



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 185) Share March 9, 2024

Welcome to Week #185 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

Have you heard of the Blue Zones? These are areas across the globe in which people live longer, consistently reaching 100 years old. Interestingly enough, these blue zones seem to have a few things in common-- mostly based on local ingredients with a heavy emphasis on vegetables, physical activity or natural movement, having a sense of purpose or meaning, practicing ways of stress reduction, and building a sense of community. The blue zone areas have been identified with cultures that are indigenous and native to their local ecology with traditional healthy communities and a strong social environmental fabric. The health and well being of a community as a blue zone are demonstrated by mutually supporting families and friendships. These ideas were formulated, observed, and documented by writer, explorer, producer, public speaker, Dan Buettner. He has written several books and produced some documentaries as well. See this link for more information about the Blue Zones in the US: <https://www.forbes.com/health/...>

March is known as a gray, cloudy, cold month, and it is usually a time of limited culinary diversity from our local food shed. In spite of the limitations of the seasons, at Tantre we still have a root cellar filled with crates of radishes, potatoes, and other root vegetables. We have found refuge in these limitations embracing the ideas of health and well being through the concept of a blue zone diet. As a culture and an economy we have a hard time defining our limits. Ironically when we embrace the limits of our local food shed, we may find good health and friendship. This week's share is an embrace of the plant-based "Washtenaw County" Blue Zone, and we hope you enjoy it.

Thank you to Silvio's flavorful pinto bean soup with a nod to his authentic Italian roots. Also, we are grateful for newcomer, Chef Nam of Blue Lemon Thai with this colorful, crunchy, delicately shredded daikon Harvest Salad with a blend of

sugared chickpeas and a citrus dressing. Thank you also to Jaison and staff at Zingerman's Bakehouse for selecting high quality ingredients with a healthy, sourdough starter in the bread this week, which improves digestion and promoting healthy aging. Thank you to all the growers in our local food shed providing plants for our consumption with Dean from Sell Farms, Reid from Second Spring Farm, Rob from Garden Works, Scott from Kapnick Orchards, and the staff at Tantre Farm. In this late winter season of austerity, we continue to find our way to our local blue zone epicure making us feel, in spite of these limits of the season, that there is a delightful food community.

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 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. Pea and also sunflower shoots (also known as pea or sunflower microgreens) are the young leaves and stems of traditional pea or sunflower 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 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 ORANGE CARROTS from [Second Spring Farm](#): You will receive Bolero (excellent long-term, storage carrot with medium-long, thick, blunt, orange roots). 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, and sometimes longer

ORGANIC BUTTERNUT SQUASH from [Second Spring Farm](#): light, tan-colored skin;

small seed cavities with thick, cylindrical necks; bright orange, moist, sweet flesh; longest storage potential of all squash. See more detailed description of Second Spring Farm in produce above.

-How to use: slice in half, scoop seeds out and bake with a little water in baking pan at 350 degrees for 40 minutes or until tender; boil or steam chunks for 15-20 minutes, or until tender (peel skins off "before" or "after" cooked, but "after" is easiest when it's cooled); mash cooked squash with butter; puree cooked squash for creamy soup, or add uncooked chunks to soups or stews; add small amounts to yeast breads, muffins, cookies, pies, oatmeal, etc.

-How to store: keep for several months in a dry, moderately warm (50-60 degrees), but not freezing location with 60-75 percent humidity; will also store at room temperature, but watch for rotting spots. Then just cut off spots, cook, and freeze in freezer bags until you are ready to use it.

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.

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.

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

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

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

-How to store: keep in cool, dark place in paper bag for several months

EVERCRISP & MUTSU APPLES from [Kapnick Orchards](#): You will receive a mix of Evercrisp Apple (a hybrid of the Fuji and Honeycrisp apples; sweet and juicy, crisp and aromatic; good snacking apple and good for pies) and Mutsu (a medium to large green apple; aromatic, sweet, and sharp with juicy flesh; good as a snack, juicing, drying, or cooking since it maintains its shape well when baked, sauced, or made into pies; a cross between a golden delicious and an indo apple; It can be kept for up to 3 months). 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.

PINTO BEAN SOUP WITH ESCAROLE from [Silvio's Trattoria e Pizzeria](#) (vegan & gluten-free): This 1-quart of nourishing, comforting soup is filled with pinto beans, escarole, carrots, celery, onions, salad oil, salt, and pepper. The escarole gives a delicious texture and body to this simple, plant-based soup. Silvio Medora brings his Italian roots into his restaurant in Canton creating authentic Italian food. The Medoro family prides itself on making sure that each dish is created by hand and with fresh ingredients. Silvio is heavily committed to the local Slow Food movement since his days in Ann Arbor. They host local musicians and other events, so be sure to visit this restaurant in Canton for a truly authentic, Italian experience.

-How to use: Just reheat and serve. Great served with *Lemon Lemon Thai's Harvest Salad* and a slice of *Zingerman's Sourdough bread*.

-How to store: Can be stored in the fridge for 4 to 7 days. Can be frozen and saved for a later date.

