



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 179) Share January 27, 2024

Welcome to Week #179 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

Our week and a half of winter has turned into a soggy, foggy week of rain and ice melt as we sit, wait, and contemplate our upcoming spring and summer with seed catalogs spread out on the kitchen table. It was good to see the snow falling down on the earth for awhile, accumulating as flaky, hardpacked snow keeping the earth warm from deep freeze. While I was shoveling and plowing those days, I noticed that my shovel was digging into the unfrozen earth below making paths around the barn and the root cellar. I was hoping that the ground wouldn't freeze too hard, so that the green curly kale could continue to grow, and indeed it did! It seems that the zero degree weather has deliciously sweetened the leaves, and the warm earth below has sustained its metabolism.

After several nights of subzero temperatures, this recent foggy thaw has allowed the frozen kale to come back to life from its corpse-like stiffness. The deer have also found the thawing, garden greens. Their hoofprints can be seen scattered all around the Brussels sprouts and collards patch. This frost-sweetened kale seems to be laughing at the weather extremes from the bitter cold to the slop and slush and fog of this unseasonable climate fever that has descended upon us. Perhaps we can learn something from the kale, to let things be as they may be, and we will move through these tough times with resilience. Perhaps we can learn to grow greens within a hundred miles that last all season with less carbon imprints, so that we can avoid importing vegetables from thousands of miles away. Perhaps we can realize what it truly means to embrace the genius of our own place.

Along with our fresh, tasty kale this week, we will have fresh mushrooms grown by our former interns Taik and Stephanie of Two Tracks Acres in Grass Lake, who have converted their upstairs bedrooms into growing chambers for mushroom

production. Our old friend Rob from Garden Works Organic Farm in Ann Arbor has bagged up some fresh, organic pea shoots for you as well. Then it's on to our storage crops, which come from our former intern, Reid of Second Spring Farm up in Cedar, MI, who is providing you with a whole pile of certified organic storage crops including leeks, sweet potatoes, fingerlings, beets, and onions. Many thanks to our partner growers, who provided us with whole foods! We are also grateful for our value-added foods this week with a 3-pack of tamales from Silvia of Pilar's Tamales and a jar of La Verde green salsa from Lupie of It Kicks A2. To top it all off Francisco of Ann Arbor Tortilla Factory is providing you with authentic, stoneground, tortilla chips. We hope you can put all of this delicious bounty to use, and you may find a chance to thank all of our partners in this box. Please enjoy these gifts of collective labor!

THIS WEEK'S SHARE ITEMS:

ORGANIC PEA SHOOTS from [Garden Works Organic Farm](#): You will receive a bag of pea shoots (which are extremely high in vitamins A & C and calcium) from Garden Works Organic Farm. They are a certified organic 4.5 acre truck garden and greenhouse farm in Ann Arbor operating year-round with several types of heirloom vegetables, and wheatgrass, sunflower shoots and other microgreens available throughout the year. Visit Rob MacKercher at the Ann Arbor Farmers Market and you sometimes will find their product at Argus Farm Stop as well. 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, so yummy and tender!

-How to store: store in the refrigerator for up to a week.

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! This is the best time of year to eat this bitter green, since it is frost-sweetened.

-How to use: salads, soups, smoothies, lightly steamed or baked

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

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 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: 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 SWEET POTATOES from [Second Spring Farm](#): 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. Thanks to Second Spring Farm with farm 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 BEETS (Red Ace): round, smooth, deep red roots with sweet flavor and many health benefits; you will receive just the roots without the greens. Thanks to Second Spring Farm with farm description above.

-How to use: roots are good in soups, stews, roasted, boiled, steamed, excellent grated raw into salads or baked goods.

-How to store: store roots unwashed in plastic bags or damp cloth in hydrator drawer of refrigerator for up to 2 weeks

ORGANIC FINGERLING POTATOES from [Second Spring Farm](#): You will receive a mix of Russian Banana Fingerling (an heirloom potato with small, banana-shaped tubers with yellow skin and light yellow flesh; used by chefs for its delicious flavor and smooth “waxy” texture that doesn’t fall apart when cooked; good baked, boiled, or in salads), French Red Fingerlings (dark rose-red skin and yellow flesh; creamy taste and firm texture, excellent roasted or boiled), and Peruvian Blue (intense earthy flavor and hold their shape well after cooking, so good in salads as well as pilaf-style dishes; they are also absolutely delicious roasted, and high in antioxidants and anthocyanin that help with reducing inflammation and lessening cancer risk). Thanks to Second Spring Farm with farm description above.

