



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 186) Share March 16, 2024

Welcome to Week #186 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 fragrant air after yesterday's afternoon rain refreshes us as the sound of the spring peepers from the swamp mixes with the sparky bark of the male robins vying for territory as the sun sets behind the clouds. The warm breeze unglutes over the greening grass and wet, moist, brown earth. It really feels like spring at the moment as the swelling buds get ready to open.

We are especially happy to provide you with all the nutrient-rich greens of lettuce, spinach and kale buds this week in your box. In the field, the tender spinach is especially succulent and tasty right now harvested by the many hands of our winter farm crew. These leafy greens are so tender and delicious during these last unseasonably balmy days of winter. We are so lucky to be alive to enjoy this late winter feast.

Thank you for joining our share this week. It has been a pleasure putting this all together as it brings you immune boosting powers and tastiness. We are very thankful for the Harvest Kitchen hands that have made this soup, for the Second Spring Farm and Tantre Farm hands that have dug these roots, for the Sell Farms and Goetz Family Farm hands that have harvested these greens for you, for the apples picked from Kapnick Orchards hands, for the hands from Fluffy Bottom Farms, the Brinery, Ferris Organic Farm, and Silvio's Pizzeria in making the following value-added products. We appreciate these later evenings of light especially to enjoy the sunset and these extended hours of daylight to get more farm work done. Hope you enjoy this box of nutrition and the fresh air after the abundant rain.

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.

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

KALE BUDS from [Goetz Greenhouse and Family Farm](#): Kale buds start out as tightly wrapped, green clusters of tender little flowers called florets, and this is when the texture is at its best. The buds, along with the thin, flexible stem tips that bear them, are sweet, tender, and not at all bitter. These kale buds can be prepared a lot like broccoli raab, but less bitter and more sweet! Goetz Family 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: steam, sauté, stir fry, prepare just like you would for broccoli raab or other kale dishes

-How to store: refrigerate in plastic bag for 5-7 days.

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 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: 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 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 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: Good steamed, stir-fried, or chopped raw into salads or coleslaw.

-How to store: Refrigerate for up to 1 month.

ORGANIC PARSNIPS from [Second Spring Farm](#): long, cylindrical, creamy-white

roots with sweet flavor; contain small amounts of iron and vitamin C. See more detailed description of Second Spring Farm in produce above.

-How to use: can be baked, boiled, sautéed, steamed; our favorite way to prepare them is to roast with olive oil and fresh herbs.

-How to store: refrigerate in plastic bag for up to 2 weeks, and sometimes longer.

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.

EVERCRISP & FUJI 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 [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). 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.

NAVY BEAN SOUP & MUSHROOM CHOWDER from [Harvest Kitchen](#) (vegan & gluten-free): This protein-rich, 1-quart soup is filled with vegetable stock, beans, wild mushroom, onion, carrots, celery, canned tomatoes, garlic, shallot, salt, pepper, rosemary and lots of flavor. Thanks to Keith and the Harvest Kitchen staff for this healthy, flavorful, nutritious soup. They produce their products in the kitchens at the Washtenaw Food Hub. Be sure to visit Keith 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 and serve.

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

SEA STAG SAUERKRAUT from [The Brinery](#): Nutrient-dense seaweed fuses with healing burdock root and the medicinal superpowers of turmeric for a stunning flavor and rich golden color. Ingredients include green cabbage, carrots, filtered water, burdock root, sea salt, seaweed (digitata, alaria, kelp), turmeric. Thanks to David Klingenberg and the Brinery staff for bringing this sauerkraut to you. The Brinery is a local foods business, specializing in naturally fermented local vegetables and operated by long time Tantré farmer/alum (2001+), David Klingenberg. Their products are available in many stores in the area, including

Whole Foods, Plum Market, Arbor Farms, the Argus Farm Stops in Ann Arbor, and Agricole in Chelsea, etc.

-How to use: use as a condiment with any dish, especially meat dishes, salads, roasted veggies, or sandwiches.

-How to store: refrigerate for up to 1 year or longer depending on how you like the flavor, since it will get stronger with more age. *NOTE: This sauerkraut jar has NOT been canned, so STORE IN REFRIGERATOR.

VANILLA YOGURT from **Fluffy Bottom Farms:** Calder milk, sugar, live active culture, vanilla are used to make this 32-oz container of yogurt. 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, desserts, use with granola, etc.

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

ROLLED OATS from [Ferris Organic Farm](#) (*gluten-free*): Rolled oats are a type of lightly processed whole-grain food. They are made from oat groats that have been dehusked and steamed, before being rolled into flat flakes under heavy rollers and then stabilized by being lightly toasted. Thanks to Silvie and her husband who provide this Michigan-grown, organic product from Ferris Organic Farm in Eaton Rapids, MI. The Washtenaw Food Hub Market carries many of their beans and lentils, including black, pinto, navy, kidney, split peas, red/green lentils, and oats.

-How to use: good as a breakfast food, smoothie; often the main ingredient in granola and muesli and many baked goods

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

PAESANO BREAD from [Silvio's Trattoria e Pizzeria](#): We apologize for this switcheroo, but we were not able to get Zingerman's bread this week, and our good friend, Silvio (raised in northern Italy!, was willing to pull together this authentic Italian bread for us last minute for you to enjoy and experience. This Tuscan bread is a bread of friends, where everyone rips off a piece and dunks it in your favorite red sauce or olive oil. It is made with wheat flour, water, sea salt, yeast. It's known for its big open holes in the crumb with a chewy leathery crust. Thanks to Silvio Medora for bringing 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: Many uses like sandwiches, French toast, dipping in olive oil or soup. 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. WASHTENAW FOOD HUB FARM MARKET OPEN on March 16: 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. Fluffy Bottom Farms will have yogurt, aged 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 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, and NEW ITEM for those of you who celebrate Easter, we have Harvest Chocolate mini chocolate bunnies this week. 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!

