



## Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 191) Share April 20, 2024

Welcome to Week #191 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...>**

### **BASIL: MORE THAN JUST A CULINARY HERB**

Basil is one of the most sacred plants of India. It has been used to make royal unguents, perfumes, and medicines. A tea can be made to settle the nerves and aids with indigestion. Medicinally, it is used to stimulate perspiration for the treatment of colds, flu, and fevers.

Fresh basil was also worn throughout the day to help protect, inspire, and elevate the self-esteem of the person who wore it. It protects against contagious diseases and negative influences and is burned as incense and as a disinfectant. The French have used basil to repel mosquitoes and flies, which is why pots of it may be found at sidewalk restaurants in France.

Basil's most popular use though is as a culinary herb. It is more commonly known for its primary role in tomato sauces, pesto, and salad dressings. It is also popular in Mediterranean dishes and Thai curries. It partners well with almost any summer vegetable, but especially tomatoes, eggplant, peppers, green beans, and summer squash.

Fresh basil deteriorates quickly, especially when refrigerated. It is a warm-weather crop and is sensitive to cold temperatures. If leaves are wrapped in a dry towel and kept in an airtight container, it can be kept at about 50 degrees for a few days before leaves start blackening. That is why we provide it with roots attached, so you may retain its freshness for a week or longer by placing the roots in a jar of water, changing the water every few days, and we don't refrigerate it. You may also freeze fresh leaves in a plastic zip-lock bag, if you don't mind the darkened color. This is very easy—just wash leaves, spin dry, place in Ziploc bag, remove air, seal, and freeze. Basil can also be dried by hanging in a dry, warm, well-ventilated place for about 2 weeks. If you would like to retain some of the green color, it needs to be dried quickly in a dehydrator or in the oven at its lowest setting with door ajar. The leaves can be

separated before drying and stirred often. Remove dried leaves and store in a sealed glass jar—away from light and heat.

Some people make pesto from the basil leaves and freeze it in ice cube trays or drop on cookie trays like "drop cookies"; then bag it when frozen to be used as needed. Others just mix chopped basil with olive oil or water and freeze in ice cube trays. Remove frozen herb cubes and place in freezer bag. One frozen cube is equivalent to 1 tablespoon fresh or about 1 teaspoon of dried herb, which flavors vegetables, meats, stews, and soups all winter long. Have fun and enjoy a plethora of basil over the summer whether you plant outside or keep your pot indoors this Earth Day!

### **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. Thanks to Dean and Susan for providing a steady supply of lettuce all winter!

**-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. Thanks to Rob, who 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](mailto: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.

**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. Thanks to our very own Tantre staff for harvesting, washing, and packing.

**-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

**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 RED CHIEFTAIN POTATOES** from [Second Spring Farm](#): You will receive these round to oblong, smooth, red with white creamy flesh; great flavor and storage potential. Thanks to Second Spring Farm with farm description above.

**-How to use:** good for boiling, mashing, baking and frying

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

**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 Second Spring Farm with farm 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 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. Thanks to Second Spring Farm with farm description above.

**-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.

**EVERCRISP, FUJI, and MUTSU 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 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), 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). Thanks to Scott of Kapnick Orchards, who supplies 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.

**ORGANIC POPCORN** from [Ferris Organic Farm](#): Popcorn is a cereal grain and originates from a wild grass and could be found throughout ancient North, Central, and South America. Popcorn can pop up to 30 times its size and up to 3

feet in the air. Thanks to Silvie and her husband who provide this Michigan-grown, organic seed 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 tossed with salt, pepper, cinnamon, oregano, thyme, nutritional yeast, or made into caramel corn; commonly strung in the past with string and cranberries for a natural garland that can be hung inside on Christmas trees or outside for the birds to enjoy in the winter

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

**WILD MUSHROOM CASSOULET** from [Harvest Kitchen](#) (vegan & gluten-free):

This comforting and cozy meatless dish comes in a 12-oz container and includes shiitake & portobello mushrooms, white beans, vegetable stock, onion, garlic, shallot, celery, carrots, turnips (Tantre Farm), spinach (Tantre Farm), corn starch, thyme, salt, pepper, green onions, and parsley. Cassoulet is a classic French stew of white beans and traditionally with some sort of hearty meat, but in this meatless version the mushrooms become meaty, earthy, and filling by themselves. Thanks to Keith and the Harvest Kitchen staff for this healthy, flavorful, nutritious cassoulet. 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.

