



## Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 175) Share December 16, 2023

Welcome to Week #175 of the Immune Booster CSA by Tantre Farm. 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: There will not be a separate email with the Pick Up Protocol anymore, so you will not receive a Pick Up Reminder email. One update at the Washtenaw Food Hub is that we ask you to 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

The Winter Solstice is preparing us for a new beginning as we glide through these last balmy days of December into the longest night of the year. We would hardly know from the temps outside that it is actually winter. However, there is something so comforting in the long, dark evenings and the resting time that has increased for all animals, plants, and microbiology at this time of year. The anticipation of the new year and the coming of the light bring a new beginning that feels extraordinary and quite mysterious and yet very ordinary. Just to acknowledge the mystery and the ordinary is important.

These vegetables in your box began at a time when the sun was much higher in the sky from early August until early September. Upstairs in the barn there are neat towers of winter squash, onions, and garlic drying in the cool, dry storage room. The root crops have been dug up and crated in the root cellar. A season's accumulation in our root cellar are stacked neatly and topped off at seven crates high. Looking left stand the towers of purple daikon, in the middle are white daikon, and on the right are the round globes of watermelon radish. To the right of that are the cherry Red King daikon. A few crates of purple carrots and yellow potatoes are scattered around the rest of the root cellar along with a very tall stack of kohlrabi. A few days ago our friend cooked a daikon radish soup and steamed vegetables. It feels nourishing and good to have a belly full of so many textures and flavors.

The green crops like kale and Brussels sprouts are still being harvested out in the field. Long rows of green curly kale tower like tall palm trees next to the lacinato and Red Russian kale. Down the hill next to the old cow barn, we have many rows of Brussels that have been picked from the bottom upwards leaving stubbly leaves at the top with a few knobby sprouts that have been kissed by

the morning frost with sweetness. Perhaps if the weather continues in this mild manner, greens will still be harvested throughout the month of January. After that then the cold may settle in for another 60 to 80 days until the sun begins to warm the frozen soil with all the smells and sounds of spring in the air.

As we prepare for the deepest and darkest time of winter, it may be time to settle in with a bowl of popcorn or a whoopie pie. As the gray skies turn grayer and grayer and the black of night gradually blankets our day more and more, it is a time to turn to the warmth of the kitchen and create the gift of food, so heat up some warm soup or bake a pot pie and enjoy the flavors and crunch of a delicious root salad, while we settle in for the journey through the night.

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

**ORGANIC PEA SHOOTS** from [Garden Works Organic Farm](#): You will get 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. Rob from Garden Works lives a few miles from the 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.

**-How to use:** toss on salads, eggs, soups, sandwiches, tacos, wraps, and almost anything as a garnish.

**-How to store:** refrigerate for up to 1 week, but best within the first few days  
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**BRUSSELS SPROUTS** from [Tantre Farm](#): tiny, green cabbage heads with mildly pungent, mustard-like flavor.,

**-How to use:** boil or steam for 5-10 minutes without overcooking, so they are still bright green; toss with olive oil, lemon juice, salt and pepper, or a pat of butter; excellent roasted or stir-fried.

**-How to store:** refrigerate for up to a week or more unwashed in a plastic bag in hydrator drawer.

**CAROLA POTATOES** from [Tantre Farm](#): yellow potato from Germany; smooth, creamy texture that is good for baking or frying.

**-How to use:** good roasted, mashed, or in salads.

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

**GREEN CURLY KALE** from [Tantre Farm](#): well-ruffled, curly green leaves on green stems; this variety makes a good, roasted "kale chip", and excellent in a wilted kale salad drizzled with a shallot vinaigrette (recipe below) and topped with toasted nuts and dry cherries or pomegranate seeds for a holiday bling bling salad!