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. 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!*

4. DO YOU LIKE TO WORK OUTSIDE? TANTRE IS HIRING! We are looking for part-time and full-time workers who are interested in getting their hands dirty and enjoy healthy, hearty, hard work. We provide home-cooked lunches every day with food from the farm. Room and board are available for full time work, and part time work is available as well for an hourly wage. Please email us or fill out an application from our website at <https://www.tantrefarm.com/int...>

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!***

VANILLA YOGURT & OAT PARFAIT (from <https://thefeedfeed.com/denisa...>)

1 cup **Fluffy Bottom's vanilla yogurt** (or plain yogurt w/ 3 tsp vanilla)

1/4 cup **Ferris Farm's rolled oats**

1/4 cup almonds, chopped

2 tbsp chia seeds

1 tbsp melted coconut oil

2-3 tbsp maple syrup or honey

a handful of blueberries, strawberries and chopped apricots

In a small bowl, mix yogurt or curd cheese with vanilla extract. In another bowl, mix oats, chopped almonds, chia seeds, maple syrup and melted coconut oil. Mix fruits together. Place a few teaspoons of crunchy oat mixture in the bottom

of the jars. Then add a few spoonfuls of vanilla yogurt or curd cheese. Finally top with the fruit salad. Repeat the process. Put the parfaits in the fridge for at least 3 hours or overnight.

BROCCOLI RAAB WITH LEMON AND GARLIC (from cooks.com) Serves 4

1 1/2 lb broccoli raab (substitute **Goetz's kale buds**)

2 tsp minced garlic

3 Tbsp butter

2 Tbsp minced fresh parsley

2 tsp fresh grated lemon rind

In a heavy kettle cook the broccoli rabe covered in very little water until stems are tender. Sauté garlic in butter over medium heat 3 minutes. Drain the broccoli rabe, toss with garlic mixture, parsley, salt and pepper. Garnish with lemon rind.

ITALIAN PEASANT SOUP (from From Asparagus to Zucchini: A Guide to Cooking Farm-Fresh Seasonal Produce by MACSAC) Makes 8 1/2 cups

1/4 cup white wine

1 cup finely chopped **Second Spring's onions**

1 cup finely diced celery or celeraic

1 cup finely diced carrots

1 1/2 cup peeled and diced **Second Spring's sweet potatoes**

1 1/2 cup peeled and diced **Second Spring's parsnips**

8 cups vegetable stock or water

1/2 tsp thyme

2 tsp crushed garlic

1 Tbsp soy sauce

2 cups chopped kale (substitute **Goetz kale buds**)

Combine wine, onions, celery, and carrots in large pot over medium heat, and cook, stirring occasionally, until vegetables are tender, about 25 minutes. Stir in potatoes, parsnips, stock, thyme, garlic, and soy sauce. Bring to simmer, cover and cook over low heat until potatoes are not quite tender, about 15 minutes. Add greens and cook 10-15 minutes longer.

NEW YORK TANGY APPLE SALAD (from <https://www.food.com/recipe/ne...>) Serves 5.

3 crisp sweet **Kapnick's apples**

2/3 cup plain yogurt (or **Fluffy Bottom's vanilla yogurt**)

1 tablespoon orange marmalade

fresh ground black pepper, to taste

2 heads **Sell Farm's lettuce**

1/4-cup sliced almonds, toasted (or untoasted if preferred)

Mix yogurt with marmalade and black pepper. Tear lettuce into bite size pieces. Cut apples into small cubes. Mix lettuce, apples, almonds, and yogurt/marmalade dressing. Serve immediately.

SESAME SWEET POTATO & CABBAGE BURGERS

(from <https://www.lukasvolger.com/re...>) Makes 4 to 6 burgers.

4 tablespoons olive oil

1 large or 2 small **Second Spring's onions**, diced

Scant 1/4 teaspoon cayenne pepper

1 tablespoon toasted sesame oil

1 medium **Second Spring's sweet potato**, coarsely grated

2 cups shredded **Second Spring's cabbage**

½ teaspoon fine sea salt

1 egg

1 tablespoon well-stirred tahini

Juice of 1 lemon

¼ cup panko or coarse bread crumbs, plus more if needed

Set your widest skillet over medium heat and when hot, swirl in 2 tablespoons of the oil, followed by the onions and cayenne. Fry until soft and they begin to color deeply, 10 to 12 minutes. Add the sesame oil, followed by the sweet potato, cabbage, and salt. Cover and cook until tender, stirring periodically, about 10 minutes. Allow to cool slightly. In a mixing bowl, whisk together the egg, tahini, and lemon juice until combined. Add the potato-cabbage mixture, then fold in the panko or breadcrumbs. Add additional panko if the mixture seems loose, but err on the side of wet because the burgers will firm up as the cook and cool. If you have time, let the mixture sit for 20 to 30 minutes, and even overnight in an airtight container, then shape into 4 large or 6 smaller patties. To cook, wipe out the skillet and return it to medium heat, then swirl in the remaining 2 tablespoons oil. Add as many burgers as will fit comfortably without crowding the pan (usually 2 or 3 for me), and cook until seared and crisped on the bottoms, 5 to 7 minutes, then flip and repeat on the other side, lowering the heat if they begin to burn. The burgers will firm up a bit as they cook, and further once they're removed from the heat and have cooled slightly. Serve warm.

Hope you enjoyed these warm spring-like days this week! We look forward to seeing you next week for Week #187 with pick up on Saturday, March 23 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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