



## **Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 211) Share March 22, 2025**

Welcome to Week #211 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**

One hazy afternoon this week, 35-mile an hour gusts of wind blew from the south bringing a great deal of sand and grit across the land creating a brown, gray cast to the horizon. It felt like an eerie kind of desolation on a late winter day followed by a few warm showers to wet the soil as this warming system pushed up and through. It was a remarkable sight! We have never really seen anything like that before. At this time of year, most of the crop land is bare in tilled agricultural lands, so it's not too surprising that the raw soil would blow skyward.

This particular event might go unnoticed unless you are concerned about the degradation of farm land. One of the most important points of regenerative agriculture is to keep the soil covered with plant life, ideally in the form of native prairie and woodlands, so the soil stays intact. The Midwest has lost an average of roughly 1.9 millimeters of topsoil per year from agricultural fields through erosion from wind and excessive water. Estimates are that the majority of the topsoil could be gone in less than forty years.

It's not too late to consider rebuilding Midwest soils and perennial polycultures for future generations. The challenge is being able to combine ecological restoration of perennial plants and animals living in a polyculture and still provide food for human beings. The Land Institute of Kansas has done that for the prairies in their development of an intermediate wheat called kernza wheat, which is an ecologically beneficial perennial grain that is making its way into the commercial supply chain of small niche markets. For the woodlands of the Midwest there is great potential for perennial tree crops such as chestnuts and hazelnuts to be developed providing a source of perennial proteins and

starches. By reestablishing perennial pastures and hedgerows, we will create habitat for birds, insects, and pollinators that are essential for the health of the land in creating a home place for other species. Perhaps we can learn to create a more stable and healthy economy and culture for ourselves and others by putting into practice building soil and preventing soil loss, instead of carelessly losing it.

We hope you enjoy the benefits of the share this week, and we are grateful to the farmers from Second Spring, Kapnick Orchards, Sell Farms, Garden Works, and Tantre Farm for providing it. We also value the skills and talents of our value-added producers at Harvest Kitchen, White Lotus Farms, and Juicy Kitchen. Thanks for supporting all these local businesses. Happy Spring!

### **THIS WEEK'S SHARE ITEMS:**

**EVERCRISP APPLES** from [Kapnick Orchards](#): You will receive Evercrisp (a hybrid of the Fuji and Honeycrisp apples; sweet and juicy, crisp and aromatic; good snacking apple and good for pies). 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 GOLDEN BEETS** from [Second Spring Farm](#): You will receive Golden Beets (orange skin with rich gold interior; mild, sweet flavor when cooked). 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:** 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 and our own Sunflower Farm Market.

**-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

**BIB 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 farm 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 bag 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](mailto:gardenworksorganic@gmail.com) for more information.

**-How to use:** use as a salad, blended with chopped carrots, grated beets and thinly sliced apples, 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.

**POTATO MIX (yellow, red, blue)** from [Tantre Farm](#): You will receive [Carola](#) (yellow potato from Germany; smooth, creamy texture that is good for baking or frying), [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), and/or [All Blue](#) (an heirloom potato with deep blue skin and flesh; moist texture; perfect in salads, baked, or boiled). Thanks to Tantre staff for sorting and cleaning all these roots.

**-How to use:** good for roasting, potato salads, and pair well with fresh herbs, garlic, and olive oil

**-How to store:** keep unwashed in a dark space or a paper bag

**FROST-SWEETENED SPINACH** from [Tantre Farm](#): With the mild temperatures we have been having, we have been watching our hoop house spinach thicken the garden beds and come back to life and produce sweet, crisp, dark green leaves--good eaten raw or with minimal cooking to obtain the beneficial chlorophyll, as well as vitamins A and C; delicious flavor when juiced. Thanks to our very own Tantre staff for harvesting, washing, and packing.