**EASTERN RAINBOW STIR-FRY** from [Ginger Deli](#): An artfully presented 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, 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

**RUSTIC ITALIAN BREAD** from [Zingerman's Bakehouse](#): classic Italian white bread with a mild crumb and a thin crust. This popular bread uses organic wheat flour, water, sea salt, and just a little yeast. Thanks to Jaison and staff of Zingerman's Bakehouse. Their baked products can be found all around Ann Arbor and now at Agricole in Chelsea, and a few loaves at the Hub Market. 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 for several days; just sprinkle some water on it to reheat in the oven. It comes out just as if it was freshly baked! It also can be frozen.

**BASIL PLANT** from [Jacob's Fresh Farm](#): This Genovese Basil plant is an herb with sweet, spicy, shiny, green leaves. See feature article with lots of interesting facts about basil. Earth Day is a wonderful time to plant and care for your basil plant. If you plan to put it outdoors, wait until temperatures are consistently 59 degrees or above, since basil is very sensitive to cold temperatures. It needs a sheltered, warm, sunny growing site, with free-draining soil. If you are growing it inside in a pot, then water deeply at least once a week to keep roots growing deep and the soil moist. Thanks to Jacob and Anna, who live in Chelsea, MI. You can find their all natural products in Chelsea and in Ann Arbor at Agricole and Argus, at Busch's, and the Hub Market. During the summer they are at the Chelsea Farmers Market on Saturdays and their Farm Stand on Fletcher Road 7 days a week. See more of what they offer on their website above in the name.

**-How to use:** great in pesto, soups, salads, and even cheesecake (see recipe below!)

**-How to store:** Store at room temperature in a jar of water, and never refrigerate harvested basil for long term. It doesn't like cold!

## ANNOUNCEMENTS

### 1. STILL SPACE: 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 20:** 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, 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...>

**7. GARDENING AND FARM FEST 2024 at the ANN ARBOR DISTRICT LIBRARY on April 21 from 11 to 5 PM:** Come join Tantre Farm at this daylong celebration of gardening, nature, and hands-on activities! We will be there along with other CSA farms to tell about our CSA program, along with many other fun activities. Please feel free to stop by or drop off a payment for your Summer CSA 2024! Please refer to their website for more details: <https://aadl.org/farmfest>

## 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!***

REAL BASIL CHEESECAKE (from Madison Herb Society Cookbook) Serves 10

2 large eggs

1 cup sour cream

3/4 cup granulated sugar

1 cup **Jacob's Fresh Farm basil leaves**, destemmed

2 Tbsp cornstarch

2 Tbsp lemon juice

1 tsp vanilla

2 lbs cream cheese, softened

2 Tbsp butter, softened

1 cup crushed vanilla wafers or graham crackers

Preheat oven to 450 degrees. In food processor or mixer, lightly beat eggs. Add sour cream, sugar, basil, cornstarch, lemon juice, and vanilla. Process until

smooth. Add cream cheese, 1/2 pound at a time, and process to incorporate. Spread softened butter on bottom and halfway up sides of a 9- or 10-inch spring form pan. Cover buttered area with cookie crumbs, pressing to be sure they stick. Pour in cheesecake batter and bake 35-40 minutes or until a toothpick inserted in the center comes out clean. Run a knife around edges of cake as soon as it comes out of oven. Cool on wire rack 5 minutes, then remove the side of the pan. Finish cooling. Cut with dental floss into thin wedges.