-How to use: Good steamed, stir-fried, or boiled and put into potato salads, excellent cut lengthwise and roasted

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

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 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.

MUSHROOMS (Elm Oyster, Blue Oyster, & Lions Mane) from [Two Tracks Acres](#): You will receive a random bag of one of these 3 types of mushrooms, Elm Oyster (white and bent or arched at the bottom; about 2-4 inches long, very thick, and solid; a firm, meaty texture and light, delicate taste) OR Blue Oyster (a gray oyster-shaped cap with a mild, anise, earthy odor; texture is velvety and dense, and when pan seared, their edges turn deliciously crisp), OR Lions Mane (large, white, shaggy mushrooms; dry sauté in a hot skillet until water releases and edges brown, then add butter and seasonings; supports cognitive function but also has properties that can reduce anxiety). Mushrooms are a rich, low-calorie source of fiber, protein, and antioxidants. They may also help to lessen the risk of developing serious health conditions, such as Alzheimer’s, heart disease, cancer, and diabetes. Taik and Stephanie grow vegetables, dahlias, microgreens, mushrooms, etc. on Two Tracks Acres in Grass Lake, MI. You can find their produce at the AA Farmers Market and the Howell Farmers Market and sometimes Agricole Farm Stop.

-How to use: brush off dirt to clean or wipe with damp cloth, do not wash or submerge in water; good grilled, sautéed, steamed, in soups, and tossed in flour and pan sear.

-How to store: place in paper bag or wax bag and keep in refrigerator for up to 5-7 days.

BLACK BEAN & JALAPENO TAMALES from [Pilar's Tamales](#): You will receive 3 tamales that will be wrapped in aluminum foil that can be stored in your freezer or put in your refrigerator. Silvia's Tamales are handmade with 100% stone-ground corn masa, filled, rolled, and then steamed. You will receive 1 Jalapeno & Cheese Tamale, which is a kid favorite that is not too spicy. It is made up of Corn Flour Masa, Canola Oil, Vegetable Broth, Cheddar Cheese, Monterey Cheese, Mozzarella Cheese, Chihuahua Cheese, Fresh Jalapeno Peppers, Garlic, Onion, Salt. You will receive 2 Black Bean/Cheese Tamales, which are filled with Corn Flour Masa, Canola Oil, Black Bean Broth, Cheddar Cheese, Monterey Cheese, Mozzarella Cheese, Chihuahua Cheese, Michigan Black Beans, Salt, Onions, Garlic. Silvia from Pilars Tamales packs everything with LOVE and you can visit her on 2261 W Liberty Rd. in Ann Arbor. Open Wednesdays through Sundays. This is a family-owned Salvadoran joint with organic, local fare & tamales in a festive, colorful atmosphere. Besides their quaint sit down café, they also offer full service catering opportunities.

-How to use: To reheat for moist and fresh tamales, we recommend steaming/stovetop. The reheating process is the same as if they were uncooked especially if they are hard frozen. Just throw them in the steamer and they will have a great consistency again!.

-How to store: Cooked tamales can be placed in the fridge for up to one week or freezer for a couple of months.

LA VERDE from [It Kicks A2](#): This vegetarian and gluten-free, green salsa has Tomatillo, Jalapeno, Green Peppers, Cilantro, Garlic, Avocado, Olive Oil, Apple Cider Vinegar, Lime, and Spices. This medium hot salsa/sauce can be served warm or cold and is rich in fiber, helps lower serum cholesterol, is low in calories, and contains protein, vitamins A, B6, and C. Lupie creates his hot sauces with love and care. He prepares his products at the Washtenaw Food Hub kitchens and currently only sells at the Ann Arbor Farmers Markets on Saturdays and for catering events.

-How to use: delicious with tortilla chips; use it as a sauce for enchiladas, quesadillas, or tacos, drizzle it over carne asada or chicken fajitas, or spoon it over rice

-How to store: Keep in refrigerator for 5 to 7 days. May be frozen as well for longer storage.

