



## Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 176) Share January 6, 2024

Happy New Year and welcome to Week #176 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

On the far western edge of Washtenaw County, a small market farm was just a twinkle in a young farmer's eye about thirty years ago on a grassy, rolling, 40-acre plot of land in Sylvan Township. During the first growing season, the farm grew just squash and potatoes on a few acres, which could easily be stored in the century-old, house basement of field stone for the winter, since there were no other buildings on this property at the time. That was the beginning of Tantre Farm! We were able to sustain our potato supply throughout the winter with still enough potatoes left over to start another year of growing the following summer. Amazingly enough neighbors and friends showed up to help us dig those weedy acres of potatoes. We didn't sell many potatoes at first and delivered many crates to our neighbor's cows to munch, but we still stuck with it as we learned. The Peoples Food Coop of Ann Arbor became the first buyer of those potatoes. Over the first few years and ever onwards, we have shared many meals with friends and neighbors after a long harvest. This was the beginning of our efforts to connect ourselves with the local community through eating and storing food.

In 1997 we dug a root cellar in the side of a hill and above that we built a well-insulated, timber frame barn, which was the first outbuilding on our property. We figured out how to store dry crops in the upper level, and then lower in the root cellar we utilized the natural refrigeration of our Michigan winters for our root crops which need humidity and a steady coolness. While some farmers slow down a bit with less field work in the winter, we began to think about how to grow, store, and eat between all four of Michigan's seasons. We appreciated the cold months that kept the roots crisp and fresh in their underground winter storage area. Over many centuries, farmers, gardeners,

and wild foragers have learned how to utilize a root cellar in conjunction with the cold season to extend the longevity of the summer and fall harvests.

Needless to say, the cold temperatures of a normal Michigan winter seem farfetched this year. This winter has been unusually warm and balmy, and obviously it's hard to even say that it's a true winter. It's just been one long, muddy, extended late fall! A lot of people ask us what do we do in the winter. Well, this particular season we are continuing to harvest the kale, collards, and spinach in the fields until the heavy snows arrive. Mostly though we do a lot of washing, sorting, and distribution of our storage crops that are stored and stacked in the root cellar and walk in coolers. These vegetables are stacked from floor to ceiling from August until early November in hundreds of wooden crates filled with carrots, daikon radishes, potatoes, beets, kohlrabi, and whatever other roots we have grown each year. It is a feeling of satisfaction and well being to have so much rootstock available for the our CSA members, farmers market customers, and our winter farm crew to make hearty meals of slaws, soups, stews, and root bakes.

We are grateful that we can grow thousands of pounds of food, create a livelihood for our family, continue to eat seasonally, and share healthy food with our community. It has given us a sense of purpose and place. We are thankful that you are enjoying this harvest and storage benefit with the produce in this week's share from Tantre Farm, Second Spring Farm, Kapnick Orchards and Garden Works, but also through the culinary creativity of Harvest Kitchen's Root Bake, Ginger Deli's Collards and Kohlrabi Salad, and the savory Detroit St. Sourdough from Zingerman's Bakehouse in your box this week. Using roots, stems, and leaves we can enjoy the crunch and freshness of the harvest as we continue to eat within our local food shed. Thank you for being a part of our share.

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

**ORGANIC PEA OR SUNFLOWER SHOOTS** from [Garden Works Organic Farm](#): You will receive one clamshell of sweet, tender pea or sunflower 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

**FUJI & PINK LADY APPLES** from [Kapnick Orchards](#): You will receive 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, and also performs well in baking and applesauce) AND Pink Lady. (sweet-tart apple has high sugars and high acids with bright white flesh that is slow to oxidize, so a perfect snack with a crunchy texture which offers a "fizz-like" burst of flavor; one quarter of your daily recommended dose of vitamin C, fiber for digestion, and antioxidants to fight against premature ageing). Kapnick Orchards (<http://www.kapnickorchards.com>) supply 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

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

**PURPLE DAIKON RADISH** from [Tantre Farm](#): You will receive K-N Bravo, which looks like an overgrown carrot with internal color ranging from pale purple to white with purple streaks; roots average 8- to 9-inches by 2 1/2- to 3-inches with good, sweet, eating quality.

**-How to use:** excellent julienned, sliced, used in a salad or tossed with your favorite vinaigrette; good eaten fresh, cooked, or pickled

**-How to store:** store dry and unwashed in plastic bag in refrigerator for up to 2 weeks; can last for 2-4 months if stored in cold, moist conditions like beets

**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 lemon vinaigrette, topped with toasted nuts and dried fruit bits!

**-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.

**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. Besides finding his certified organic produce up north, he also distributes his veggies at Argus and Agricole.

**-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 SWEET POTATOES and/or ORGANIC FINGERLING POTATOES** from [Second Spring Farm](#): We found we had a few less sweet potatoes than we thought, so we added some of Reid's fingerling potatoes to your box as well. You will receive Sweet Potatoes (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) and/or Fingerling Potatoes (stubby, oblong, finger-shaped type of potato with red, yellow, or blue skin and buttery, nutty, earthy flavor; excellent cut lengthwise and roasted or boiled; nutritionally rich in vitamin C, fiber, and potassium). Thanks to Second Spring Farm with 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 LEEKS** from [Second Spring Farm](#): long, slender, green leaves with white to pale green stems.

