshly harvested LETTUCE from Sell Farms, PEA SHOOTS from Gardens Works, and hoop house SPINACH from Tantre Farm. [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 Unity Vibration's kombucha spritzer and Bea's Squeeze Hibiscus Lemonade, [Kapnick Orchards](#) apples, and [Calder Dairy](#) regular & chocolate 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](#). 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. FREE HOT COFFEE and HOT TEA AVAILABLE at Sunflower Farm Market on Saturday mornings: For the month of March we will offer a FREE 8-oz, self-serve coffee that you can try. You will also be given the opportunity to buy a 16-oz cup of coffee or tea and enter your name in a drawing to win a Sunflower Farm Market mug at the end of the month. We will contact you sometime after March 29, if you are a winner! Roos Roast Lobster Butter coffee will be brewed and hot water will be available for herbal and caffeinated tea, if you need a hot pick-me-up on Saturday mornings. Half and half, coconut cream/almond milk, raw sugar, stevia will also be available to amend your drink. You will be able to choose from a couple of cup sizes. Come in and buy a cup and make connections with others around you!

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!**

SHEET-PAN POTATO ONION CABBAGE APPLE HASH (from

<http://hapaway.com/2020/04/18/sheet-pan-potato-onion> cabbage-apple-hash/) Serves 2-3.

1.5-2 lbs. **Tantre Farm potatoes**

1/2 med. **Second Spring cabbage**

1 med. **Second Spring onion**

3 Tbsp. olive oil

1 tsp. salt

1 large (or 2 small) **Kapnick apples**

Heat oven to 425°F. Chop potatoes into 1/4-1/2" cubes. Chop cabbage into large 1/2-1" chunks. Chop onion into 1/4-1/2" pieces. Place on large rimmed baking tray, toss with 2 tablespoons olive oil and spread evenly. Season with 1 teaspoon salt. Bake 15 minutes. Toss everything around and bake another 8 minutes. While hash is baking, chop apple into 1/4-1/2" cubes. Add apple to tray along with 1 tablespoon olive oil. Toss everything around and bake another 10 minutes.

CINNAMON ROASTED SWEET POTATOES AND APPLES (from

<https://joyfoodsunshine.com/ci...>)

2 med. **Second Spring sweet potatoes**, about 4 cups, cut into 1" cubes

2 medium **Kapnick apples**, about 2 cups, cut into 1" cubes

3 Tbsp coconut oil, melted & divided

1 tsp sea salt

2 Tbsp pure maple syrup

1 tsp ground cinnamon

Preheat oven to 425 degrees F. Grease a large baking pan, set aside. In a large bowl, toss cubed sweet potatoes with 2 TBS of melted coconut oil. Stir until coated. Add sea salt and stir until evenly distributed. Bake in the preheated oven for 20 min, stirring halfway through, until sweet potatoes just barely start to brown. While the sweet potatoes are baking: stir the remaining 1 TBS of coconut oil into the apples. Add maple syrup and cinnamon and stir to combine. After 20 minutes, or the sweet potatoes have begun to brown, remove the sweet potatoes from oven and add the apple mixture and stir to combine. Return to the oven and bake for 20 more minutes, stirring halfway through. Once the sweet potatoes and apples are browned and the maple syrup has caramelized on them remove them from the oven and serve immediately!

CARROT SOUP (from Moosewood Cookbook)

2 lbs **Tantre carrots**, peeled or scrubbed and chopped

4 cups stock or water

1 1/2 tsp salt

1 cup chopped **Second Spring onion**

1-2 small cloves crushed garlic

1/3 cup chopped cashews or almonds

1/4 cup butter

Optional:

1-2 medium **Tantre potatoes**, chopped (for heartier soup)

Bring carrots, stock or water, salt (and potato if desired) to a boil. Cover and simmer 12-15 minutes. Let cool to room temperature. Sauté the onion, garlic and nuts in 3-4 tablespoons butter and with a little salt, until onions are clear. Puree everything together in a blender, until it is smooth. Return the puree to a kettle or double boiler and whisk in **ONE** of the following: 1 cup milk, 1 cup yogurt or

buttermilk plus a little honey, 1/2 pint heavy cream, 3/4 cup sour cream. Season with **ONE** of the following combinations: 2 pinches nutmeg, 1/2 teaspoon dried mint, dash of cinnamon, 1/2 to 1 teaspoon each of thyme, marjoram, and basil, 1 teaspoon freshly grated ginger root, sautéed in butter plus a dash of sherry before serving. Garnish with grated apple or toasted nuts or sour cream.

PEA SHOOT, RADISH & APPLE SALAD (<https://parlatodesign.com/2012...>)

1 large handful of **Garden Works pea shoots**

2 large **Tantre radishes**, julienned

1 **Kapnick apple**, julienned

1 Tbsp sesame oil

1 Tbsp rice or white wine vinegar

1 tsp toasted sesame seeds

1 Tbsp toasted pepitas

Use a mandoline/julienne slicer or your expert chef knife skills to cut the apple and radishes into matchstick slices. Roughly chop the handful of pea shoots into 1" pieces. Toss everything in a salad bowl, adding the oil, vinegar, sesame seeds and pepitas. Toss to mix and coat through. Serve on a layer of **Sell Farms lettuce**.

CREAMY RADISH SOUP RECIPE (from <https://www.nelliebellie.com/c...>)

2 lbs **Tantre daikon radishes**, rinsed, trimmed, and quartered

1 **Second Spring red onion**, sliced

2 **Tantre potatoes**, diced or alternately 1 cup sweet corn

8 tablespoons butter check notes for a lower-fat version

1 Tbsp salt

2 teaspoons pepper up to 4 teaspoons...taste and adjust

3 cups milk (or almond milk or even broth, if you like)

1-3 teaspoons hot sauce

Melt margarine or butter on medium-high heat. Add the onion, radishes, corn, salt, pepper, and hot sauce in pan. Bring the butter, onion, radishes, corn, and spices to a boil, keep at a low-boil for about 30 minutes or until the radishes and onions are soft. Be careful not to burn the butter. Keep the temperature on low and stir in the milk. Heat until hot but not boiling. Use an immersion blender or transfer (carefully!) the soup to your blender and blend the soup until creamy. Serve warm with sour cream.

Hope you are enjoying the warm up this week! We look forward to seeing you next week for the Immune Booster's Week #211 with pick up on Sat. March 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

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