



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 189) Share April 6, 2024

Welcome to Week #189 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...>

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 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 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](#): Be prepared for a beautiful, generous 1-lb bag of spinach that can be eaten and preserved in many ways below. 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. Thanks to the Tantre farm crew for picking each leaf and bagging many pounds of this for our shares.

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

-How to store: refrigerate with a damp towel/bag for up to 1 week; can be easily frozen for smoothies, soups, sauces (NOT for salads) with a few tips from this

website <https://unsophisticcook.com/how...>. All you need is a ziploc freezer bag!

CAROLA POTATOES from [Tantre Farm](#): yellow potato from Germany; smooth, creamy texture that is good for baking or frying. Thanks to the Tantre farm crew for sorting, washing, and boxing these for your share box.

-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 [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

(<http://www.kapnickorchards.com>) 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.

TOMATO PESTO SOUP from [Harvest Kitchen](#): This classic combination of tomatoes and basil is blended into a thick soup, and then flavored with basil pesto. This healthy, vegan, 1-quart soup is naturally gluten-free and filled with canned tomatoes, vegetable stock, onion, garlic, basil, olive oil, lemon, salt, pepper, shallots, long grain rice, and sugar. 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 Chef 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. *Can be topped with **Garden Works pea shoots** as a garnish.*

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

TANGY YUZU SPINACH SALAD & CANDIED WALNUTS from [Blue Lemon Thai](#) (*vegetarian and gluten-free*): This particularly beautiful salad is so colorful with fresh spinach (Tantre Farm), English cucumber, orange carrots, yuzu juice, lemon juice, Dijon mustard, sea salt, black pepper, honey, olive oil, rice vinegar, walnuts, cane sugar with salad dressing in separate containers. Thanks to Chef Nam for bringing 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.

-How to use: Open and ready to go! *Can be topped with **Garden Works pea shoots** as a garnish.*

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

DRIED FUSILLI PASTA from [Carosello Pasta](#): Fusilli is a spiral or corkscrew-shaped pasta made simply with organic durum semolina and water. Because of its twists, it has grooves that are good for holding onto sauce. Fusilli pasta were originally developed in Southern Italy by rolling and setting fresh spaghetti around thin rods to dry. Thanks to Chelsea and Mike, who started Carosello Pasta in Dexter for about two years now, where you can buy not only dried pasta varieties, but fresh pasta as well, along with several local and imported complementary items. They are committed to keeping their pasta non GMO and free of synthetic herbicides or pesticides. Their pasta is also egg-free, so suitable for vegans and eaters with egg allergies. You can find Carosello pasta in Argus and Agricole Farm Stops, Plum Market, as well as the Washtenaw Food Hub Farm Market and many other places in the area.

-How to use: Follow directions on the package, and use with cream and tomato sauces or add to soups. **Make Spinach Pesto below and add to pasta!**

-How to store: In general dried pasta will last up to two years.

ORGANIC DRIED BEAN LOTTERY from [Ferris Organic Farm](#): As a last minute "Spring Fling" surprise, we decided to add a pint of certified organic beans, which may include Black, Kidney, Navy, Pinto, or Split Peas. If you pick up at the Washtenaw Food Hub Farm Market, you will be able to choose your pint off the market shelves. However, if you pick up at Agricole, we will surprise you with one of the bean varieties already in your box. Beans are rich in a number of important micronutrients, including potassium, magnesium, folate, iron, and zinc, and are important sources of protein in vegetarian diets. Thanks to Silvie and her husband who provide this Michigan-grown, organic product from Ferris Organic Farm in Eaton Rapids, which has been a family farm since 1837. The Washtenaw Food Hub Market carries many of their products, including black, pinto, navy, kidney beans, split peas, red/green lentils, popcorn, and oats. Their products are sold in many different stores including Carosello Pasta, Argus Farm Stop, etc.

-How to use: good in stews, soups and casseroles, etc.

