



## **Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 184) Share March 2, 2024**

Welcome to Week #184 of the Immune Booster CSA. 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 hoop houses are really lush with thick rows of green spinach after all this warm weather. We spent half the morning picking in the cool until the sun rose turning the space into a steam bath. When you take a bite of a leaf, the diffused light and winter frost at this time of year transforms the juice into such a delicious flavor...sweet...pure....tender.

It's been a little confusing this winter with the warm weather. It's not really winter. It's not really fall. It's not really spring. It's got us wondering which season is coming next! We are getting excited for spring though, especially since little green garlic shoots are beginning to peek out of the long mounds in the field. The seedling house is filling up with trays of kale, broccoli, cabbage, and kohlrabi. The redwing blackbirds are singing in chorus along with the occasional robin. It certainly feels like spring, which is hard to complain about.

It took us three days this past week to lure the pigs out of the old pig yard to rotate them into last year's newly fenced in turnip and daikon patch. It was like trying to get them out of Plato's cave! They did not want to leave the confines of their muddy, familiar winter dungeon even for the bright green grasses of the old turnip patch due to years of being conditioned to not cross the fence line. However, we finally teased them out with a bag of cookies and a little bit of ground corn! The new happy world surrounded them with last fall's dried beans, faded brussels sprouts stalks, dried up turnips greens, chickweed, a few spent spinach plants, and the remaining giant daikon radishes in the field. They are now happily rooting around in the field breaking up clods of dirt and cultivating as no tractor could. We should all be so lucky to live such a simple, single-minded life, foraging and rooting for food in our biome.

We would like to thank all of our partners, who make up our box this week. Thanks to the farmers at Sell Farms and Greenhouses, Garden Works Organic Farm, Second Spring Farm, Kapnick Orchards, Jacob's Fresh Farm, and the crew at Tantre Farm. We also would like to thank those who add value to our farm products, such as Harvest Kitchen and Zingerman's Bakehouse. We appreciate everyone's contribution to our good gut health and to our local biome.

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

**LETTUCE** from [Sell Farms & Greenhouses](#): organically grown and hydroponic greens that 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.

**ORGANIC PEA SHOOTS** from [Garden Works Organic Farm](#): You will receive a 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. Pea shoots (also known as pea microgreens) are the young leaves and stems of traditional pea plants. They add a delicious, mild, sweet flavor to any salad, stir-fry, grain bowl or sandwich. Garden Works is a certified organic, 4.5-acre truck garden and greenhouse farm in Ann Arbor operating year-round with many other kinds of microgreens available throughout the year. Visit Rob lives just a few miles from the Washtenaw 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. You may contact [gardenworksorganic@gmail.com](mailto: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 and almost any other dish, so yummy and tender!

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

**ORGANIC BEETS (Red Ace)** from [Second Spring Farm](#): round, smooth, deep red roots with sweet flavor and many health benefits; you will receive just the roots without the greens. 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:** 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 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 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 Ziploc baggies for quick use; if not cut, store in dry, well-ventilated place for several months.

**ORGANIC RED CHIEFTAIN POTATOES** from [Second Spring Farm](#): You will receive these round to oblong, smooth, red with white creamy flesh; great flavor and storage potential. Thanks to Second Spring Farm with farm description above.

-**How to use:** good for boiling, mashing, baking and frying

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

**FROST-SWEETENED SPINACH** from [Tantre Farm](#): With the mild temperatures we have been having, we have been watching our hoop house spinach thicken the garden beds and our field-grown spinach come back to life and produce crisp, dark green leaves--good eaten raw or with minimal cooking to obtain the beneficial chlorophyll, as well as vitamins A and C; delicious flavor when juiced.

-**How to use:** toss in fresh salad, add to sandwiches, sauté, steam, braise, or add to crepes, quiche, lasagna, and soups

-**How to store:** refrigerate with a damp towel/bag for up to 1 week

**DAIKON RADISH MIX** from [Tantre Farm](#): You will receive K-N Bravo (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) and Alpine (the smooth, attractive roots are white with green shoulders; looks like an overgrown green carrot, but with a slightly mild radish taste; crunchy and sweet texture; good macrobiotic root that is good for the gut; the most common type grown in Korea).

