



Tantre Farm CSA Newsletter IMMUNE BOOSTER Week 149 Share – March 4, 2023

Hello Fellow Locavores,

Welcome to Week #149 of the Immune Booster CSA by Tantre Farm. As Ryan is enjoying the last week of his cruise in the Caribbean, we are enjoying a reminder that we can't escape winter just yet in Michigan with this snow-covered world, so please drive safely as you pick up your share box tomorrow. Deb's cell number is [734-385-6748](tel:734-385-6748), if you need to text her to let you know of a delay or a change in plans in picking up your share on time. 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.

THIS WEEK'S SHARE

ORGANIC LETTUCE from [Sell Farms and Greenhouses](#): These cool, crisp, hydroponically-grown, organic leafy annuals are grown by Sell Farms and Greenhouses in Ypsilanti. They are especially delicious at this time of year, since it is hoop house grown; rich in calcium, iron, and vitamins A and C. Thanks to Dean and Susan for providing this deliciously sweet green, and check them out at Argus Farm Stops and other locations in the area.

-How to use: raw in salads, wraps, sandwiches, or use in soups, and even smoothies.

-How to store: refrigerate up to a week in a plastic bag

GREEN CURLY KALE from [Goetz Greenhouse and Family Farm](#): a sweet, mild, cabbage flavor; rich source of phytochemicals, which studies have shown can ward off various forms of cancer; highest protein content of all the cultivated vegetables; very high in calcium, iron, vitamins A and C, and good source of fiber and folic acid. Goetz Farm is a 3-generation family farm in Riga, MI. Thanks to Karlene and Jonathon Goetz for providing kale at this time of year. You can find their produce at both Argus Farm Stops, Ann Arbor Farmer's Market, Downtown Farmington Farmer's Market and Chelsea Farmer's Market in the summer.

-How to use: add to salads, soups, light sautéing, kale chips.

-How to store: keep in plastic bag or damp towel in refrigerator for up to 1 week.

POTATO MIX from [Tantre Farm](#): These potatoes are a good source of

antioxidants, which may reduce the risk of chronic diseases like heart disease, diabetes and certain cancers. You will receive a mixed net bag of Carola (yellow potato from Germany; smooth, creamy texture that is good for baking or frying) AND Desiree (a red/pink-skinned, potato originally bred in the Netherlands with yellow flesh; very versatile with a waxy, firm texture for cooking from roasting to mashing and salads). As many of you know Tantre Farm distributes storage crops at this time of year at Argus Farm Stops, the Food Hub Market, and Vestergaard Market in Ann Arbor and Agricole Farm Stop in Chelsea.

-How to use: good baked, boiled, roasted or in potato salads, soups, stews, etc.

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

CURRIED GREENS AND POTATOES (from Eating Well is the Best Revenge by Marian Burros) Serves 2

1 lb **potatoes**

1 bag or bunch **kale**

1 or more clove(s) of garlic

1 tsp olive oil

1 tsp ground cumin

1 tsp ground coriander

1/2 tsp turmeric

1/4 (or less) teaspoon hot pepper flakes or cayenne pepper

2 cups canned, crushed, no salt tomatoes

Scrub, but do not peel potatoes. Boil or steam for 17–20 minutes until tender. Trim tough stems from greens, wash well, tear or slice into small pieces. Mince garlic: use a 1/2 teaspoon of salt to help mincing. Heat oil in pan, add greens and garlic. When greens begin to soften, add spices and tomatoes, reduce heat and continue to cook. Drain potatoes and cut into bite size pieces. Add to the greens and continue to cook over low heat to blend flavors. Here is where you use all those dark green outer leaves of curly endive, frisee, escarole, romaine, and other greens that are loaded with character.

Note: Choose any combination of greens and serve with crusty Raterman's sourdough bread.

ORGANIC YELLOW ONIONS from [Second Spring Farm](#): You will receive Copra (medium-sized, dark yellow-skinned storage onions; excellent storage onion staying firm and flavorful after most other varieties have sprouted; highest in sugar of the storage onions; same sulfurous compounds that draw tears inhibit rot, so the more pungent the onion the longer it will store). Thanks to Reid Johnson, our former intern (2003)-turned-farmer, for providing you with his certified organic onions from Cedar, MI.

-How to use: good in French onion soup, stews, casseroles, etc.

-How to store: can last for 10-12 months if kept in a cold, dark place

ORGANIC GREEN CABBAGE from [Second Spring Farm](#): A sweet green storage 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 Reid Johnson, our former intern (2003)-turned-farmer, for providing you with his certified organic cabbage from Cedar, MI.

-How to use: good steamed, stir-fried, or chopped raw into salads or coleslaw.

-How to store: refrigerate for up to 1 month.

BRAISED CABBAGE (from <https://www.food.com/recipe/braised-cabbage>)

1/2 **cabbage** (chopped or shredded coarsely)

2 **carrots**, grated

2 **onions**, chopped

1/4 cup butter

1/2 cup parsley or tiny bits of **kale**

1 teaspoon salt

1/4 teaspoon pepper

1 cup chicken broth

Add cabbage, carrots and parsley, to butter in a medium sauce pan, and mix until well coated with butter. Stir in salt, pepper and broth. Cover, bring to a boil, reduce heat to low and cook for 10 to 15 minutes or until vegetables are tender-crisp and still quite bright in colour. If too much liquid remains in skillet near the end of the cooking time, uncover and increase heat to high for a minute. Stir often while liquid evaporates. Enjoy!

