



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 187) Share March 23, 2024

Welcome to Week #187 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

A few nights ago the ground froze again as the cold air pushed from the northwest for the last few days of winter bringing the winter chill back to the land. Not in any haste to rush out to the cold day, we stayed inside for a little extra time during our morning meeting to discuss the work of Iain McGilchrist's hemispheric neurology for a talk we had attended in Hillsdale. Eventually it was time to begin our day going in our separate directions. Some went to sort roots in the root cellar. Some went to plant seed trays in the greenhouse. Some went to make an extra cup of coffee and add an extra layer of warmth. Eventually we reconverged in the packing shed to pack crates and boxes for the Immune Booster CSA supplies. As the sun was rising, I walked the 15-degree, cold, morning walk between the greenhouse and the barn, and a red wing blackbird greeted the morning with his special call. He seemed to celebrate the warming sun streaming through the leafless tree branches, while the cool wind blew from the northwest as the first day of spring awoke to a new season.

With much gratitude we would like to thank everyone who is participating in this week's share, and for the last hurrahs of the cold spring air sliding down across the continent frosting the green sprouts of the baby plants. For the green life in this share, we thank Sell Farms, Garden Works, and the Tantre farm crew. For the roots and fruits (fruiting mushrooms!) we thank Second Spring, Tantre farm crew, Kapnick Orchards, and Two Tracks. For our value-added products sourced from some local farms, we thank Harvest Kitchen, Srodek's, and LA Baguette. With our many partners bringing their skills and talents together, we are able to provide you with the pleasure of nutrition, flavor, and local support for you, our community. In turn, we appreciate you for supporting us each week. We hope you enjoy the box this week!

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 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 or two.

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 SHALLOTS from [Second Spring Farm](#): member of the onion family; classic teardrop shape, reddish-copper skin, and white flesh; richer, sweeter and milder flavor typically than onions. See more detailed description of Second Spring Farm in produce above and recipe below for Shallot vinaigrette!

-How to use: good pickled, raw, roasted; excellent caramelized and in vinaigrettes

-How to store: store the shallots in a paper or mesh bag in a cool (32 to 40 F), dry (60 to 70 percent relative humidity) location for six months or longer.

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.

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

MUSHROOMS (Golden Oyster or Blue Oyster) from [Two Tracks Acres](#): You will receive a random bag of one of these 2 types of mushrooms, Golden Oyster (golden oyster-shaped cap with a mild, anise, earthy odor) 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). 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: good grilled, sautéed, steamed, in soups, and tossed in flour and pan seared.

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

EVERCRISP & HONEYCRISP APPLES from [Kapnick Orchards](#): You will receive a mix of Evercrisp (a hybrid of the Fuji and Honeycrisp apples; sweet and juicy, crisp and aromatic; good snacking apple and good for pies) and Honeycrisp (medium-to-large sized apple, with a light green/yellow background largely covered with red-orange flush; well-liked by most people due to their sweet and tart flavors, crisp texture, and juiciness; often used in baking, cooking, and as a healthy snack). 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.

CABBAGE POTATO SOUP from [Harvest Kitchen](#) (vegan & gluten-free): Hearty, healthy, and satisfying, this 1-quart soup is filled with cabbage, potato, onions, celery, carrots, vegetable stock, garlic, shallot, green onions, parsley, salt, and pepper. 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.

SPINACH ARTICHOKE PIEROGI from [Srodek's](#) (vegetarian): A pierogi is one or more dumplings of Polish origin, made of unleavened dough filled with meat, vegetables, or fruit and boiled or fried or both. It is one of Poland's greatest dishes and an eastern European favorite. This variety is filled with wheat flour, water, eggs, spinach, artichoke, Romano cheese, Asiago cheese, cream cheese, mozzarella cheese, provolone cheese, garlic, salt, pepper, margarine, vegetable oil and comes with 12 pieces in a packet. Srodek's Campau Quality Sausage Co. is a second generation family owned and operated business located in the heart of the immigrant community of Hamtramck. We specialize in an excellent selection of homemade and import products that are rich in tradition and quality. They sell many quality Polish products all around the area, including the Ann Arbor Farmers Market and Argus Farm Stop. See their website for more locations. Go visit their restaurant and bakery in Hamtramck to try many other Polish items.

-How to use: use as a main dish or a side dish. If you have the time, boil the frozen pierogies first, to get the pasta perfect for sautéing. However, it's not a must—you can also cook frozen pierogies right in the skillet without boiling them—and they will turn out delicious. Follow directions on the package. Add a dollop of sour cream.

-How to store: store in freezer for up to 6 months to a year.

CHOCOLATE CHIP COOKIES from [L A Baguette](#) (vegetarian): This sweet baked treat is one of America's favorite cookies, which is recognized by its butter flavor and the inclusion of chocolate chips. This version is flavored with local honey from Becky's Birds & Bees and local eggs from Brieland-Shoultz, along with flour, butter, chocolate, sugar, brown sugar, milk, vanilla, baking soda, and salt. La Baguette is in its 14th year as a business operating under the Cottage Food Law of Michigan. Thanks to Suzanne Murray and Lisa Carolin, who are the owners. They also bake French breads, cakes, cookies, and bretzels and sell them at both the Saturday and Wednesday Chelsea Farmers Markets in the summer.

-How to use: Eat as a snack or a dessert; crumble on top of a bowl of ice cream.

-How to store: Keeps for 2 weeks at room temperature in a storage container for freshest flavor. Can be stored in refrigerator for 2 months. Store in the freezer for long term storage.