-**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.

**FUJI and PINK LADY APPLES** from [Kapnick Orchards](#): You will receive a mix of 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, baked, and in 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 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.

**QUINOA PRIMA VERA STUFFED CABBAGE** from [Harvest Kitchen](#) (vegan & gluten-free): The Stuffed Cabbage and the Apple Salad will be packaged together in the same container. Quinoa is a type of edible seed that is full of protein and fiber. The plant has been cultivated for about 5000 years and is indigenous to the Andean region of South America, specifically Bolivia, Ecuador, Chile, and Peru. This delicious, healthy dish is made with cabbage, canned tomatoes, quinoa, zucchini, broccoli, summer squash, peppers, onions (Second Spring Farm), garlic, olive oil, basil, oregano, thyme, parsley, green onions, salt & pepper. Harvest Kitchen produces their products in the kitchens at the Washtenaw Food Hub. Be sure to visit Keith from Harvest Kitchen at the Saturday Kerrytown Farmers Market, where Harvest Kitchen has a fully stocked booth with all their cooked meals, muffins and granola ready for purchase. They also sell at both Argus Farm Stops in Ann Arbor, Agricole Farm Stop in Chelsea, and of course provide granola, quiche, mac & cheese, pot pies, and muffins at the Food Hub Farm Market. You can also order their products from their website from an online menu and they even will do home deliveries to your door!

**-How to use:** Just reheat in the oven following instructions on the package. Can be frozen and saved for a later date. Great served with **Harvest Kitchen's Buckwheat Cranberry Apple Salad.**

**-How to store:** Can be stored in the fridge for 4 to 7 days.

**BUCKWHEAT CRANBERRY APPLE SALAD** from [Harvest Kitchen](#) (vegan and gluten-free): The Stuffed Cabbage and the Apple Salad will be packaged together in the same container. Buckwheat is another ancient grain high in protein and a good source of fiber. The addition of buckwheat upgrades this salad to make it more filling and energizing. This nutritious, hearty salad is filled with vibrant flavors of buckwheat, onions (Second Spring Farm), garlic, Dijon mustard, cranberries, apples, apple cider vinegar, brown sugar, parsley, green onions, salt, pepper, and cayenne. Thanks to Harvest Kitchen with description above.

**-How to use:** Open and ready to go! Great served with **Harvest Kitchen's Stuffed Cabbage!**

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

**HONEY** from [Jacob's Fresh Farm](#): This honey is 100% Raw Wildflower Honey collected by bees in Southeast Michigan. It is full of anti-inflammatory, antioxidant and antibacterial properties, and is known to help with seasonal allergies. Thanks to Jacob and Anna, who live in Chelsea, MI. You can find their all natural products in Chelsea and in Ann Arbor at Agricole and Argus, at Busch's, and the Hub Market. During the summer they are at the Chelsea Farmers Market on Saturdays and their Farm Stand on Fletcher Road 7 days a week. See more of what they offer on their website above in the name.

**-How to use:** Enjoy as a dessert, a snack, in baking, on a sandwich, in a salad dressing, etc!

**-How to store:** Store at room temperature for long term storage.

**RUSTIC ITALIAN BREAD** from [Zingerman's Bakehouse](#): classic Italian white bread with a mild crumb and a thin crust. This popular bread uses organic wheat flour, water, sea salt, and just a little yeast. Thanks to Jaison and his staff at Zingerman's Bakehouse. Their products 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 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 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. FORAGED 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...>