**-How to use:** toss in fresh salad, add to sandwiches, sauté, steam, braise, or

add to crepes, quiche, lasagna, soups, or spinach pie

**-How to store:** refrigerate with a damp towel or in a bag for up to 1 week

**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.

**BAKED SUNDRIED TOMATO PESTO GNOCCHI WITH CANNELLINI BEANS & MUSHROOMS SERVED WITH WILTED GARLIC KALE** from [Harvest Kitchen](#): This 12-oz, healthy, vegetarian dish is made with pantry staples such as cannellini beans, cremini mushrooms, potato, kale, flour, olive oil, garlic, vegetable stock, shallot, sun-dried tomatoes, lemon, white wine, egg, mozzarella and ricotta cheese. This gnocchi dish has been turned into a full meal: white beans for protein, spinach and mushrooms for nutritional content, sundried tomatoes to boost the flavor, and garlic and kale to support your immune systems. 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:** Heat up and enjoy!

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

**KING PARM SALAD** from [White Lotus Farms](#) (vegan & gluten-free): This nutritious, 10-oz salad is a variation of a Caesar salad, but made with Parmesan Reggiano, golden raisins, lettuce, pea shoots, calendula, and small container of dressing on the side (Fustinis olive oil, Sicilian lemon vinegar) and another small container of bread crumbs. Thanks to Byron and his staff for all their efforts at harvesting and creating this beautiful salad straight from the hoop houses at White Lotus Farms. They set up a stall in the Kerrytown Farmers Market every Wednesday and Saturday. They sell many of their products around town and especially at their farm on Liberty St. in Ann Arbor. Check out the website above to find out more about them.

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

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

**BLACK BEAN ESPRESSO COOKIE** from [Juicy Kitchen](#): This vegan and gluten-free cookie offer a rich, chocolatey flavor with subtle coffee undertones, and they are often described as having a "chewy" or "dense" texture made up of black beans, cocoa, almond butter, walnuts, espresso, and sweetened only with 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 or as a snack.

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

## ANNOUNCEMENTS

**1. 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!*

**2. 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 Marrow Detroit Provisions dried beef bacon and Detroit breakfast sausages frozen and thawed, so you can pick it up for breakfast! 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](#) products. 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!

**3. 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!

4. **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!***

### **SAUTEED SPINACH WITH APPLES AND GARLIC** (from <https://ladydocscornercafe.com/sauteed-spinach-with-apples-and-garlic>)

Serves 4.

1 bag or 1 bunch **Tantre spinach**, washed and dried  
2 cloves garlic chopped  
1-2 **Kapnick apples**, cut into small cubes  
2-3 tablespoons pine nuts  
2 tablespoons olive oil  
Salt and pepper to taste

Add garlic to heated olive oil to release the flavor of the garlic. Sauté 1-2 minutes on low heat. Add apples and sauté until apples start to become slightly translucent and soft. Add spinach to pan with medium to high flame. The spinach will wilt and shrink in size quickly. Stir rapidly so spinach on top is moved to bottom and has chance to cook. When about ½ spinach is wilted, add pine nuts into pan and gently mix around. The spinach will cook quickly, in about 5-6 minutes. The goal is to wilt all the spinach leaves. Be careful to not overcook. Add salt and pepper for taste.

### **WARM GOLDEN BEET SALAD WITH GREENS AND ALMONDS** (from <http://www.thekitchn.com>)

1 bunch **Second Spring golden beets**  
1 bunch beet greens or **1 bunch Tantre spinach**  
Olive oil  
Salt and freshly ground black pepper, to taste  
4 cloves garlic, minced  
4 ounces goat cheese, crumbled  
2/3 cup toasted almond slivers

