



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 188) Share March 30, 2024

Welcome to Week #188 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

As the sun was rising early one morning this past week, I noticed a little willow tree growing in a low spot in a parking lot that I was near. Even though it was a small willow, it had a beautiful sound coming from somewhere within this wispy tree. As I looked more closely on a tiny branch, I saw a russet, white, and gray bird with dark streaking down its white chest, and I knew it was a song sparrow. I enjoyed listening to its [song](#) as it lilted a melody that repeats and repeats and repeats, so everyone knows where it is. Despite its mundane colored feathers and such a mundane sounding name, this small bird filled the whole area with its soft music. I could still hear the cars and the traffic coming and going, but the song of this sparrow was such a pleasant connection for the listener filling one's heart with hope and renewal. To truly listen and hear what is native, local, and free coming from such a small bird, so small that it could fit in the palm of your hand, was such an awakening in the 25 degree morning air. There was nothing particularly special about its plumage, nothing special about its shape or size, but what was special was the song. What a welcoming sound assuring us that spring is finally here!

With spring's arrival we are always grateful for signs of life, so we remember those who have made this share possible with the gift of food. Thanks for the greens from Sell Farms and Greenhouses, Garden Works, and Tantre Farm. We appreciate all the parts of the plant that are in or under the dirt as well from Second Spring Farm. We appreciate the fruits above ground from Kapnick Orchards, and especially we are grateful for the extra labor, who put all kinds of produce together to add value to a product from Ginger Deli, Juicy Kitchen, and Harvest Chocolate. Now a true symbol of life in this time of rebirth can't go unnoticed, so we are also grateful for the eggs in this share that are collected and sorted from Elder Farms. As we celebrate spring in this Immune Booster

box this week, we hope you find your own awakenings of new flavors, nutrition, and connection. Enjoy the gifts of hope and renewal during these first weeks of spring and to those of you who celebrate, Happy Easter!

THIS WEEK'S SHARE ITES:

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 ORANGE 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 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 Second Spring Farm with the 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 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 the 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 the 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, soups, or spinach pie

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

IDA RED & FUJI APPLES from [Kapnick Orchards](#): You will receive a mix of Ida Red (a Michigan classic; larger apple, crisp, bright-white flesh that gives a firm, juicy, sweet-tart bite. good in apple sauces, pies, and cakes) 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 and baking!

-How to store: can store for 2 to 3 months in cool location.

RAINBOW VEGETABLE STIR-FRY from [Ginger Deli](#): A rainbow stir-fry in a quart container with sliced red pepper, yellow pepper, baby bok choy, carrots (Second Spring Farm) red onion, green onion, chopped garlic, light-fried tofu, tempeh (The Brinery), fresh tamarin, hoisin sauce, dark soy sauce, olive oil, sesame oil, pepper flakes, maple syrup, garnished with fresh basil, cilantro and sweet cherry tomato. This vegan and gluten-free dish is bright and delicious with some local ingredients. Thanks to Te and his staff from Ginger Deli, who is a tenant at the Washtenaw Food Hub producing Vietnamese cuisine that packs colorful flavors with a dash of style. Ginger Deli can be found at their store location at 203 E. Liberty Street and also their products are at Argus Farm Stops in Ann Arbor and Agricole Farm Stop in Chelsea.

-**How to use:** Open, heat, and serve.

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

SPINACH STRAWBERRY POPPYSEED SALAD from [Juicy Kitchen](#): This 32-oz vegetarian and gluten-free salad is bursting with fresh flavor and a perfect combination of fresh spinach (Tantre Farm), red onions, toasted pecans, strawberries, blueberries, feta cheese, and dark balsamic dressing (Dijon mustard, water, honey, garlic, evoo, poppy seeds, salt). Thanks to Aaron and all the kitchen staff at Juicy Kitchen. They sell their prepared foods with an online menu or at their location on Maple Rd, Argus Farm Stops in Ann Arbor, and Agricole Farm Stop in Chelsea!

-**How to use:** Open the container and enjoy.

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

ONE DOZEN EGGS from **Elder Farms**: An egg is a common ingredient for a breakfast protein. It is thought that free range eggs contain more omega-3 fatty acids than other eggs. These eggs come from George Elder's farm in Milan. All of their chickens are pasture-raised with year round access to the good ole outdoors producing quality, USDA-inspected eggs. He sells his chicken eggs and meat birds onsite on the farm and at the Hub Market and HoneyBee U-pick in the summer.

-**How to use:** boil, poach, scramble, baked: can be stuffed into burritos, used in baking products, added to savory oatmeal or mixed into an egg salad

-**How to store:** may be refrigerated three to five weeks

MINI CHOCOLATE BUNNIES (*vegan & gluten-free*) from [Harvest Chocolate](#): This four pack of mini solid dark chocolate bunnies sprinkled with marshmallow sugar is vegan and gluten-free. The ingredients include organic cocoa beans, organic cane sugar, natural marshmallow flavoring. Thanks to Matt and Elizabeth for providing this seasonal chocolate made from scratch, starting with the fair-trade sourced cocoa beans and locally made in Tecumseh, MI. They source their cocoa beans from all over the world, which offer different tasting profiles, but they also are interested in sourcing other flavors from local farmers' products. They sell their products in many places around the area including Agricole Farm Stop in Chelsea, Carosello Pasta in Dexter, and the Washtenaw Food Hub in Ann Arbor.