**-How to use:** for salads, soups, kale chips, and light cooking.

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

**ACORN SQUASH** from [Tantre Farm](#): small, green ribbed squash with pale yellow flesh; great stuffed with rice, breading, or soups

**-How to use:** great stuffed; slice in half, scoop seeds out and bake with a little water in baking pan at 350 degrees for 30-40 minutes or until tender; boil or steam chunks for 15-20 minutes, or until tender; 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.

**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 intern (2003)-turned-farmer, Reid Johnston, owner of Second Spring Farm 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, 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 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 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 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 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 Ziplock baggies for quick use; if not cut, store in dry, well-ventilated place for several months.

**FROZEN BLUEBERRIES** from [Joes BlueBerries](#): prepared from properly ripened fresh fruit and flash frozen; naturally grown on the west side of the state with no use of pesticides or chemical fertilizers; rich in antioxidants and full of vitamins and minerals; may help lower cholesterol; delicious in many dishes. Joe runs a u-pick blueberry farm called Moss Funnel Farms in Bangor, MI and we appreciate his blueberries being in our share and at the Hub Market.

**-How to use:** excellent snack, uses in smoothies, ice cream, cheesecake, pancakes, oatmeal, or baked as a fruit crisp with pears and apples (hint! hint!). Recipe below!

**-How to store:** will last 10-12 months in a freezer

**ORGANIC POPCORN** from [Ferris Organic Farm](#): Popcorn is a cereal grain and originates from a wild grass and could be found throughout ancient North, Central, and South America. Popcorn can pop up to 30 times its size and up to 3 feet in the air. Thanks to Silvie and her husband who provide this Michigan-grown, organic seed from Ferris Organic Farm in Eaton Rapids, MI. The Washtenaw Food Hub Market carries many of their beans and lentils, including black, pinto, navy, kidney, split peas, red/green lentils, and oats.

**-How to use:** good tossed with salt, pepper, cinnamon, oregano, thyme, nutritional yeast, or made into caramel corn; commonly strung in the past with string and cranberries for a natural garland that can be hung inside on

Christmas trees or outside for the birds to enjoy in the winter

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

**FETA CHEESE** from **Fluffy Bottom Farms**: 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 Calder 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. They have more products at Argus, Agricole, the Saturday Ann Arbor Farmers Market, and the Hub Market.

**-How to use:** very versatile, so garnish pasta, watermelon, grapes, nuts, chickpeas, potatoes, salads, pizza, or eggs

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

**FROZEN CHICKEN OR VEGETABLE POT PIE** from [Harvest Kitchen](#): You were given a choice of a [Chicken Pot Pie](#), which includes pie crust (organic flour, butter, organic sugar, salt) organic chicken, potatoes, carrots, chicken stock (Miller's chicken, carrots, onion, celery, peppercorns, thyme, parsley, coves), onions, peas, celery, eggs, organic rosemary, thyme, organic sage, salt, pepper, organic sugar OR the [Vegetable Pot Pie](#) (vegetarian), which includes the pie crust (organic flour, butter, organic sugar, salt), carrots, celery, onions, garlic, potatoes, squash, vegetable stock, thyme, organic rosemary, organic sage, 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.

**-How to use:** Follow directions on the package.

**-How to store:** Keep in the refrigerator for 5 to 7 days or back in the freezer for several months.

**CLASSIC WHOOPIE PIE** from [Harvest Kitchen](#): The whoopie pie is a beloved American dessert, which is basically two mounded cookies or cakes with a cream-filled layer sandwiched between them. What a fun dessert for guests around for the holiday or as an indulgent treat over these longer days of winter! See above for description of Harvest Kitchen and how to find them.