**2. 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.

**3. WASHTENAW FOOD HUB FARM MARKET OPEN on March 2:** We will be open every Saturday from 9 AM to 12 PM. We have fresh produce from Tantre Farm and other local farms. Many frozen items are available including frozen meats, tempeh, blueberries, quiche, pot pies, and NEW [Michigan Farm to Freezer](#) Strawberries and Tart Cherries. Fresh muffins and cookies from Harvest Kitchen and fresh bread from [Zingerman’s Bakehouse](#) will be available. Fluffy Bottom Farms will have Feta Cheese again. [The Brinery](#) has plenty of kimchi along with their signature sauerkraut and hot sauces. In addition we will have [Calder Dairy](#) butter, local eggs, and several varieties of kombucha, CBD Cider, and [Calder Dairy](#) milk (regular and chocolate!) to drink. Some treats available include chocolate bars, mini snack chocolates, hot cocoa packets, and chocolate tea, and [Great Lakes Potato Chips](#) along with [Ann Arbor Tortilla Factory](#) Tortilla Chips, and several flavors of [Zingerman’s Creamery](#) gelato. As usual you can pick up your basic needs of local flour, maple syrup, jam, granola, oats, honey, dried beans, lentils, popcorn, and [Tiani Body Care](#)’s and [Bubble Babe Soaps](#). Lots of fun things to check out at the Hub Farm Market this Saturday!

**4. SUMMER CSA 2024 REGISTRATION IS OPEN:** Our SUMMER CSA registration is NOW OPEN for 18 weeks from June through September of 2024 for \$675 for the full season! Each week our goal is to provide 1 to 4 salad greens (lettuce, arugula, etc.), 1 to 4 cooking greens (collards, Swiss chard, kale, etc.), 1 to 4 root vegetables (carrots, potatoes, etc.), 1 to 4 fruiting vegetables (tomatoes, corn, squash, green beans etc.), 1 or 2 alliums (onions, garlic, etc.), 1 to 3 brassicas (broccoli/cabbage family), and 1 or 2 herbs (basil, parsley, etc.) when possible. Please feel free to go to our [website](#) for more details if you are new to

our CSA or go directly to the Sign Up link [HERE!](#) Hope to see you this summer in 2024!

## 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!**

BEET SALAD (Contributed by CSA Member) Serves 6

4 medium **beets**

Green leaf **lettuce** as a garnish

2 Tbsp toasted sesame seeds

Lemon Dressing:

4 Tbsp extra virgin olive oil

3 Tbsp fresh lemon juice

1/4 tsp sea salt

1 tsp **honey** (optional)

In a medium saucepan cook the whole beets, covered, in boiling water for 40 to 50 minutes. Drain, cool slightly and peel the beets (cooking and peeling can be done the day before). For the dressing combine the olive oil, lemon juice, honey, and sea salt in a mixing bowl. Dice the beets into bite-size cubes. Put them in the bowl of dressing. Stir well and refrigerate. When you are ready to serve, toast the sesame seeds in a pan on the stove top. Remove when they are golden brown. To serve, line each plate with a few lettuce leaves. Stir the beets again, then use a slotted spoon to scoop them onto the plates. Sprinkle the seeds over the top and serve. Garnish with **Garden Works Pea Shoots**.

CRUNCHY & CLEAN SWEET POTATO SALAD (from <https://whiskproject.com/citru...>)  
Serves 4.

2 medium **sweet potatoes** (organic, if possible)

1 large tart **apple**, like **Pink Lady** (Granny Smith also works)

4 **radishes**

4 stalks celery

1 tbsp fresh grated ginger

2 tsp lemon zest (Zest of 1 lemon)

4 tbsp fresh lemon juice (Juice of 2 lemons)

3-4 tbsp olive oil, plus more for finishing

1/4 cup cilantro leaves (substitute **pea shoots!**)