ANNOUNCEMENTS

1. WASHTENAW FOOD HUB FARM MARKET OPEN on March 23: 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 and Zingerman's Bakehouse has fresh bread available. 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, pickled roots, and hot sauces. In addition we will have [Calder Dairy](#) butter, local eggs, and several varieties of kombucha, CBD Cider, and [Calder Dairy](#) chocolate and regular milk to drink. Come and get free samples of Harvest Chocolate snacking chocolate and chocolate bunnies for Easter treats. *Also, keep in mind to stock up on local eggs this week, so you can make boiled eggs for Easter dying with week old eggs before you boil them, since they crack more easily. We have large duck eggs as well!* We also will provide chocolate bars, hot cocoa packets, 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!

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!**

PEA SHOOT, RADISH & APPLE SALAD (<https://parlatodesign.com/2012...>)

1 large handful of **Garden Works pea shoots**

2 large **Tantre daikon radishes**, julienned

1 **Kapnick apple**, julienned

1 tb sesame oil

- 1 tb rice or white wine vinegar
- 1 tsp sesame seeds (optional: black or toasted)
- 1 tb toasted pepitas or pumpkin seeds

Use a mandolin/julienne slicer or your expert chef knife skills to cut the apple and radishes into matchstick slices. Roughly chop the handful of pea shoots into 1" pieces. Toss everything in a salad bowl, adding the oil, vinegar, sesame seeds and pepitas. Toss to mix and coat through.

SHALLOT VINAIGRETTE (from Local Flavors by Deborah Madison)

- 1 **Second Spring shallot**, peeled and finely diced
- 2 Tbsp red wine vinegar
- 1/2 tsp sea salt
- 6 Tbsp or more extra virgin olive oil

Finely dice the shallot by slicing it first lengthwise, then crosswise. Put into a bowl with the vinegar and salt. Let stand for 10 minutes, then whisk in the oil to taste. Serve over **Sell Farm lettuce** with a few thinly sliced or julienned **Tantre daikon radish** and **Second Spring rainbow carrots** for color and nutrition.

CARROT SOUP (from Moosewood Cookbook)

- 2 lbs **Second Spring carrots**, peeled or scrubbed and chopped
- 4 cups stock or water
- 1 1/2 tsp salt
- 1 cup chopped onion (or **Second Spring shallots**)
- 1-2 small cloves crushed garlic
- 1/3 cup chopped cashews or almonds
- 1/4 cup butter
- Optional:
 - 1 medium **Tantre potato** chopped (for heartier soup)

Bring carrots, stock or water, salt (and potato if desired) to a boil. Cover and simmer 12-15 minutes. Let cool to room temperature. Sauté the onion, garlic and nuts in 3-4 tablespoons butter and with a little salt, until onions are clear. Puree everything together in a blender, until it is smooth. Return the puree to a kettle or double boiler and whisk in ONE of the following: 1 cup milk, 1 cup yogurt or buttermilk plus a little honey, 1/2 pint heavy cream, 3/4 cup sour cream. Season with ONE of the following combinations: 2 pinches nutmeg, 1/2 teaspoon dried mint, dash of cinnamon, 1/2 to 1 teaspoon each of thyme, marjoram, and basil, 1 teaspoon freshly grated ginger root, sautéed in butter plus a dash of sherry before serving. Garnish with grated apple or toasted nuts or sour cream.

CAN I HAVE THAT? SALAD (by Renee Bertsch, former Tantre Farm worker) Serves a bunch of people, so adjust as needed!

"Can I Have That?" is what I heard someone say to a neighboring diner when noticing a little left on the plate. This recipe is extremely versatile. It was created especially for substitution! I like to make it chunky, but you can cut it any way you like.

- 4 medium **Second Spring carrots**
- 1 large **Kapnick apple**
- 1 large pear
- 1 medium cucumber
- 1 thinly sliced **Tantre daikon radish**
- 1 pineapple
- 1 bunch or bag **Tantre spinach**

1 head **Sell Farm lettuce**

2 **Second Spring rainbow carrots**

1 cup nuts and/or seeds, toasted

1/2 small red onion or **Second Spring shallot**, finely minced

10-12 leaves fresh basil, shredded (optional)

2 limes

4 Tbsp walnut, peanut, or sesame oil

2 Tbsp honey

2 tsp cracked white pepper

1/4 tsp ground cardamom

A little minced basil

A little fresh grated ginger

Use a mandolin to slice the carrots, apples and pears into thin slabs. Be sure to dunk the apple slices in a little lemon juice as you go. Cut the pineapple to match. Peel and seed the cucumber, if desired, and cut to match. Throw all this together with spinach, raisins, nuts/seeds, onion, and shredded basil. In small saucepan, toast your oil. Add lime juice, zest, and honey; heat until honey melts (but don't boil). Add the pepper, cardamom, basil and ginger. Heat for a little longer, then remove. Cool for just a few minutes, then pour over salad and toss. *Possibilities:* experiment with vinegar, oils, flavored honeys, veggies (celery, kale, peppers), fruits (melon, berries), fresh herbs (cilantro, mint), spices (cinnamon, nutmeg, mace), or preparation (grill the pineapple).

STIR-FRIED OYSTER MUSHROOM WITH EGG (from <https://sichuankitchenrecipes....>)

4 eggs

½ lb **Two Tracks oyster mushrooms**

2 stalks green onion (or minced **Second Spring shallot**)

1-2 **Second Spring rainbow carrots**

1/2 tsp salt

1 Tbsp cooking oil

Clean oyster mushrooms with a paper towel and split them into smaller pieces. Beat 4 eggs in a bowl. Slice 1 carrot and some green onion. In a pan, add cooking oil on medium heat. Fry eggs and separate into smaller pieces. Add carrots and oyster mushrooms. Stir fry until oyster mushrooms are tender (3-4 minutes). Season with salt.

Hope you enjoyed these warm spring-like days this week! We look forward to seeing you next week for Week #188 with pick up on Saturday, March 30 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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