Cooking tip: slit from top to bottom and wash thoroughly with root facing up to remove all of the dirt trapped between the leaf layers. Thanks to Second Spring Farm with description above.

**-How to use:** white and lower part of greens can be cooked whole, chopped in slices and substituted for onions; delicious raw in salads or cooked in soups,

quiches, casseroles, stews, stocks, or stir-fries.

**-How to store:** refrigerate unwashed for 2 weeks in plastic bag.

**ORGANIC RED CABBAGE** from [Second Spring Farm](#): You will receive [Ruby Perfection](#) which is a fancy, fall storage, red head; medium-sized, dense, and a uniform high-round shape with good wrapper leaves. Thanks to Second Spring Farm with description above.

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

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

**HONEY BAKED ROOT VEGETABLES WITH MARINATED MUSHROOMS & RICE**

**PILAF** from [Harvest Kitchen](#): This 12-oz vegetarian and gluten-free entrée is a perfect celebration of the root cellar. With a combination of rainbow carrots, parsnips, turnips, potatoes, leeks, and sweet potatoes, tossed with apple cider vinegar, local honey, olive oil, salt and pepper, and Cremini mushrooms, parsley, green onions, rice, vegetable stock, and red peppers. 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:** Reheat and serve.

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

**TASTY COLLARD GREENS & KOHLRABI SALAD (1 pint)** from [Ginger Deli](#): This gluten free and nut-free winter salad features Tantre Farm's slow cooked, frost-sweetened collard greens and freshly shredded kohlrabi, along with shredded purple cabbage, carrot, mango, toasted shallot, served with sweet citrus vinaigrette dressing (water, grapefruit, olive oil, apple vinegar, sea salt, limes, minced garlic, red pepper flakes, honey). This salad is created by Ginger Deli ([www.gingerdeli.com](http://www.gingerdeli.com)), 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.

**-How to use:** open and ready to go

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

**DETROIT ST. SOURDOUGH BREAD** (nut-free & vegan) from [Zingerman's Bakehouse](#): made with organic wheat flour, water, sea salt, and Zingerman's sourdough starter, which is topped with aromatic fennel, poppy, and sesame seeds, and great as avocado toast! Zingerman's Bakehouse can be found all around Ann Arbor and now at Agricole in Chelsea, and a few loaves at the Hub Market. See more of what they offer on their website above.

**-How to use:** Many uses like sandwiches, avocado toast, good with dipping sauces, soups, or with spreads; perfectly suited to complement the soup and salad above!

**-How to store:** Store in paper bag for several days; just sprinkle some water on it to reheat in the oven. It comes out just as if it was freshly baked!

## ANNOUNCEMENTS

**1. WINTER ID at Tantre Farm – Feb. 10 from 2 to 4 PM:** Tree ID is important to

finding herbs and mushrooms, as well as the trees themselves. If you can ID trees with their leaves on, you can't scout during the winter. But if you can ID them without their leaves, you can scout all year round. To ID trees in the winter, you need to look at characteristics other than their leaves. In this class we will look closely at several different trees and shrubs and discuss how to identify them based on characteristics such as bark, branching pattern, and winter buds. This is an outdoor class. Please dress for the weather. Please register with \$25 <https://willforageforfood.squa...>

**2. WINTER WEED ID at Tantre Farm – Feb. 24 from 2 to 4 PM:** Similar to Winter Tree ID, except this class will focus on herbaceous plants. There are several plants that remain green all winter, even under the snow. So we will spend some time talking about those. But we will also spend time learning to ID dead plants Why? Because the "skeletons" of dead herbaceous plants can tell you where to look for roots and where you should look for things during the growing season. You would be surprised at how much you can ID in the winter. Please register with \$25 at <https://willforageforfood.squa...>.

**3. FORAGERS' MEDICINE CABINET at Tantre Farm – March 9 from 2 to 5 PM:** What would your medicine cabinet look like if you replaced your over the counter stuff with herbal remedies? Now is your chance to find out! First, we will discuss roughly 15 wild plants that can be used to treat most minor ailments. You will learn about the healing properties of the plants, as well as the techniques for extracting and preserving their healing qualities. This part will be sort of like a lecture, so bring a notebook to take notes. Then we will spend the rest of the afternoon in the kitchen, using lawn weeds and common garden herbs to produce home remedies that can take the place of over the counter medicines. You will get to work hands on to make First Aid Salve, Muscle Ache Balm, Headache Tincture, Cough and Cold Syrup, Tummy Tea, Sleepy Tea, and Eye Relief Compress. Everyone will get to take their products home with them. This class will not include a plant walk. All plants will be pre-harvested so that we can focus on learning the techniques. This class with cost \$50 and you register here: <https://willforageforfood.squa...>

**4. 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.

**5. WASHTENAW FOOD HUB FARM MARKET OPEN on January 6:** We will be open every Saturday from 9 AM to 12 PM. 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, Kapnick Orchards, Sell Farms & Greenhouses, and Garden Works, we will also have Harvest Kitchen providing 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 and feta cheese. Zingerman's Bakehouse will be providing several different varieties of bread. The Brinery has plenty of kimchi and pickled roots along with their signature sauerkraut and hot sauces. Elder Farms from Milan and Sweet Baby Acres will have eggs available. Carosello Pasta and Al Dente Pasta will each have several variety of pasta options. Harvest Chocolate will have mini snack chocolates, hot cocoa packets, and chocolate tea, and we also have local flour,

maple syrup, jam, oats, honey, kombucha, dried beans, popcorn, and Tiani's and Bubble Babes soaps. Lots of fun things to check out at the farm market!