HARVEST SALAD WITH YUZU GINGER DRESSING & CANDIED CHICKPEAS from [Blue Lemon Thai](#) (vegan and gluten-free): This nutritious, colorfully shredded salad is filled with many root cellar ingredients such as purple daikon radish, (Tantre Farm), red daikon (Tantre Farm), watermelon radish (Tantre Farm), mint, orange yuzu juice, lemon juice, Dijon mustard, sea salt, black pepper, ginger, olive oil, rice vinegar, chickpeas, cane sugar with salad dressing and candied chickpeas in separate containers. We are excited to introduce you to Chef Nam, who brings her rural Thailand roots into her inventive cooking. The vibrant flavors of Thailand come through in her personal chef services and pop up events around Ann Arbor and the Washtenaw and Wayne County areas. Check out the website above to find out more about her. We are thankful to her skills and talents in showcasing our local daikon radishes into an amazing dish of flavor.

-How to use: Open and ready to go! Great served with *Silvio's Bean and Escarole Soup* and a slice of *Zingerman's bread* and topped with *Garden Works shoots*.

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

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! Thanks to Jaison and the staff at Zingerman's Bakehouse, their baked products 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. SOLD OUT! FORAGED MEDICINE CABINET at Tantre Farm – March 9 from 2 to 5

PM: What would your medicine cabinet would 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 9: We will be open every Saturday from 9 AM to 12 PM. We have fresh produce from Tantre Farm and other local farms. Carosello Pasta is back with several flavors of pasta! Many frozen items are available including frozen meats, tempeh, blueberries, quiche, pot pies, and [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 yogurt and 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!**

ETHIOPIAN CABBAGE DISH (from <http://m.allrecipes.com/recipe...>) Serves 5

1/2 cup olive oil

4 **carrots**, thinly sliced

1 **onion**, thinly sliced

1 tsp sea salt

1/2 tsp ground black pepper

1/2 tsp ground cumin

1/4 tsp ground turmeric

1/2 head **cabbage**, shredded

5 **potatoes**, peeled and cut into 1-inch cubes

Heat the olive oil in a skillet over medium heat. Cook the carrots and onion in the hot oil about 5 minutes. Stir in the salt, pepper, cumin, turmeric, and cabbage and cook another 15-20 minutes. Add the potatoes; cover. Reduce heat to medium-low and cook until potatoes are soft, 20-30 minutes.

CREAM OF PUMPKIN (BUTTERNUT SQUASH) SOUP (from <https://www.bluezones.com/reci...>) Serves 2.

1/2 pound acorn or **butternut squash**, peeled, seeded, and cut into large chunks

1/4 cup chopped leeks (or **onion**)

1 tablespoon vegetable oil

1 3/4 cups unsweetened soymilk

1 teaspoon cumin seed

1 teaspoon dried turmeric

1 teaspoon salt, plus more if needed

Place a steamer tray into a pot with about 2 inches of water. Bring water to a boil and steam squash until soft, about 15 minutes. In a soup pot, stir-fry leeks in vegetable oil until soft but not browned, about 3-4 minutes. Add soy milk, steamed squash, and spices and simmer for 15 minutes. Blend all together with an immersion blender or in a food processor (in batches, if necessary) until smooth. Add salt to taste.

APPLE SPINACH SALAD (from <https://juliasalbum.com/apple-...>) Serves 6.

Salad dressing

1/3 cup extra virgin olive oil

3 tablespoons Dijon mustard

3 tablespoons maple syrup (it's a maple syrup season, so use local!)

1 large lime juice freshly squeezed

Salad ingredients

6 oz **spinach**, chopped or torn into small pieces

1 cup pecan halves toasted, some of them chopped finely

1/2 cup dried cranberries

1 small green apple (Granny Smith), cored and diced

1 small **red apple**, cored and diced

1/3 cup goat cheese (or feta cheese), crumbled

Combine all salad dressing ingredients in a mason jar. Whisk well with a fork, until emulsified. Add more lime juice to taste. Add spinach to each individual salad bowl. Chop up half of the nuts. Nestle the remaining salad ingredients on top of the spinach. Drizzle with the salad dressing. Alternatively, you can combine all the salad ingredients (except pecans) in a large serving bowl, add the dressing, and toss to combine. Then, top the salad with toasted pecan halves (some of them chopped).

ORIENTAL STYLE CABBAGE AND PEA SPROUT SALAD (from <https://www.tomatoblues.com/or...>) Serves 2.

1 c **red cabbage**, shredded
1/2 c **pea or sunflower sprouts**
1 small celery sticks, sliced thinly
2 tbsp roasted peanuts

For the dressing:

1 tbsp sesame oil
1 tbsp soy sauce
1 tsp grated ginger
1 clove garlic, grated
1 tbsp lemon juice
1 tsp white pepper, crushed
salt to taste
1 tsp brown sugar
1 tbsp coriander (cilantro) leaves, chopped finely

Combine all the ingredients for the dressing in a large bowl. Whisk thoroughly until well incorporated. Now, add cabbage, celery and pea sprouts. Toss well making sure the dressing and the veggies are mixed well. Add roasted peanuts just before serving.

Hope you enjoyed the ups and downs of this week! We look forward to seeing you next week for Week #186 with pick up on Saturday, March 16 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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