**-How to use:** Eat as a delicious dessert or a treat!

**-How to store:** Keep at room temperature for a day or two, but then refrigerate or freeze for longer storage.

## ANNOUNCEMENTS

### 1. NEW YEAR'S DAY PLANT WALK at Tantre Farm - January 1, 2024 from 12 -

**2 PM:** Plant walks are excellent learning opportunities for those with beginning to intermediate foraging skills, and for anyone wishing to increase their knowledge of the local flora with local foraging expert, Rachel Mifsud from "Will Forage for Food". Our discussion will include information about identification, methods of harvest, preparation, and use. We will explore the area and talk about edible, medicinal, or otherwise useful plants and mushrooms that are currently in season. Dress for the weather. You may want a notebook and pen. Unlimited class size, drop-ins welcome, and cost is \$25. To register ahead of time or to find more information, just go to this site and

**2. 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.

**3. NO IMMUNE BOOSTER CSA and NO WASHTENAW FOOD HUB FARM MARKET on Dec. 23 and Dec. 30:** We are taking a holiday break with the Immune Booster CSA and are closing the Hub Farm Market for 2 weeks. Hopefully most of you will stock up on holiday feasting items this coming Saturday at Agricole Farm Stop and the Hub Market, and have plenty of holiday leftovers! We will be back in action for our next Immune Booster menu sent out to you on Sunday, Dec. 31, regarding Tantre Farm's Immune Booster CSA Share, Week 176, for pick up on January 6 with all kinds of delicious local food for the NEW YEAR!

**4. WASHTENAW FOOD HUB FARM MARKET OPEN on December 16:** We will be open only Dec. 16 from 9 AM to 12 PM. We will be open again to welcome 2024 on January 6. We hope to continue adding new items gradually to the Hub Market as we explore what products you are interested in us supplying. Besides having all kinds of fresh produce from Tantre Farm, Second Spring Farm, and Kapnick Orchards, and Garden Works, we will have Harvest Kitchen will continue to provide frozen items, along with a few muffins and cookies. The freezer cooler is stocked with frozen meats from Washtenaw Meats and other farms along with frozen Blueberries and the Brinery's tempeh varieties. Fluffy Bottom Farms will have yogurt, feta cheese, and different kinds of hard cheeses. Zingerman's Bakehouse will be providing 3 different varieties of bread, including Sourdough Rounds, Rustic Italian, and Rye. Zingerman's Creamery has cream cheese available. The Brinery has plenty of kimchi and pickled roots along with their signature sauerkraut and hot sauces. Elder Farms from Milan is supplying more free-range, USDA certified eggs and frozen whole chickens, and Brendan with his Rainbow Eggs will be back. Carosello Pasta has provided us with 4 varieties of their pasta. Some great gift ideas would be Harvest Chocolate's mini snack chocolates, hot cocoa packets, and chocolate tea, along with maple syrup, jam, honey, and Tiani's and Bubble Babes soaps. Lots of fun things to check out at the farm market, so hope you can find things for yourself or others during this time of gift giving!

## 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!***

BRUSSELS SPROUTS AND CARROT SALAD (from Moosewood Restaurant Daily Special) Serves 4-6

3 cups water

1/2 tsp salt

3 large **carrots**, cut into 1-inch chunks

1 lb **Brussels sprouts**, washed with stems cut off

Freshly ground black pepper, to taste

Fresh dill or parsley sprigs, to taste

Diced red **onions** (or 1 **shallot**)

Vinaigrette Dressing:

1/4 cup canola or other vegetable oil

4 tsp cider vinegar  
4 tsp prepared horseradish  
1 Tbsp chopped fresh dill (1 tsp dried)  
1/4 tsp salt

Bring the water and salt to a boil in covered saucepan. Add the carrots and cook until just tender, 6–8 minutes. Meanwhile, halve any Brussels sprouts larger than 1-inch across. When the carrots are tender, remove and set aside in a large bowl. Ease the brussels sprouts into the boiling water and cook until tender, about 6–8 minutes. While the Brussels sprouts cook, whisk together all the dressing ingredients in a small bowl. After the Brussels sprouts are tender, drain and add them to carrots. Pour the dressing over the vegetables and toss gently. Serve immediately or chill for about 30 minutes. Garnish with pepper and a few dill or parsley sprigs. If desired, add red onions for color and spark. *Toss in some partially thawed Joe's **Blueberries** for added flavor.*