-How to store: can have a shelf life of 1 year or more, depending on container they are stored in

ANNOUNCEMENTS

1. MUSHROOM CLASS at Tantre Farm - April 21 from 1 PM - 3 PM: Come out and spend the afternoon learning all about mushrooms with local foraging expert, Rachel Mifsud from "Will Forage for Food". This is a lecture style class, not a mushroom foray. We will cover basic mushroom anatomy, physiology, reproduction, and ecology. Then we will spend time developing your mushroom vocabulary and learning about various characteristics that are useful for identification. The cost for the class is \$25 and you may register through this link: <https://willforageforfood.squa...>

2. PLANT WALK at Tantre Farm - April 27 from 4 PM - 6 PM: Plant walks are excellent learning opportunities for those with beginning to intermediate foraging skills, and for anyone wishing to increase their knowledge of the local flora with local foraging expert, Rachel Mifsud from "Will Forage for Food". Our discussion will include information about identification, methods of harvest, preparation, and use. We will explore the area and talk about edible, medicinal, or otherwise useful plants and mushrooms that are currently in season. Dress for the weather. You may want a notebook, a pen, and a camera. Unlimited

class size, drop-ins welcome, and cost is \$25. To register ahead of time or to find more information, just go to this site: <https://willforageforfood.squa...>

3. WASHTENAW FOOD HUB FARM MARKET OPEN on April 13: 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. We have 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! 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!

4. 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.

5. 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!*

6. 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 PARSNIP SOUP (from <https://www.farmfresh toyou.com...>)

2 tablespoons olive oil

1 onion (or **Second Spring shallots**), coarsely chopped

4 **Kapnick apples**, peeled, cored and cut into wedges

1 tablespoon curry powder

1 1/2 teaspoons fresh ginger, peeled and grated

1 teaspoon ground cardamom

3 garlic cloves, minced

4 **Second Spring parsnips**, peeled and chopped

4 cups veggie or chicken broth

1 cup apple cider

3/4-1 teaspoon sea salt

1/8 teaspoon freshly ground black pepper, plus more for garnish

1/4 cup sour cream or crème fraîche

In a large pot or Dutch oven, heat olive oil on medium heat. Add onions and cook until tender, about 5 minutes. Add apples, curry powder, ginger, cardamom and garlic, cook until fragrant, about 1-2 minutes. Add parsnip, broth and apple cider, bring to a boil. Cover, reduce heat to medium low, and simmer for 30 -35 minutes or until parsnip is tender. Pour parsnip mixture in a blender, in batches. Blend until smooth. Pour mixture into a large bowl. Repeat the procedure with remaining parsnip mixture. Stir in salt and pepper, taste and add more salt if you prefer. Ladle soup into serving bowls, top each bowl with 1 tablespoon sour cream or crème fraîche and sprinkle over a little more pepper for a garnish.

RUSTIC CABBAGE SOUP RECIPE (from www.101cookbooks.com) Serves 4

1 Tbsp extra virgin olive oil

A big pinch of salt

1/2 lb **Tantre potatoes**, skin on, cut into 1/4-inch pieces

4 cloves garlic, chopped

1/2 large yellow onion (or **Second Spring shallots**), thinly sliced

5 cups stock

1 1/2 cups **Ferris Organic Farm white beans**, precooked or canned (drained and rinsed well)

1/2 medium **Second Spring cabbage**, cored and sliced into 1/4-inch ribbons

More good-quality extra-virgin olive oil for drizzling

1/2 cup Parmesan cheese, freshly grated

Warm the olive oil in a large thick-bottomed pot over medium-high heat. Stir in the salt and potatoes. Cover and cook until they are a bit tender and starting to brown a bit, about 5 minutes (it is ok to uncover and stir a couple times). Stir in the garlic and onion and cook for another minute or two. Add the stock and the beans and bring the pot to a simmer. Stir in the cabbage and cook for a couple more minutes, until the cabbage softens up a bit. Now adjust the seasoning-- getting the seasoning right is important or your soup will taste flat and uninteresting. Taste and add more salt if needed, the amount of salt you will need to add will depend on how salty your stock is (varying widely between brands, homemade, etc). Serve drizzled with a bit of olive oil and a generous dusting of cheese.