salt, to taste

pepper, to taste

Fill a medium saucepan with water. Salt water with 1 tsp salt. Place over medium high heat and bring to a boil. Meanwhile, wash and peel sweet potatoes. Cut potatoes into 1/2 inch cubes. Once water comes to a boil, add sweet potatoes and cook until just fork tender, about 10-15 minutes. Strain and plunge into a bowl of ice water to stop cooking and chill down cooked potatoes. In a small bowl, combine ginger, zest, and lemon juice. Using a fork, quickly whisk in olive oil to combine. Taste and season with salt and pepper. Set aside. Rinse and chop celery into 1/4 inch moons. Rinse and trim ends from radishes. Cut into 1/4 inch coins. Core and chop apple into 1/4-1/2 inch cubes. (I like to leave the skin on as it adds a lovely color, but you can peel the apple first if you dislike the skin.) Strain sweet potatoes from ice bath. In a large bowl, combine sweet potatoes, celery, radishes, and apple. Drizzle with lemon-ginger dressing and toss to combine. Wash cilantro thoroughly. I recommend plunging cilantro into



a small bowl of water and swishing it around a few times to loosen any dirt. Drain and repeat the process a few times until water remains clean. Dry. Tear or chop leaves if you like and add to salad. Toss to distribute. Taste salad to check seasoning. Add additional salt and pepper, or even lemon juice if you'd like a more tart taste. Finish with a glug of nice olive oil. Can be served at room temperature or chilled for 30 minutes to allow flavors to meld before serving. Serve with **Harvest Kitchen's Stuffed Cabbage!**

SAUTEED SPINACH WITH APPLES AND GARLIC (from <https://ladydocscornercafe.com...>) Serves 4.

1 bag **spinach**, washed and dried  
2 cloves garlic chopped  
1-2 **apples** cut into small cubes (**Pink Lady** works well)  
2-3 tablespoons pine nuts  
2 tablespoons olive oil  
Salt and pepper to taste

Add garlic to heated olive oil to release the flavor of the garlic. Sauté 1-2 minutes on low heat. Add apples and sauté until apples start to become slightly translucent and soft. Add spinach to pan with medium to high flame. The spinach will wilt and shrink in size quickly. Stir rapidly so spinach on top is moved to bottom and has chance to cook. When about ½ spinach is wilted, add pine nuts into pan and gently mix around. The spinach will cook quickly, in about 5-6 minutes. The goal is to wilt all the spinach leaves. Be careful to not overcook. Add salt and pepper for taste. Serve with **Zingerman's Rustic Bread.**

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

2 lbs **radishes** rinsed trimmed, and quartered  
1 **onion**, sliced  
2 **red potatoes**, diced  
8 tablespoons butter  
1 tbsp salt  
2 teaspoons pepper (up to 4 teaspoons)  
3 cups milk (can use almond milk or even broth)  
1-3 teaspoons hot sauce

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. Serve with **Zingerman's Rustic Bread.**

SWEET POTATO GHOSTS

1 1/4 lbs **sweet potatoes**  
1 1/4 lbs **boiling potatoes**  
1/2 stick unsalted butter, cut into pieces  
3/4 cup milk  
1 large egg  
3 Tbsp drained sliced ripe olives, cut into very small pieces

Peel and cut potatoes into 1-inch pieces, then simmer in a pot of salted water until tender, 12-15 minutes. Meanwhile, heat butter and milk in a small saucepan

until butter is melted, then let stand off heat 1 minute. Whisk egg in a large bowl, then slowly whisk in milk mixture. Drain potatoes well, then force through ricer into large bowl with milk mixture and stir in salt and pepper to taste. Preheat oven to 400 degrees, with rack in the middle, and butter a nonstick shallow baking pan. If using plastic bag, cut away one corner to form a 3/4-inch opening. Transfer potatoes to pastry or plastic bag and pipe potatoes close together into 3-inch-high pointed mounds to form ghosts. Garnish each mound with 2 olive pieces to form eyes. Bake until potatoes are heated through, about 8 minutes. Transfer carefully with nonstick spatula to retain shapes. Make ahead: Potatoes can be piped into pan 1 day ahead and chilled, loosely covered with plastic wrap. Let stand at room temperature 30 minutes before proceeding. Serve with **Harvest Kitchen's Stuffed Cabbage!**

Hope you enjoyed the warm days this week! We look forward to seeing you next week for Week #185 with pick up on Saturday, March 9 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](mailto:info@tantrefarm.com).*

**Tantre Farm**

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