CARROT LENTILS (from Learning to Eat Locally) Serves 6

3 whole cloves  
1 medium **onion**, quartered (or 1 **shallot**)  
1 cup small green lentils  
2 medium **carrots** cut into 1-inch chunks  
1 tsp salt or to taste  
Freshly ground pepper to taste  
2 bay leaves  
1 tsp olive oil (optional)

Poke cloves into onion quarters. Put lentils, onion, carrots, salt, pepper and bay leaves into a 2-quart saucepan, and cover with water by one inch. Bring to a boil, reduce heat to low, and simmer covered until lentils and carrots are tender, about 30 minutes. Drain lentils, leaving some of the juice and remove bay leaves and cloves. Toss with olive oil if desired or garnish with **Fluffy Bottom Feta Cheese**.

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

2 **acorn squash**  
3 Tbsp butter  
2 chopped apples  
1 chopped **onion or shallot**  
2 cups cottage cheese or **Fluffy Bottom's Feta Cheese**  
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, saute apples and onions in butter. Add remaining ingredients to apples. Stuff squash with mixture, covered, 15–20 minutes.

AUTUMN MINISTRONE (from Moosewood Restaurant Daily Special by the Moosewood Collective) Serves 6–8.

2 Tbsp vegetable oil  
1 cup chopped **onions or shallots**  
2 garlic cloves, minced or pressed

2 1/2 cups peeled and cubed **winter squash** (such as **acorn**, delicata, or kabocha)  
2 celery stalks, diced  
1/2 cup diced **carrots**  
2 1/2 cups cubed **potatoes**  
1 tsp dried oregano  
2 tsp salt  
1/2 tsp black pepper  
6 cups water  
4 cups chopped **kale**  
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 saute 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.

POTATO SALAD WITH SHALLOT VINAIGRETTE (from The Organic Cookbook by Renee Elliot and Eric Treuille) Serves 4

1 1/2 lb **potatoes**, cut into bite-size pieces  
2 **shallots**, finely chopped or 4 scallions  
2 Tbsp red wine vinegar  
1/4 cup extra virgin olive oil  
Salt and black pepper, to taste

Bring potato pieces to a boil in a large pot. Simmer gently until tender, 10–15 minutes. Drain. While the potatoes are cooking, mix shallots, vinegar, and oil until combined. Add the hot potatoes to the vinaigrette with “mix-ins” (see below), if using. Toss gently to coat each potato piece. Add salt and pepper to taste. Serve warm or at room temperature.

“Potato Salad Mix-ins”: Vary the flavor and texture by adding 2 tablespoons finely chopped fresh herbs, such as dill, parsley, or chives, 1 tablespoon grainy Dijon mustard or 2 celery stalks, finely chopped.

SHALLOT VINAIGRETTE (from Local Flavors by Deborah Madison)

1 **shallot**, peeled and finely diced  
2 Tbsp red wine vinegar  
1/2 tsp sea salt  
6 Tbsp or more extra virgin olive oil

Finely dice the shallot by slicing it first lengthwise, then crosswise. Put into a bowl with the vinegar and salt. Let stand for 10 minutes, then whisk in the oil to taste.

Hope you enjoy the delights and flavors of these Winter Solstice-inspired foods this week! This would be a good time to get a few things to stock up on before company comes, or give some items away as a holiday gift! Hope to see you in a few weeks for Week #176 with pick up on Sat. January 6 for the beginning of the new year!

**Deb and Richard**  
**Owners of Tantre Farm**  
**[www.tantrefarm.com](http://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 Deb or Richard with questions or comments at [info@tantrefarm.com](mailto:info@tantrefarm.com).*

## **Tantre Farm**

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