POTATO SALAD WITH SHALLOT VINAIGRETTE (from The Organic Cookbook by Renee Elliot and Eric Treuille) Serves 4

1 1/2 lb **Second Spring potatoes**, cut into bite-size pieces

2 **Second Spring shallots**, finely chopped or 4 scallions

2 Tbsp red wine vinegar

1/4 cup extra virgin olive oil

Salt and black pepper, to taste

Bring potato pieces to a boil in a large pot. Simmer gently until tender, 10-15 minutes. Drain. While the potatoes are cooking, mix shallots, vinegar, and oil until combined. Add the hot potatoes to the vinaigrette with "mix-ins" (see below), if using. Toss gently to coat each potato piece. Add salt and pepper to taste. Serve warm or at room temperature.

*"Potato Salad Mix-ins": Vary the flavor and texture by adding 2 tablespoons finely chopped fresh herbs, such as **Jacob's Fresh Farm Basil**, dill, parsley, or chives, 1 tablespoon grainy Dijon mustard or 2 celery stalks, finely chopped.*

SHEET-PAN POTATO, SHALLOT, CABBAGE, APPLE HASH (adapted from <http://hapaway.com/2020/04/18/...> cabbage-apple-hash/) Serves 2-3.

1.5-2 lbs. **Second Spring Red potatoes** (yellow or red)

1/2 med. **Second Spring cabbage**

1-2 **Second Spring shallots**

3 Tbsp. olive oil

1 tsp. salt

1 large (or 2 small) **Kapnick apples**

Heat oven to 425°F. Chop potatoes into 1/4-1/2" cubes. Chop cabbage into large 1/2-1" chunks. Chop onion into 1/4-1/2" pieces. Place on large rimmed baking tray, toss with 2 tablespoons olive oil and spread evenly. Season with 1 teaspoon salt. Bake 15 minutes. Toss everything around and bake another 8 minutes. While hash is baking, chop apple into 1/4-1/2" cubes. Add apple to tray along with 1 tablespoon olive oil. Toss everything around and bake another 10 minutes.

HOT AND SOUR CABBAGE SALAD (from Jump Up and Kiss Me: Spicy Vegetarian Cooking by Jennifer Trainer Thompson)

1 clove garlic minced

2-3 serrano chiles, cut in half, seeded, and finely sliced

1 tsp minced and seeded, fresh, habanero chile

2 Tbsp freshly squeezed lime juice

2 Tbsp apple cider vinegar

2 tsp sugar

2 Tbsp light soy sauce

2 Tbsp dark sesame oil

1 (1 lb) **Second Spring green cabbage**, shredded (about 6 cups)

2 large scallions or 1/2 cup of chopped **Second Spring shallots**

2-3 radishes or **Second Spring carrots**, thinly sliced

3 Tbsp finely sliced fresh **Jacob's Fresh Farm basil leaves**

3 Tbsp finely chopped fresh cilantro

1/2 cup finely chopped cashews for garnish

In a large bowl, combine the garlic, chiles (may substitute ancho/poblano peppers for slightly less hot flavor), lime juice, vinegar, sugar, soy sauce, and sesame oil. Add the cabbage, scallions, radishes, and herbs, and mix well. Refrigerate about 1 hour. Sprinkle each serving with cashews.

SPINACH AND PEA SHOOT SALAD WITH A HONEY LEMON VINAIGRETTE (adapted from <https://food52.com/recipes/116...>)

2 large handfuls **Garden Works pea shoots**

2 handfuls **Tantre Farm spinach**

1/4 cup chopped and roasted pistachios ( or any kind of roasted nut)

12 pieces thinly shaved Grana Padano or Parmesan cheese

Juice of 1/2 large lemon

1/4 cup fruity olive oil

1/2 to 3/4 teaspoons honey

sea salt and pepper to taste for the vinaigrette

*\*Optional: Add **Sell Lettuce, Second Spring carrots** (shaved or shredded), etc.*

Wash the greens and dry them very thoroughly. Place them in a mixing bowl. Add the pistachio nuts and the cheese. To the lemon juice, add the honey and mix together thoroughly. Then whisk in the olive oil until the vinaigrette is emulsified. Add salt and pepper to taste. Pour the dressing over the salad and lightly and carefully toss. Transfer to a serving bowl.

Hope you have a beautiful EARTH DAY! We look forward to seeing you next week for Week #192 with pick up on Sat. April 27 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](mailto:info@tantrefarm.com).*

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