



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 192) Share April 27, 2024

Welcome to Week #192 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

At 6 AM Thursday morning the thermometer showed 24 degrees Fahrenheit. As the morning light gradually lifted over the horizon, it revealed a white, thick, sparkle frosting, which spread on the new pasture grass up on the hills and swales. The cold, white ice also collected on the tender blackberry leaves, budding hazelnut and black cherry leaves, along with the pear and apple trees in full bloom, making us wonder will there be any damage on the fruit this year? The third week of April is that time of year when we would expect a hard frost/freeze on these fresh, tender, new green leaves unblemished by disease as they open to the light.

Because of the freeze, it was a good bit of work to fill our onion planter with water on Thursday morning. We struggled with the frozen hose and the water valve. We poured hot water down the tube until eventually the ice broke free as the farm crew of six chatted away, waiting patiently to plant 40,000 onion plants for this year's harvest. Finally, in fits and bursts we got started, and as the sun continued to fill the sky, we forgot about the nippy morning and started peeling off jackets and sweaters throughout the long day until the sun began to set in glowing embers in the west over Goose Lake. We could hear the geese calling to each other as the day ended, and we were relieved to have all the onions planted in their moist, fertile beds.

Many of our farmer friends have to endure similar tricky days, so we are grateful for the good food that comes from those who are in our share this week with Sell Farms, Garden Works, Tantre Farm, Second Spring Farm, and Kapnick Orchards. If the weather or invading insects or a heavy fungus destroys a crop, it also affects the folks who add value to our farm food, so we also feel gratitude for our artisanal food producers this week with Silvio's, El Harissa, and Harvest

Kitchen. Thanks to those who take the risks and make the efforts to bring this food to your table. Thank you also for eating all this effort, this care, and this flavor.

THIS WEEK'S SHARE ITEMS:

REVOLUTION RED LETTUCE from [Sell Farms & Greenhouses](#): This red variety of lettuce is a beautiful lollo rossa, a fancy type lettuce with rich, red-tipped, super frilly leaves and a mild, nutty flavor. These organically grown and hydroponic greens 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: add pears or Spanish olives to this lettuce and make a salad or use your favorite salad dressing

-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 Tantré 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 on 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 [Tantré 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 Tantré 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 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 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 Second Spring Farm with the description above.

-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 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 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.

EVERCRISP and FUJI 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). 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.

SPINACH RICOTTA RAVIOLI (vegetarian) from [Silvio's Trattoria e Pizzeria](#): These Italian ravioli are hard to stop eating, since they are so rich and creamy. You will receive a 14-oz container of pre-cooked, hand-made dough of white flour and eggs, which is filled with ricotta cheese, Tante spinach, eggs, Romano cheese, salt, pepper and nutmeg along with an 8-oz container of home-made Marinara Sauce (tomatoes, onions garlic, basil, rosemary, oregano, thyme, parsley, olive and canola oil, salt, pepper). This flavorful dish is especially nutritious with the spinach being rich with iron, vitamins, and minerals and pairs perfectly with

ricotta which is high in calcium and protein. Thanks to Silvio Medora and his family 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: Open, heat, and serve.

-How to store: Keep in refrigerator for 5 to 7 days. You can also freeze them for up to one month.

CARTHAGE SALAD (*vegan & gluten-free*) from [El Harissa](#): This tangy, sweet, savory salad comes in a 32-oz container and contains a leafy green mix, poached figs, dates, pomegranate seeds, chickpeas, kalamata olives, tomatoes with a house-made dressing (fig jam, pomegranate molasses, mint, lime juice, balsamic vinegar, rose water, canola oil, olive oil, spices) on the side. Thank you to Khaled and Susan Houamed and their children Yusef and Yasmin of El Harissa Market Cafe, which is a family-owned restaurant, deli, market, and catering service based in the northwest side of Ann Arbor on Maple Road. They specialize in healthy and delicious food inspired by the flavors of North Africa and the greater Mediterranean region.

-How to use: Spoon Shaksuka soup on top, heat, and enjoy!

