



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 209) Share March 8, 2025

Welcome to Week #209 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

Every morning a gathering vocal harmony of bird song slowly crescendos as the sun rises over the willows, then tips over the button bush, and finally spills out over the spaghetti grass near the water. The geese are quietly nestled in the swamp grasses, while the cardinals, the crows, and the newly arrived redwing blackbirds call out through the frozen, misty morning air. Letting everyone know, "we are here" ... "here we are" ... "we are alive" ... "we are here" ... on this fen, on this bog, on this treetop. Flying through the air, alive, breathing. There may not be much food at this time of year, but we are singing our life song on this frozen March morning as the sun dispels the darkness. We are here to be alive; to thrive. You can hear their voices rage in circling patterns all around this little farm, as the human beings wake up and drive their cars to work or drive trucks to wash potatoes and carrots or to haul boxes of multicolored carbohydrate roots from the root cellar to the packing shed over the frozen mud tracks. The humans drive across the hills and dales along roads strewn with traffic while the radio spews news of the war, of hopes for peace, of the current economy, of unemployment. Food for thought. Food for wonder.

That morning I drove a half frozen bin of cabbages down to the cows, and with the skid steer forks I tipped the basketball-sized cabbages down the hill as the cows ran up to eat something fresh after a winter of hay. So delicious! They are truly hungry for something tender. As I turned off the front end loader, I listened to the cows snorting and munching the half frozen cabbage as the sun rose over the hill, wondering at the absurdity of existence. Then I heard the birds once again, and it was sobering. Perhaps they know what to do. Perhaps they know what is meaningful. To sing to this late winter season morning and night

in between the gusting winds and snow squalls and cold, sunny days, and now the gradual lengthening of the light.

We would like to take a moment to acknowledge the song of the farmers from Kapnick Orchards, Second Spring Farm, Sell Farms, Garden Works, and Tantre Farm, who collectively brought this produce together for you to enjoy. We also appreciate all of our food artisan producers from Ginger Deli, Harvest Kitchen, and Juicy Kitchen, who bring these delicious and unique flavors of food to us. If there was ever a time to gather together to find strength and meaning in our bird song and our community connections, it is now. Thank you.

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 RAINBOW CARROTS from [Second Spring Farm](#): A carrot is a root whose skin color can be white, red, purple, or yellow, but more commonly known for their bright orange color; high in all kinds of various nutrients based on their color. Thanks to our former Tantre intern (2003)-turned-farmer, Reid Johnston, owner of Second Spring Farm from Cedar, MI for growing these vegetables. Besides finding his certified organic produce up north, he also distributes his veggies at Argus and Agricole Farm Stops.

-How to use: Can be used raw as carrot sticks, grated in salads or juiced; steamed or sautéed, in stews, soups, casseroles, stir-fries; pureed or grated into cakes, pancakes, or other baked goods

-How to store: Refrigerate dry and unwashed roots in plastic bag for up to 2 weeks

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 Second Spring Farm with description above.

-How to use: after skin is peeled, it can be eaten raw in slaws or salads or cooked in soups, stews, purees; can also be baked, boiled, or sautéed. Tip: after peeling it 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.

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 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.

AMAROSA RED FINGERLING POTATOES from [Tantre Farm](#): 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. Thanks to Tantre staff for sorting and cleaning all these roots.

-How to use: good roasted, in salads, and good with herbs

-How to store: keep in cool, dark place in paper bag for several months

ORGANIC RED SHALLOTS from [Second Spring Farm](#): member of the onion family; classic teardrop shape, reddish-copper skin, and white flesh; richer, sweeter and milder flavor typically than onions. Thanks to Second Spring Farm with farm description above.

-How to use: good pickled, raw, roasted; excellent caramelized and in vinaigrettes

-How to store: store the shallots in a paper or mesh bag in a cool (32 to 40 F), dry (60 to 70 percent relative humidity) location for six months or longer.

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.

THAI BASIL NOODLES from [Ginger Deli](#): A vegan & gluten-free dish in a quart container with green curry, spaghetti noodle, baby bok choy, fresh tamarind, garlic, yellow onion, sea salt, honey, shallot oil, Thai basil, cilantro, top with crushed peanuts and fried shallots. Thanks to Te Phan and his staff from Ginger Deli, who is 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 store location at 203 E. Liberty Street and also their products are at Argus Farm Stops in Ann Arbor and Agricole Farm Stop in Chelsea. Please stop by to try their items.

