



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 178) Share January 20, 2024

Welcome to Week #178 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

It doesn't get to be any more winter than this with snow and subzero winter weather having arrived! For the last few years, we have seen some pretty mild Januarys. Out here on the farm though this past week, we have been breaking the ice on the pond for the cows to drink and feeding bales of hay. We are bringing water to the pigs, the chickens, and the ducks, who are completely unfazed in the snow and cold and happily take a bath in negative numbers, splashing and quacking with such delight to have fresh and not frozen water, if only for a few hours before it is frozen solid again!

Despite the cold outside, we are enjoying some roasty, toasty fires by the wood stove, and we are looking forward to more. However, at the moment this January is showing it's teeth! It is with sincere gratitude that we would like to thank those who have contributed to this share, especially to the farmers who have to harvest in this weather as well as keep machines running and animals fed. Thanks to Karlene and Jonathon Goetz who have contributed the Swiss chard and Dean Sell for his sweet and tender leaf lettuce. It is so amazing to have these tender greens at this darkest time of year! Thanks to Reid from Second Spring Farm, Scott from Kapnick Orchards, and to the Tantre Farm crew for all the roots and storage crops that had to be sorted, cleaned, and packaged for this box.

Also, we extend our thanks to our food artisans with Jaison from Zingerman's Bakehouse baking bread and Inanna from Fluffy Bottom Farms for the yogurt and Harvest Kitchen and Ginger Deli for embracing the seasonal fares and creating the delicious soup and root cellar salad. They all had to heat up vehicles and shovel snow to get to work to create these delicious foods for the delight of the tongue and the health of the body.

It's good to know our friends and neighbors are willing to cooperate, collaborate, and celebrate in these coldest moments. We hope you enjoy this share. Thank you for participating and making the effort to support all of these fine folks and their products as well! Happy Winter!

THIS WEEK'S SHARE ITEMS:

LETTUCE from [Sell Farms & Greenhouses](#): These organically grown and hydroponic greens are rich in calcium, iron, and vitamins A and C. This family-owned business in Ypsilanti is operated by husband/wife team Dean and Susan Sell. 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.

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 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 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.

-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 GREEN CABBAGE from [Second Spring Farm](#): a sweet green 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 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.

ORGANIC YELLOW & RED ONIONS from [Second Spring Farm](#): You will receive

Patterson (medium-large, blocky bulbs with dark yellow skin and thin necks; excellent storage onion) AND Redwing (the ultimate red storage onion; globe-shaped bulbs are 3–4 inches across, moderately pungent, very firm). 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 Ziploc baggies for quick use; if not cut, store in dry, well-ventilated place for several months.

WATERMELON RADISH from Tantre Farm: an heirloom Chinese variety; 2- to 4-inch, round radishes with unique dark magenta flesh and light green/white skin along with a remarkably sweet, delicious taste.

-How to use: Excellent julienned or thinly sliced and used in a salad; color is vibrant when served raw in a salad or in a veggie plate with some dip; can also be pickled; cooking does minimize the intensity of their color, but can be braised or roasted like a turnip, or mashed like a rutabaga

-How to store: Refrigerate in plastic bag/damp towel for 1-2 weeks.

SWISS CHARD from Goetz Greenhouse and Family Farm: close relative of garden beets; multi-colored, large veined, semi-crinkly, dark green leaves; mild flavor with slight sweetness at this time of year, since it is hoop house grown; good source of vitamins A, E, and C, as well as iron and calcium. Goetz Farm is a 3-generation family farm in Riga, MI. 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: Greens can be prepared like spinach, and stalks like asparagus; good steamed, sautéed, stir-fried, and in soups.

-How to store: Wrap in damp cloth in a plastic bag and refrigerate for up to 2-4 days.