EARLY SPRING MEDLEY (from *Simple Food for the Good Life* by Helen Nearing)

4 Tbsp oil or butter

3 onions (or **Second Spring shallots**), sliced in rings

6 outer leaves of **Sell Farms lettuce**, chopped

2 cups peas (or **Garden Works pea shoots**)

2 **Second Spring carrots**, sliced

2 cups asparagus cut in pieces (optional)

1 cup tiny **Second Spring potatoes**

Heat oil in heavy pot. Add vegetables. Cover and cook over low heat, stirring occasionally. When carrots are tender, take off heat and serve.

BRAISED CABBAGE AND POTATOES (adapted from <https://thehungrybluebird.com/...>)

- 1 tablespoon olive oil
- 1 small yellow onion (or **Second Spring shallots**), diced
- 1 jalapeño, finely chopped
- 3 slices bacon, diced
- ½ pound **Tantre potatoes**, cut in half length-wise
- 1 **Second Spring cabbage**, cored and shredded
- 2 **Second Spring carrots**, peeled and finely diced
- ½ teaspoon Kosher salt
- ½ cup chicken broth or stock, preferably homemade

In a large cast iron skillet over medium high heat, heat oil until shimmering. Add bacon, onion and jalapeños, stir and cook until the bacon and onions start to brown, about 5 minutes. Push bacon/onion mixture to the side and add halved potatoes in the center of the pan. Let cook a minute or two and then stir and combine with other ingredients. Continue cooking and stirring for another 3 or 4 minutes until just starting to brown and get tender. Add cabbage, carrots and salt. Stir to combine and pour chicken stock into pan, reduce heat and simmer and cook, stirring often until cabbage is wilted and potatoes are tender, about 20 more minutes. Careful not to burn, adding more stock or water if needed. Taste for salt and serve.

SPINACH PESTO (from The Genesis Farm Cookbook) Makes about 3 cups. *You can use up a lot of spinach this way, and can certainly leave out the walnuts, the basil, or add parmesan cheese)*

- 1 cup walnuts
- 4-6 cloves garlic, peeled and cut in half
- 1 10-oz package frozen **Tantre spinach** (or 2 bunches fresh **Tantre spinach**, washed and stemmed)
- 2 bunches fresh basil (1 cup packed)
- Juice of 1-2 lemons
- 1/2 tsp salt, or to taste
- 1/2 to 1 cup olive oil

In a food processor or blender grind the nuts and garlic to a fine meal. Add the spinach, basil, lemon juice, salt and just enough olive oil to keep the blades turning. Adjust the salt and lemon juice to taste.

VEGETABLE BEAN CASSEROLE (adapted from <http://www.cookingindex.com/recipes/2157/1-pot-vegetable-bean-casserole.htm>).

- 2 Tbsp butter
- 3 garlic cloves, minced
- 2 onions (or **Second Spring shallots**), chopped
- 2 **Second Spring carrots**, diced
- 1 Tbsp red wine vinegar
- 1/2 tsp dried rosemary, crushed
- 1/2 tsp pepper
- 1 pinch hot pepper flakes
- 3 cup marinara sauce
- 1 pint **Ferris Farm black or kidney beans**, cooked
- 2 cup **Carosello pasta**

2 cup broccoli (or **Tantre spinach**), chopped
1/3 cup Romano cheese, fresh grated

In nonstick skillet, melt butter over medium-low heat; cook garlic, onions and carrots, covered, for about 10 minutes or until softened. Stir in vinegar, rosemary, pepper and hot pepper flakes; cook, covered, for about 15 minutes or until onions are very soft. Stir in sauce; bring to boil. Reduce heat; simmer for about 5 minutes or until thickened. Stir in beans; set aside. Meanwhile, in large pot of boiling salted water, cook pasta for 5 minutes. Add broccoli (or spinach); [tip: peel broccoli stalks so that they will cook in the same amount of time as the florets.] cook for about 1 minute or until pasta is almost tender and broccoli is bright green and still crisp. Drain and return to pot. Stir in tomato mixture. Pour into greased 8-inch square baking dish; sprinkle with Romano cheese. Cover with foil. Bake in 350F oven for about 35 minutes or until heated through. Broil, uncovered, for about 2 minutes or until browned and bubbly.

Hope you enjoyed these cool days of spring this week! We look forward to seeing you next week for Week #190 with pick up on Saturday, April 13 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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