## 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!**

CREAMY RADISH SOUP RECIPE (from <https://www.nelliebellie.com/c...>)

2 lbs radishes (**or Daikon**) rinsed trimmed, and quartered

1 red onion or 1 **leek**, sliced

2 red **potatoes**, diced or alternately 1 cup sweet corn

8 Tbsp tablespoons butter

1 tbsp. salt

2 tsp pepper up to 4 teaspoons...taste and adjust

3 cups milk you can use almond milk or even broth, if you like.

1-3 tsp hot sauce most of the time I end up with 1 tablespoon.

Melt margarine or butter on medium-high heat. Add the onion, radishes, corn, salt, pepper, and hot sauce in pan. Bring the butter, onion, radishes, corn, and spices to a boil, keep at a low-boil for about 30 minutes or until the radishes and onions are soft. Be careful not to burn the butter. Keep the temperature on low and stir in the milk. Heat until hot but not boiling. Use an immersion blender or transfer (carefully!) the soup to your blender and blend the soup until creamy. Serve warm with sour cream.

BRAISED DAIKON (from *Winter Harvest Cookbook*) Serves 4

1 **Daikon radish**, peeled and diced

2 Tbsp light cooking oil

1 tsp sugar (or honey)

1 1/2 Tbsp soy sauce

Put Daikon in saucepan, cover with water, and boil 5 minutes. Drain well. Heat skillet, add oil, and stir-fry Daikon for 2 minutes. Add sugar and soy sauce; stir-fry another minute. Add 1/4 cup water, cover, and bring to a boil. Reduce heat to medium-low and cook, stirring occasionally, until Daikon is tender, but not mushy, about 30 minutes. Serve hot.

KALE SLAW

*Dressing:*

1 large sweet onion (sliced thin and then cross cut)

1/2 cup ginger paste (use a microplane grater)

1 Tbsp roasted toasted sesame oil

3-4 Tbsp tamari

1/2 cup toasted sesame seeds

1 tsp honey

1 cup mayonnaise

Wisk dressing ingredients together and leave at room temperature for an hour or so.

*Slaw:*

1 bunch of coarsely chopped **kale** (no stems)

1 bunch **carrots** (cut into thin rounds or matchstick)

1 small **red cabbage**, thinly sliced  
Dry veggies well, spinning them in salad spinner. Pour dressing over veggies and mix thoroughly. Marinate at room

temperature for another hour or so. Mix every so often.

#### WINTER LENTIL SOUP

4 **leeks**, white and light green parts only  
1 bunch **kale**  
1 Tbsp olive oil  
1 (28-oz) can whole tomatoes, drained  
6 cups water  
2 **sweet potatoes**, peeled and cut into 1/2-inch dice  
1/2 cup brown lentils  
1 Tbsp fresh thyme leaves  
2 tsp kosher salt  
1/4 tsp black pepper  
12 fresh basil leaves (optional)  
1/4 cup (1-oz) grated parmesan (optional)

Slice each leek in half lengthwise, then slice each half into 1/4-inch-thick half-moons (about 2 cups). Place in a large bowl of cold water and swish to remove any grit. Drain and pat dry. Remove the stems from the kale. Stack the leaves on top of one another and slice them crosswise into 1/2-inch-wide strips; you'll need 3 cups. Heat the oil in a saucepan over medium heat. Add the leeks and cook for 3 minutes. Add the tomatoes and cook, breaking them up with a spoon, for 5 minutes. Add the water and bring to a boil. Stir in the kale, sweet potatoes, lentils, thyme, salt, pepper, and basil (if using). Simmer until the lentils are tender, about 30 minutes. Spoon into individual bowls. Sprinkle with the Parmesan (if using).

#### CABBAGE SWEET AND SOUR (from *What Do You Do With this Stuff*)

4 cup shredded **cabbage**  
3 onions (**or leeks**), chopped  
4 Tbsp lemon juice  
4 tart **apples**  
1/4 cup apple cider  
3 Tbsp honey  
3 Tbsp oil  
1 Tbsp caraway seed  
1/2 cup raisins  
1/8 tsp ground allspice

Core and chop apples. Combine all ingredients in a large saucepan and simmer gently for 10 minutes, stirring constantly.

Hope you enjoy the delights and flavors of these root cellar foods this week! Hope to see you next week for Week #177 with pick up on Sat. January 13, and best wishes for 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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