MUSHROOM BARLEY SOUP from Harvest Kitchen: 16-oz (vegetarian) This rich, earthy soup is filled with so many fall flavors and includes vegetable stock, barley, shiitake mushrooms, cremini mushrooms, celery, carrot, onion, garlic, olive oil, shallot, thyme, basil, parsley, salt, and 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, Agricole Farm Stop in Chelsea, and of course provides granola, pot pies, and muffins at the Food Hub Farm Market.

-How to use: Heat up and enjoy!

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

ROOT CELLAR SALAD from Ginger Deli: This vegetarian and gluten-free salad is filled with one quart of shredded Tantre white and lilac purple daikon radishes and tossed together with shredded carrots, shredded papaya, mango, and toasted shallots. Then in a separate container it can be served with a sweet, tangy, citrus vinaigrette dressing composed of water, lime, watermelon, kiwi, olive oil, apple vinegar, minced garlic, red pepper flakes, and honey. Te also surprised us and threw in another SEPARATE bonus container of chopped NUTS, but nothing is touching the rest of the salad, if you need it to be nut-free. Ginger Deli 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.

-How to use: Open and ready to go!

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

PLAIN YOGURT from **Fluffy Bottom Farms**: Calder milk is used to make this 32-oz container of yogurt. It also can have a tangier flavor and can often be used as a healthier substitute to mayonnaise, sour cream or crème fraîche. This small creamery specializes in hand-crafted cheeses and yogurts along with a limited availability of mozzarella, manchego, camembert, feta, gouda, and gruyere cheeses. Fluffy Bottom Farms is owned by Inanna Andres with product at Argus, Agricole, the Saturday Ann Arbor Farmers Market, and the Hub Market.

-How to use: can jazz up many dishes including smoothies, roasted veggies, pickled beets, replaces mayo, bake with it, use with granola, etc.

-How to store: refrigerate for up to 1 or 2 weeks

SOURDOUGH ROUND BREAD from [Zingerman's Bakehouse](#): This popular, vegan bread uses organic wheat flour, water, sea salt, and the sourdough starter. Excellent for avocado toast! Zingerman's Bakehouse 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, French toast, with dipping sauces or with spreads. Stale bread can be made into bread pudding or made into croutons! Be creative!

-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!

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, with local foraging expert, Rachel Mifsud from "Will Forage for Food", 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 with local foraging expert, Rachel Mifsud from "Will Forage for Food", we 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

with local foraging expert, Rachel Mifsud from "Will Forage for Food". 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](#) 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.

5. WASHTENAW FOOD HUB FARM MARKET OPEN on January 20: 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 Goetz Family Farm, 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, and even a few Pierogies on Sale! 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. Old Brick Farm from Chelsea and Sweet Baby Acres from Ann Arbor will have more eggs available. Carosello Pasta and Al Dente Pasta will each have a 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!***

WATERMELON RADISH & CABBAGE SLAW (from <https://www.lavenderandlovage...>)

Dressing:

1/2 teaspoon celery salt

1/2 teaspoon garlic granules

5 tablespoons olive oil

2 tablespoons mayonnaise (or **plain yogurt**)

1 tablespoons cider apple vinegar

1 tablespoon lemon juice

Slaw:

1/2 **green cabbage**, finely shredded

1 **watermelon radish**, thinly sliced and cut into strips
6 spring onions or **red onions**, trimmed and diced thinly

Make the dressing first by adding all of the ingredients to a large jam jar. Screw the lid on and shake vigorously for a minute until the dressing is thick and creamy. Add the prepared cabbage, watermelon radish and spring onions to a large serving bowl and mix together with your hands. Drizzle the dressing over the slaw and stir to combine with a spoon. Cover and set to one side to chill for an hour before serving. Serve with cold cuts, grilled meats or chicken as part of a buffet.