-**How to use:** Open and enjoy. Do you eat the bunny ears first or save them for last?

-**How to store:** can last up to two years if stored in a cool, dry place such as a pantry or cupboard

ANNOUNCEMENTS

1. WASHTENAW FOOD HUB FARM MARKET OPEN on March 30: 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. 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!***

APPLE SPINACH SALAD (<https://www.gimmesomeoven.com/...>)

10 ounces **Tantre spinach**, chopped

2 large **Kapnick apples**, cored and thinly-sliced

half a small red onion, peeled and thinly-sliced

1 cup walnut halves, toasted (or pecans)

2/3 cup dried cranberries

5 ounces goat cheese, crumbled (or feta cheese, or blue cheese)

1 batch apple cider vinaigrette (see below)

CHAMPAGNE VINAIGRETTE INGREDIENTS:

1/3 cup extra virgin olive oil

1/4 cup champagne vinegar (or apple cider vinegar)

2 tablespoons lemon juice

1 tablespoon Dijon mustard

1 garlic clove, peeled and minced

a generous pinch of salt and black pepper

(optional) 1 tablespoon honey or maple syrup, to sweeten

Add spinach, apples, red onion, walnuts, dried cranberries, and half of the goat cheese to a large bowl. Drizzle with the vinaigrette, and toss to combine. Serve

immediately, garnished with the remaining cheese and add a handful of **Garden Works Pea Shoots**.

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

- 3 crisp sweet **Kapnick apples** (**Fuji**, Pink Lady, Honey Crisp)
- 2/3 cup plain low-fat yogurt (or vanilla)
- 1 tablespoon orange marmalade
- fresh ground black pepper, to taste
- 2 heads **Sell Farms 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 and add a handful of **Garden Works Pea Shoots**. Serve immediately.

BEEF BURGERS (from America's Small Farms by Joanne Lamb Hayes and Lori Stein)

- 2 cups grated **Second Spring beets** (about 3/4 lb)
- 2 cups grated **Second Spring carrots** (about 1/2 lb)
- 1 cup cooked brown rice
- 1 cup grated Cheddar cheese
- 1 cup sunflower seeds, toasted
- 2 large free-range **Elder Farm eggs**, beaten
- 1/2 cup sesame seeds, toasted
- 1/2 cup grated **Second Spring onion** (about 1 medium)
- 1/4 cup oil
- 3 Tbsp all-purpose flour
- 3 Tbsp chopped parsley
- 2-4 garlic cloves, finely chopped
- 2 Tbsp soy sauce
- Ground red pepper (cayenne), to taste

Preheat oven to 350 degrees. Generously grease a rimmed baking sheet. Combine beets, carrots, rice, cheese, sunflower seeds, eggs, sesame seeds, onion, oil, flour, parsley, garlic, soy sauce, and red pepper. Form mixture into patties and bake 25-30 minutes or until firm and vegetables are cooked through.

GYPSY SOUP (from Moosewood Cookbook by Molly Katzen)

This is a favorite, delicious, and nutritious soup at Tantré Farm!

- 1 Tbsp olive oil
- 2 tsp Spanish paprika
- 2 medium **Second Spring onions**, chopped
- 1 tsp turmeric
- 2 garlic cloves, crushed
- 1 tsp basil
- 2 cups chopped **Second Spring sweet potatoes** or **Second Spring carrots** (peeled winter squash can be used as well)
- 1 tsp salt
- Dash of cinnamon
- 1 stalk celery, chopped
- Dash of cayenne

1 cup chopped tomatoes
1 bay leaf
1 green or red pepper, chopped
1 Tbsp tamari
1 (15 oz) can garbanzo beans
3 cups stock or water

In a soup kettle, sauté onions, garlic, celery and sweet potatoes in olive oil for about 5 minutes. Add seasonings, except tamari, and the stock or water. Simmer, covered, about 15 minutes. Add remaining vegetables and beans. Simmer another 10 minutes or so--until the vegetables are tender. Add tamari and serve.

Note: This soup freezes well. You can also throw in greens at the end for extra nutrition, such as **Tantre spinach** or **Garden Works pea shoots**.

CINNAMON BAKED APPLES (from <https://veronikaskitchen.com/c...>)

Bake these amazing Cinnamon Baked Apples slices until tender in coated caramelized sauce! This will be an easy dessert recipe to serve with a scoop of ice cream during the Fall and the holiday season!

5 large **Kapnick apples**, peeled, cored, and sliced
1 tablespoon lemon juice
¼ cup light brown sugar
1 tablespoon granulated sugar
2 teaspoons cinnamon
2 teaspoons cornstarch
2 tablespoons unsalted butter

Preheat the oven to 375°F. Peel, core, slice 5-6 apples, and transfer them to a 9x13-inch baking dish. Add 1 tbsp lemon juice, ¼ cup light brown sugar, 1 tbsp granulated sugar, 2 tsp cinnamon, 2 tsp cornstarch, and mix everything together. Spread evenly and top with sliced 2 tbsp butter. Cover with foil and bake at 375°F for 30-40 minutes, stirring every 10-15 minutes. When done, take it out of the oven and let sit on the counter for 10 minutes before serving.

Hope you enjoyed these cool days of spring this week! We look forward to seeing you next week for Week #189 with pick up on Saturday, April 6 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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