Heat the oven to 425 degrees. Line a 9-inch square baking pan or cake tin with a big square of foil. Place the beets in the foil square and lightly drizzle with olive oil and sprinkle generously with salt and pepper. Fold up the foil and crease to seal. Bake the beets for 60 minutes or until they can be just pierced with a fork. Set aside to cool. Meanwhile, chop the beet greens (or spinach) into bite-size ribbons. In a large skillet, heat a drizzle of olive oil over medium heat and add the garlic. Cook on low for about 5 minutes or until the garlic is golden and fragrant. Add the chopped leaves and stir to coat with the garlic. Cook on medium-low for about 10 minutes or until the leaves are soft and tender. Remove from the heat. When the beets are cool, rub them with a paper towel to remove the skin. Then chop into bite-sized pieces and toss with the cooked greens, goat cheese, and almonds. Taste and season with salt and pepper to taste. Serve warm or cold. (This also makes an excellent pressed sandwich filling, especially with some extra goat cheese.) **\*\*Can also be tossed on a bed of **Sell lettuce** and **Garden Works pea shoots**.**

### **BEET AND CARROT PANCAKES** (from Capay Organic Farm CSA "Farm Fresh To

You" website) Serves 8

1 1/3 cups (2 medium) **Second Spring beets**, coarsely shredded

1 cup (2 medium) **Second Spring carrots**, coarsely shredded

1/2 cup thinly sliced **Second Spring yellow onion**

2 cloves minced garlic

1 large egg

1/2 tsp salt

1/4 tsp pepper

1/3 cup all purpose flour

3 Tbsp olive oil

Sour cream

Preheat oven to 300 degrees. Place baking sheet in oven. Combine beets, carrots and onion in large bowl. Mix in egg, salt and pepper. Add flour; stir to blend well. Heat 1 1/2 tablespoons oil in heavy large skillet over medium heat. Using 1/3 cup beet mixture for each pancake, flatten into pancake with your hands, and then put 4 pancakes into skillet. Flatten with spatula, if need be, into a 3-inch round. Cook until brown and cooked through, about 4 minutes per side. Transfer pancakes to baking sheet in oven; keep warm. Repeat with remaining beet mixture, making 4 more pancakes. Serve pancakes with sour cream.

**RED, WHITE and BLUE POTATO SALAD** (from [www.homecooking.com](http://www.homecooking.com)) Serves 6

1/2 lb **Tantre red fingerling potatoes**

1/2 lb **Tantre yellow potatoes**

1/2 lb **Tantre blue potatoes** (see Notes)

1/4 cup mayonnaise

1/8 cup ranch dressing

1/2 Tbsp champagne vinegar (or white vinegar)

1/4 tsp dried dill weed

Pinch of sugar (optional)

1/4 cup thin-sliced green onions, tops included (see Notes)

Salt and freshly ground black pepper, to taste

Grape tomatoes for garnish

Simmer red, white, and blue potatoes, skins on, in salted water until tender, but not mushy. Let cool until easy enough to handle, but still warm. Cut into 1-inch pieces. Combine mayonnaise, ranch dressing, champagne vinegar, dill weed, and optional sugar. Pour over warm potatoes and toss to coat. Season with salt and pepper to taste. Refrigerate 2 hours or more to let flavors meld. Let come to room temperature to serve. Garnish with grape tomatoes. Recipe may be easily doubled.

*Notes: Waxy potatoes such as red rose, white rose, blue, purple, and gold potatoes are best for potato salad because they are not grainy or mealy and hold together well. You may substitute chopped chives for the green onions.*

**AUTUMN MINESTRONE** (from Moosewood Restaurant Daily Special by the Moosewood Collective) Serves 6-8.

2 Tbsp vegetable oil

1 cup chopped **Second Spring onions**

2 garlic cloves, minced or pressed

2 1/2 cups peeled and cubed winter squash (**Second Spring Tetsukabuto**, butternut, or kabocha)

2 celery stalks, diced

1/2 cup peeled and diced **Second Spring carrots**

2 1/2 cups cubed **Tantre potatoes**

1 tsp dried oregano

2 tsp salt

1/2 tsp black pepper

6 cups water

4 cups chopped kale/collard greens (or **Tantre spinach**)

1 1/2 cup cooked (or 15-oz can) cannellini beans

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

Hope you are enjoying the warm up this week! We look forward to seeing you next week for the Immune Booster's Week #212 with pick up on Sat. March 29 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](#)

