



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 208) Share March 1, 2025

Welcome to Week #208 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 CASH payments with, 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

Somehow all the native and nonnative birds have figured out how to live together. The native geese and the sandhill cranes share different dominions calling across the snowy, muddy hills late into the evening. The nonnative starlings and sparrows compete over nesting sites in and around the barns, sheds, houses, along with the cardinals, nuthatches, and the first robins returning, but each find their places in the trees and bushes around the farm. They can always find a way to make room for each other.

With this last southerly push of warmth, the snow and ice are melting off the muddy roads and fields creating a cold pudding that freezes overnight. The maple sap is running strong creating quite a bit of work for the sap gatherers hefting buckets, pails, and bags to be boiled. What a glorious moment! As the earth of the northern hemisphere orients closer in its orbit to the sun, the life of the land reappears in abundance after the desolation of these last few weeks of polar cold winter. We are looking forward to a couple more months by the woodstove before the buds of May begin to swell, and then summer is here.

Thank you for being a part of our share and celebrating graciously this beautiful living Earth. We are grateful for all the farmers in this week's share including Second Spring Farm, Sell Farms and Greenhouses, Kapnick Orchards, Two Tracks Acres, and Tantre Farm. We also can appreciate the warming nutrition of minestrone soup from Silvio's Trattoria e Pizzeria, the savory salty flavor of the root vegetable salad from Harvest Kitchen, the hearty malty flavor of Zingerman's Bakehouse rye bread, and the many ways to garnish so many dishes with the salty briney feta cheese from Fluffy Bottom Creamery. We hope you can find a way to pair all these many flavors of food with each other. There

is always a way to make it work together.

THIS WEEK'S SHARE ITEMS:

EVERCRISP & GALA 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 Gala (a popular apple cultivar with a sweet, mild flavor, crisp texture, and a striped or mottled orange or reddish appearance ; good for snacking, baking, juicing, freezing, and adding to salads. They are also especially suitable for creating sauces). 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 RED BEETS from [Second Spring Farm](#): You will receive 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 our former intern (2003)- turned-farmer, Reid Johnston, owner of Second Spring Farm from Cedar, MI. Besides finding his certified organic produce up north, he also distributes his veggies at Argus and Agricole.

-How to use: beet 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

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.

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. Taik and Stephanie grow 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 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 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.

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

-How to use: excellent baked, steamed, or stuffed, mash cooked squash with butter; puree cooked squash for creamy soup, or add uncooked chunks to soups or stews; add small amounts to yeast breads, muffins, cookies, pies, oatmeal, etc.

-How to store: keep for several months (depending on the variety) in a dry, moderately warm (50-60 degrees), but not freezing location with 60-75 percent humidity; will also store at room temperature.

MINISTRONE SOUP from [Silvio's Trattoria e Pizzeria](#) (vegan & gluten-free):

Minestrone or minestrone di verdure is a thick soup of Italian origin based on vegetables. This 1-quart of nourishing, comforting soup is filled with white beans, onion, celery, carrots, potatoes, kale, tomatoes, spinach, Brussels sprout, asparagus, basil. Silvio Medora brings his Italian roots into his restaurant in Canton creating authentic Italian food. The Medoro family prides itself on making sure that each dish is created by hand and with fresh ingredients. Silvio is heavily committed to the local Slow Food movement since his days in Ann Arbor. They host local musicians and other events, so be sure to visit this restaurant in Canton for a truly authentic, Italian experience.

-How to use: Just reheat and serve. Great served with *Harvest Kitchen's Salad and a slice of Zingerman's Jewish Rye bread.*

-How to store: Can be stored in the fridge for 4 to 7 days. Can be frozen and saved for a later date.

MISO ROASTED ROOT VEGETABLE SALAD from [Harvest Kitchen](#): This miso glazed roasted root vegetables are buttery, salty, and a little bit sweet--it's the perfect salad or side dish for any fall/winter meal. This vegan, gluten-free pint will be a combination of the following ingredients: cabbage, turnips, tri-color carrots, onion, garlic, celery root, potatoes, green onions, parsley, miso, apple cider vinegar, ginger, Dijon mustard, shallot, honey, olive oil salt and, pepper. Keith runs the show at Harvest Kitchen and we are always grateful for their contributions to our CSA and our market. Harvest Kitchen produces their products in the kitchens at the Washtenaw Food Hub and sells at the Ann Arbor Farmers Market, both Argus Farm Stops in Ann Arbor, Agricole Farm Stop in Chelsea, and provides granola, cookies, muffins, frozen pot pies, and other frozen prepared foods at the Food Hub Farm Market. Please stop by and pick up some of their items or order online.

-How to use: eat cold as a salad or place on a bed of Sell Farm's lettuce; or heat up and enjoy with a sprinkle of Fluffy Bottom feta cheese

-How to store: keep in refrigerator for 5 days

JEWISH RYE BREAD from [Zingerman's Bakehouse](#): Rye bread has an earthy, nutty, and slightly malty flavor. It is usually made with organic wheat flour, water, rye flour, sea salt, yeast, caraway seeds. Thanks to Jaison and the staff at Zingerman's Bakehouse, their baked products can be found all around Ann Arbor and now at Agricole in Chelsea. See more of what they offer on their website above in the name.

-How to use: Many uses like sandwiches and toast, but is traditionally associated with salted meats such as corned beef and pastrami

-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!