ORGANIC ORANGE CARROTS from [Second Spring Farm](#): sweet, orange, cone-shaped roots; good eating quality; loaded with vitamins A and C, beta-carotene, protein, fiber, etc. Thanks to Reid Johnson, our former intern (2003)-turned-farmer, for providing you with his certified organic carrots from Cedar, MI.

-How to use: can be used raw as carrot sticks, grated in salads or juiced; steamed or sautéed, in stews, soups, casseroles, or stir-fries.

-How to store: refrigerate dry, unwashed roots in plastic bag for up to 2 weeks

ORGANIC RED CRIMSON AND GALARINA APPLES from [Almar Orchards and Cider](#): Apples improve brain and gut health, are rich in fiber, and are heavily loaded with antioxidants. They are also linked to lowering the risk of diabetes, heart disease, and cancer. Thanks to Jim Koan for all the hard work in producing so many delicious varieties of organic apples!

-How to use: excellent for fresh eating, but makes a good dessert apple, good for juicing, and applesauce

-How to store: can store for 2 to 3 weeks in cool location

MULTIGRAIN SOURDOUGH LOAF from [Ratermans Bread](#): This high quality, hand-mixed bread is composed of flour, water, salt, cracked rye, cracked wheat, sunflower seeds, oats, flax seeds, red quinoa and pumpkin seeds. Nick bakes all his bread inhouse on Fridays, and distributes his bread products at Agricole Farm Stop in Chelsea, Carosello Pasta and Tiani Body Care in Dexter and various other spots around Ann Arbor, but especially the Washtenaw Food Hub Market on most Saturday mornings.

-How to use: good as toast or sandwiches, make homemade croutons or stuffing, or simply slice a piece with butter and some delicious jam

-How to store: lasts for 4 to 5 days at room temperature in a plastic bag, put it away for a later date in the freezer and when taken out, heat it at 350 degrees for fresh-out-of-the-oven flavor!

WINTER SALAD from [Juicy Kitchen](#): This 16-oz flavorful, nutritious salad is vegetarian and contains nuts. It is a pleasant taste of the richness of a wide variety of winter veggies and has the following ingredients: Organic Farro, Organic Spinach, Butternut Squash, Brussels Sprouts, Organic Hazelnuts, Pomegranate, Feta Cheese, Apple Cider Vinegar, Tahini Dressing. You can find

more of their tasty dishes by going to their website. Thanks to Aaron and all the kitchen staff at Juicy Kitchen. They sell their food with an online menu or at their location on Maple Rd, White Lotus Farms, Argus Farm Stops in Ann Arbor, and Agricole Farm Stop in Chelsea!

-How to use: Eat salad with breakfast, lunch, or supper.

-How to store: Keep in the refrigerator for 2 to 3 days

RED LENTIL CHILI from [Harvest Kitchen](#): This delicious 16-oz. chili dish created by Keith is simple, classic, and will warm your insides! A wonderful vegan and gluten-free variation that includes Red Lentils, Vegetable Stock, Canned Tomatoes, Bell Peppers, Onions, Cilantro, Chili Powder, Cumin, Garlic, Coriander, Green Onions, Sugar, Cayenne Pepper. 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, and Agricole Farm Stop in Chelsea.

-How to use: Heat and serve with Raterman's Bread and delicious with Braised Cabbage!

-How to store: May store for 3 to 5 days in your refrigerator.

BASIL PESTO GNOCCHI from [Silvio's Trattoria e Pizzeria](#): 20-oz (vegetarian, contains nuts) This hand-rolled gnocchi is made from scratch with Tantre Farm Potatoes, Grazing Field Farm Eggs, and Organic Flour. The flavorful, authentic pesto gives you the hint of summer on these snowy, winter days with Basil, Romano Cheese, Parmigiano Cheese, Olive Oil, Ricotta Cheese, Garlic, and Pine Nuts. Silvio, the head chef and owner of Silvio's, runs deep with traditional Italian cuisine and makes food the way his past generations did. Come visit his Italian restaurant in Canton, MI for more Italian dishes and home-made organic pizzas!

-How to use: Heat and serve with a Juicy Kitchen salad and a slice of Raterman's Bread.

-How to store: May store for up to 7 days or more in the fridge. Also may be frozen to last longer.

APPLE TART, ELDERBERRY, OR CHERRY FRUIT TONICS from [Fruitbelt Sparkling Tonics](#): You will be receiving a random two-pack lottery of any combination of these sparkling drinks in 8.5 oz. cans, which are all vegetarian and gluten-free. All three drink types are all composed of pure Michigan-grown produce and Michigan spring water. So be creative with a cocktail or mocktail drink to enjoy the rich and nutritious flavors of this Michigan-sourced share. Cheers!

RECIPES: Here's a link to Tantre's treasure trove of recipes, where you can get some additional ideas for using this week's share:

<http://tantrerecipes.blogspot.com>. Please always keep in mind many more combination of recipes can be found by typing any combination of vegetables into your preferred search engine with the word "recipe" after that, and it is amazing what concoctions can be created in your very own kitchen!

SOCIAL MEDIA: Follow us on Instagram [@immuneboosterbytantrefarm](#) or [@tantrefarm](#) to learn more. We are also active on [Facebook](#) and [Twitter](#) with regular posts of photos and blurbs detailing life on the farm and what is happening in the weekly Immune Booster CSA shares.

Don't forget to keep an eye out for our next email on Sunday, March 5, regarding Tantre Farm's Immune Booster CSA Share, Week 150, for pick up on

March 11.

Hope you enjoy the delights and flavors of these cozy, winter, comfort foods!

Deb and Richard
Owners of Tantre Farm
www.tantrefarm.com

***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 Ryan, Carrin, and Deb with questions or comments at immuneboosterbytantre@gmail.com.*

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