-How to use: heat to warm when ready to eat

-How to store: keep in refrigerator for 5 to 7 days

GARLIC SPATZLE WITH LEMON SPINACH from [Harvest Kitchen](#): Spätzle are small dumplings or noodles usually made with eggs, flour, and milk. The dish originates from Swabia, a historical region of Southwestern Germany, and dates back to medieval times. This vegetarian pint will be a combination of the following ingredients: spätzle (all-purpose flour, eggs, salt), lemon juice, spinach, garlic, butter, salt, 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: heat up and enjoy

-How to store: keep in refrigerator for 5 days

AVOCADO CHOCOLATE MOUSSE from [Juicy Kitchen](#): This 12-oz container of smooth chocolatey goodness is vegan and gluten-free, and it can be refreshing for a snack, breakfast, or dessert. Ingredients include an avocado blended with cocoa powder, dark chocolate, MI maple syrup, organic oat milk; topped with strawberry compote (organic strawberries, organic chia seeds, organic sugar, & lemon juice). 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 for breakfast, snack, or dessert.

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

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 a cured Beef Bacon along with the Detroit Breakfast Sausage 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. 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, 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 and make connections with others around you!

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!***

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

3 crisp **Kapnick's apples**

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

1 tablespoon orange marmalade

fresh ground black pepper, to taste

2 heads **Sell Farm's lettuce**

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

Mix yogurt with marmalade and black pepper. Tear lettuce into bite size pieces. Cut apples into small cubes. Mix lettuce, apples, almonds, and yogurt/marmalade dressing. Serve immediately. Serves 5.

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

Ingredients:

1 **Second Spring onion**, finely chopped

1.5 tbsp oil

3-5 **Tantre red fingerling potatoes**, thinly sliced

2 cloves of crushed garlic

1/2 tsp smoked paprika

8 beaten eggs

50g serving of Savoury Crunch or Mild Chilli 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 Works 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.

CELERIAC AND SWEET POTATO/BUTTERNUT SOUP (from [The Genesis Farm Cookbook](#)) Serves 6

2 Tbsp butter or vegetable oil

1 large leek, washed thoroughly and sliced thin (or **1 large Second Spring onion**, chopped)

1 large or 2 medium **Second Spring celeriac**, peeled and cut into 1-inch cubes

1 1/2 lbs sweet potatoes (OR **Second Spring butternut squash**), peeled and cut into 1-inch cubes

1 1/2 tsp salt

1/2 tsp ground allspice or nutmeg

4 cups water or unsalted vegetable broth

1 cup apple cider

1 cup light cream or milk (optional)

Salt and pepper, to taste

1/4 cup toasted pecans or almonds, chopped coarsely

Heat the butter or oil in large pan over medium-low heat. Saute the onions, stirring occasionally for about 10 minutes, or until lightly browned. Add the celeriac, sweet potatoes, and salt. Cover and cook, tossing a few times, for about 10 minutes. Add the allspice or nutmeg and stir for another minute. Pour in water and apple cider. Increase heat and simmer for about 30-40 minutes, until very tender. Cool to lukewarm, and puree in a blender or food processor and return to the pot (or use a stick blender to purée the soup in the pot.) Stir in the cream or milk. Salt and pepper to taste. Serve warm and add nuts.

FINGERLING POTATO SALAD WITH TARRAGON (from www.grouprecipes.com)

Serves 6

2 lb **Second Spring red fingerling potatoes**

3 Tbsp tarragon vinegar divided use

1 Tbsp Dijon mustard

1/2 tsp salt

1/2 tsp freshly ground black pepper

1/2 cup extra virgin olive oil

1 minced **Second Spring shallot**

1 minced clove garlic

2 Tbsp minced parsley

1 Tbsp minced tarragon

Place potatoes in large pot and fill with cold water to cover. Heat to boil then simmer until potatoes are tender about 15 minutes. Drain well then set aside to cool slightly. Slice potatoes then toss with 2 tablespoons vinegar. Whisk remaining vinegar, mustard, salt and pepper in small bowl then slowly whisk in olive oil. Add shallot and garlic and whisk to combine then pour over potatoes and gently toss. Add parsley and tarragon then toss gently and serve at room temperature.

Hope you are enjoying the warm up this week! We look forward to seeing you next week for the Immune Booster's Week #210 with pick up on Sat. March 15 at the Washtenaw Food Hub or Agricole Farm Stop! Thank you for supporting local farmers and food artisans.

Deb and Richard
Owners of Tantre Farm

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

Tantre Farm

2510 Hayes Road, Chelsea
MI 48118 United States

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