ANN ARBOR TORTILLA CHIPS from [Ann Arbor Tortilla Factory](#): This 8-oz bag of chips is vegan and gluten-free and comes with a hint of lime to enliven the flavor of these all natural tortilla chips. They make the tortillas traditionally with minimal ingredients such as Non-GMO Corn, Water, Lime, Non-GMO Sunflower Oil, Salt. No gluten, no preservatives, and no trans fats. You can find Ann Arbor Tortilla Chips in many stores around Ann Arbor including Argus Farm Stop, the Food Hub Farm Market, and in Chelsea at Agricole Farm Stop.

-How to use: Eat as a snack with salsa or with It Kicks La Verde green salsa, make Nachos, or use with a cheese dip.

-How to store: Can be stored for 60 days.

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](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 27 with NEW ITEMS: 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 & Greenhouse, 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. 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. Mindo Chocolate and 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. *Some new snacks that have appeared are Great Lakes Potato Chips and tortilla chips from AA Tortilla Factory. We also have a few bottles of Calder milk and unsalted butter to try.* 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!***

WARM BEETROOT, MUSHROOM & LEEK SALAD (from <https://sarahbrowneskitchengar...>) Serves 2.

1/2 tbsp oil , your choice

1 tsp butter

2 egg-sized fresh **beets**, boiled until tender

3 **mushrooms**, roughly chopped

1 **leek**, roughly chopped

sea salt

1/2 tsp English mustard

1 tbsp balsamic vinegar

1 tsp fresh thyme leaves

1/2 tsp dried marjoram

sea salt & black pepper

toasted seeds to garnish

Heat the butter and oil in a frying pan over medium heat. Add the leeks and season with salt – cook for 2–3 minutes. Add the mushrooms, thyme and marjoram and another pinch of salt and continue cooking until the mushrooms are just tender. Peel the beets and slice them into wedges. Stir the warm beets, mustard, black pepper and balsamic vinegar into the mushroom/leek mix off the heat. Taste and adjust seasoning. Serve with toasted pumpkin & sunflower seeds on top and garnish with **Garden Works Pea Shoots**. Serve as a side dish with **Pilar's Tamales**.

MEXICAN STYLE FRIED RICE

3 cups cooked rice (either freshly cooked or leftover is fine too)

2 Tbsp tomato paste

3 cloves garlic, minced

1 **onion**, chopped

1/2 head cabbage, julienned

1 bunch spinach, chard, or **kale**, chopped

2–6 jalapenos, minced (use 6 without seeds for a milder rice with lot of flavor, 6 with seeds for a spicy rice)

1 Tbsp red wine vinegar

1 cup chopped tomato (optional)

1 bunch chopped cilantro (optional)

Salt and pepper, to taste
Oil of your choice

In a heavy skillet (cast iron if you have it, or a wok will work fine), heat oil on medium high heat. Add the cabbage and greens and cook until wilted. Season to taste with salt and pepper. Remove from pan and set aside. Using a bit more oil, still with medium high heat, stir fry the peppers, onion and garlic for 3-4 minutes. Add the tomato paste and cook for a minute more. Add the rice and increase the heat to high. Stirring almost constantly, cook this mixture for about 5 minutes and season to taste. This is where you make your rice crispy if you like it this way. Add the red wine vinegar, reserved cabbage and greens and cook until heated through. Toss with tomato and cilantro if desired and serve immediately. Serve with **Pilar's Tamales** and **It Kicks La Verde**.

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 (or 1 qt canned, frozen)
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) and garnish with **Garden Works Pea Shoots and AA Tortilla Chips** for extra crunch.

ROSY HOME FRIES (adapted from Rolling Prairie Cookbook by Nancy O'Connor)

Serves 6
2-3 medium **fingerling potatoes**, cooked until tender, then cubed
2 medium **beets**, cooked until tender, peeled, and cubed
2 **sweet potatoes**, cooked until tender, peeled, and cubed
1 Tbsp canola oil
1 medium **onion**, finely chopped
1 large red or green pepper, chopped (optional)
3/4 tsp salt
Black pepper, to taste

Heat the oil in a large skillet over medium heat. Add the onions and sauté for 5 minutes, stirring often. Add the potatoes and beets and sauté for approximately 10 minutes more, stirring occasionally, until the potatoes begin to brown slightly. Remove from heat. Toss in the red pepper, parsley, salt, and pepper. Serve

immediately. Serve with any prepared food, such as **Pilar's Tamales**. Maybe try dipping the fries into **It Kicks La Verde** for a whole new dipping sauce!

Hope you stayed safe and warm enough this week! We look forward to seeing you next week for Week #180 with pick up on Sat. February 3 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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