SWISS CHARD SALAD WRAPS WITH APPLE SLAW (from
<https://www.cottercrunch.com/s...>)

8 – 10 **Swiss chard leaves**, stems removed

For the Slaw:

2 cups **cabbage**, thinly sliced

1 cup **carrots**, shredded

1 large **apple**, cored and chopped

2 Tablespoons sunflower seeds

2 green onions, stem and white portion chopped

2–3 Tablespoons chopped parsley

1 teaspoon lemon juice or lemon slices

Optional: 1/4 cup crumbled Feta cheese

Optional: 1 cup cooked gluten free grain of your choice (quinoa, rice, etc.)

For the Dressing:

1/2 cup **plain yogurt** or vegan variety

1 Tablespoons apple cider vinegar

2 Tablespoons apple juice or white grape juice

2 teaspoons Dijon mustard

1/4 teaspoon onion powder

1 Tablespoon honey or agave syrup

sea salt and black pepper, to taste

Remove stems from chard and place leaves in boiling water for 1 minute, then transfer them to an ice bath to stop the cooking. Alternatively, microwave the leaves between sheets of damp paper toweling for 2 minutes (two 1-minute intervals). The center rib will be a bit firmer but still easy to roll. Carefully transfer to dry paper towels and pat the leaves dry. Set aside. In a small bowl, whisk together the dressing ingredients. Depending on the type of yogurt you use, the dressing may be thick. To thin it out, add a little more apple juice. Set aside. In a large bowl, mix the slaw ingredients. Add the dressing to the slaw and toss everything well to combine. Place 1/4 to 1/3 cup of the slaw mix near the top edge of each chard leaf. Fold the sides inward and then roll the leaf up until it's tightly closed. Repeat for each of the wraps. The slaw will fill 8-10 swiss chard leaves depending on the size of each leaf. Store in sealed container in fridge for up to 2 days.

Notes: Don't want to make wraps? Add everything together in a bowl with chopped Swiss chard (raw or cooked) and make a large Swiss chard salad!

SWISS CHARD SOUP

1 **onion**, diced

2 stalks celery, diced

2 **carrots**, dices

2 cloves garlic, minced

2 potatoes, diced
1 (14.5 oz) can diced tomato
1/4 cup red wine
4 cups veggie bouillon
1 (15.5 oz) cannellini beans, rinsed and drained
1 bunch **Swiss chard**, stemmed and chopped
salt and pepper to taste

Sauté onion; add celery, carrots and garlic; cook until soft. Add all other ingredients; cover and bring to a boil; simmer until everything is tender. Serve with a dollop of **Fluffy Bottom yogurt** and a slice of **Zingerman's Sourdough Round Bread**.

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

4 cup shredded **cabbage**
3 **onions**, 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. Serve with **Harvest Kitchen's Mushroom Barley Soup** and a slice of **Zingerman's Sourdough Round Bread**.

QUICK PICKLED WATERMELON RADISH (<https://omnivorescookbook.com/...>)

1 **watermelon radish**, peeled and shredded
1/4 cup apple vinegar (or rice vinegar)
2 tablespoons maple syrup (or sugar)

Combine apple cider vinegar and maple syrup in a large bowl. Mix well. Add radish and toss. Let sit for 10 minutes in the fridge. Add a pinch of salt onto the radish and toss again right before serving. Store the rest of the radish in an airtight jar for up to a week. Add to **Ginger Deli's Root Cellar Salad** for extra zip and color!

CARROT-YOGURT SALAD (from Moosewood Cookbook)

1 lb **carrots**, coarsely grated
2 medium **apples**, grated
1 cup **yogurt**
1 Tbsp honey
Pinch of celery seed
Juice from one small lemon
A few dashes each salt and pepper

Optional:

1 Tbsp toasted sesame seeds
1/4 cup toasted sunflower seeds or almonds or cashews
1/2 cup finely minced celery
1/2 cup chopped fresh pineapple

Combine all ingredients, mix well and chill. Serve with **Harvest Kitchen's Mushroom Barley Soup** and a slice of **Zingerman's Sourdough Round Bread**.

Hope you stayed safe and warm enough this week! We look forward to seeing you next week for Week #179 with pick up on Sat. January 27 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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