FETA CHEESE from **Fluffy Bottom Creamery**: a fresh, white, soft or semisoft cheese, which is not cooked or pressed but is cured briefly in a brine solution that adds a tangy, salty flavor and made from local milk, culture, and salt. This small creamery specializes in hand-crafted cheeses and yogurts along with a limited availability of mozzarella, manchego, camembert, feta, gouda, and gruyere cheeses. We appreciate these dairy items from Fluffy Bottom Farms, which is owned by Inanna Andres & Jack Miles. A few months ago they joined the Washtenaw Food Hub community and moved their creamery onsite, so we are excited to see many more new creations. They have more products at Argus, Agricole, the Saturday Ann Arbor Farmers Market, and the Sunflower Farm Market.

-**How to use:** very versatile, so put on top of soups, pasta, watermelon, grapes, nuts, potatoes, salads, pizza, or eggs

-**How to store:** refrigerate following expiration on package

ANNOUNCEMENTS

1. LAST DAY FOR EARLY BIRD DISCOUNT for Tantre Summer CSA: 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 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 Fridays starting Feb. 28: By choosing not to spend money at large businesses, participants hope to send a potent message about consumer power and corporate accountability. This movement encourages people to shop at only local and small businesses. 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 starting this week on Economic Blackout Day. Our regular hours will continue on Wednesdays from 4 PM to 7 PM and Saturdays from 9 AM to 12 PM. NEW ITEMS!! We are offering a new kind of hot salsa from Fiesta Grande for you to try and also Leelanau Cherry Limeade. We still have a few Detroit Breakfast Sausage left from [Marrow Detroit Provisions](#). We also will 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!

3. HOT COFFEE and HOT TEA AVAILABLE at Sunflower Farm Market on Saturday mornings: Starting this Saturday we will have self-serve coffee and several

varieties of tea available for purchase. 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, oat 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!

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](https://www.instagram.com/tantrefarm) to learn more. We are also active on [Facebook](https://www.facebook.com/tantrefarm) with regular posts of photos and blurbs detailing life on the farm and what is happening in the weekly Immune Booster CSA shares.

RECIPES

*****Keep in mind a very easy way to find recipe ideas for almost any combination of share box ingredients is to type the items into your preferred "search bar" with the word "recipes" at the end, and many recipe ideas will pop up. Have fun searching!***

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

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

3 Tbsp butter

2 chopped **Kapnick's apples**

1 chopped **Second Spring yellow onion**

2 cups cottage cheese (or substitute 1/2 cup **Fluffy Bottom feta cheese** crumbled)

2 Tbsp lemon juice

3/4 cup grated cheddar cheese

1/4 tsp cinnamon

1/4 cup raisins (optional)

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

WARM BEETROOT, MUSHROOM & LEEK SALAD (from

<https://sarahbrowneskitchengarden.wordpress.com/2011/11/02/warm-beetroot-mushroom-leek-salad/>) Serves 2.

1/2 Tbsp oil, your choice

1 tsp butter

2-3 **Second Spring beets**, boiled until tender

3 flat mushrooms (about 1/2 cup **Two Tracks mushroom mix**, roughly chopped

1 leek (or substitute 1 **Second Spring onion**), roughly chopped

sea salt

1/2 tsp English mustard

1 Tbsp balsamic vinegar

1 tsp fresh thyme leaves

1/2 tsp dried marjoram

sea salt & black pepper
toasted seeds to garnish

Heat the butter and oil in a frying pan over medium heat. Add the leeks and season with salt – cook for 2–3 minutes. Add the mushrooms, thyme and marjoram and another pinch of salt and continue cooking until the mushrooms are just tender. Peel the beets and slice them into wedges. Stir the warm beets, mustard, black pepper and balsamic vinegar into the mushroom/leek mix off the heat. Taste and adjust seasoning. Serve with toasted pumpkin or sunflower seeds or **Fluffy Bottom feta cheese** on top.

GRATED BEET AND CARROT SALAD

3–4 **Second Spring beets**, peel and uncooked
3–4 **Tantre Farm carrots**
1 finely chopped **Second Spring onion** (optional)
1/3 cup cider vinegar
2 Tbsp balsamic vinegar
1 tsp honey

Grate the beets and carrots into a bowl. Add onion. Pour over vinegar and honey, mix and let marinate in fridge.

Variation: Add grated turnips or radishes, **Sell Farm lettuce, toasted sunflower seeds, or **Fluffy Bottom feta cheese** when serving.*

CINNAMON ROASTED SWEET POTATOES AND APPLES (from <https://joyfoodsunshine.com/ci...>)

2 medium **Second Spring sweet potatoes**, 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 combined. 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!

Hope you are enjoying the warm up this week! We look forward to seeing you next week for the Immune Booster's Week #209 with pick up on Sat. March 8 at the Washtenaw Food Hub or Agricole Farm Stop! Thank you for supporting local farmers and food artisans.

Deb and Richard
Owners of Tantre Farm

***We look forward to hearing your weekly feedback on the shares and*

welcome any suggestions on how to improve. Please understand that we try to give you an accurate listing of the produce in your box each week; however, since this menu is published before we pack the boxes on Fridays, we may sometimes have to substitute some vegetables for others. Mostly we are able to update you of changes in our Friday newsletter, but sometimes our decisions are made after the newsletter is published. Please let us know whenever you think you are missing anything, and we will try to find some way to make amends. Thank you for your patience and understanding, as we try to keep things as smooth as possible. Please contact Deb or Richard with questions or comments at info@tantrefarm.com.

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