-How to store: Keep in the refrigerator for 4 to 6 days

CHOCOLATE CHIP & CHERRY OATMEAL COOKIES (*vegetarian*) from [Harvest Kitchen](#): This favorite cookie packs incredible flavor into a small shape coupling the sweet chocolate chips with the tangy dried cherries. This 2-pack includes sugar, brown sugar, flour, oats (Ferris Organic Farm), butter, eggs, vanilla, molasses, cinnamon, baking soda, chocolate chips, dried Michigan cherries, and salt.

Thanks to Keith and the Harvest Kitchen staff for this healthy, sweet, tangy treat. 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: yummy for a dessert or as a great snack

-How to store: best stored in an air-tight container and will keep for up to 5 days. Can be frozen and saved for a later date.

ANNOUNCEMENTS

1. STILL TIME TO REGISTER OR SHOW UP: 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...>

2. WASHTENAW FOOD HUB FARM MARKET OPEN on April 27: We will be open every Saturday from 9 AM to 12 PM. *NEW THIS WEEK* are coffee beans from [Roos Roast Coffee](#), some new varieties of gelato and cheeses from [Zingerman's Creamery](#). We will continue to have fresh produce from Tantre Farm, Sell Farm, and Garden Works. [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, 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. As usual you can pick up your basic needs of maple syrup, granola, oats, honey, dried beans, lentils, popcorn, and a few varieties of soap. Lots of fun things to check out at the Hub Farm Market this Saturday!

3. 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.

4. 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!*

5. 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!***

LOLLA ROSA LETTUCE AND PLUM SUMMER SALAD (from <https://farmfluence.co/blogs/r...>)

1 head lolla rosa **Sell Farm red lettuce**

1 small bag **Tantre spinach**

1 orange

1 plum

1 pint cherry tomatoes
4 Tbsp extra virgin olive oil
1 Tbsp freshly squeezed orange juice
1 Tbsp honey

In a large salad bowl, combine shredded lolla rosa lettuce, spinach, orange segments, and plum slices. In a small mason jar, add extra virgin olive oil, orange juice, and honey. Shake until emulsified. Pour the dressing into the salad bowl and toss until well combined. Add salt and pepper to taste. Garnish with fresh **Garden Works pea shoots**.

GYPSY SOUP (from Moosewood Cookbook by Molly Katzen) **A favorite on Tantre 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, peeled **Second Spring sweet potatoes** and **rainbow carrots** (or winter squash)
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, such as **Tantre spinach**, kale or cabbage. Garnish each prefilled soup bowl with fresh **Garden Works pea shoots**.

PICKLED HERB CARROTS (from The Pleasure of Herbs) Serves 8 **Beautiful colors of rainbow carrots in a jar!*

2/3 cup dry white wine
2/3 cup white wine vinegar
1/2 cup olive oil
1 tsp sugar
1 tsp salt
5 fresh sprigs thyme
3 fresh sprigs parsley
1 clove garlic, minced
1 bay leaf
1/2 tsp ground red pepper
2/3 cup water

1 lb **Second Spring rainbow carrots**, cut 1/2-inch julienne

1 1/2 Tbsp Dijon mustard

Bring liquids and seasonings to boil in large skillet. Add carrots and cook until crisp-tender. Stir in mustard. (Cover and let marinate 2-3 days.) Serve hot or cold.

GRATED BEET AND CARROT SALAD

3-4 **Second Spring beets**, peel and uncooked

3-4 **Second Spring carrots**

1 chopped **Kapnick apple**

1 finely chopped small **Second Spring onion** (optional)

1/3 cup cider vinegar

2 Tbsp balsamic vinegar

1 tsp honey

Grate the beets and carrots into a bowl. Add onion and apple. Pour over vinegar and honey, mix and let marinate in fridge.

Variations: Add grated turnips, chopped parsley or **Sell Farm lettuce**, or toasted sunflower seeds. Garnish with fresh **Garden Works pea shoots**.

SAUTEED SPINACH WITH APPLES AND GARLIC (from <https://ladydocscornercafe.com...>) Serves 4.

1 bag **Tantre spinach**, washed and dried

2 cloves garlic chopped

1-2 **Kapnick apples** cut into small cubes

2-3 tablespoons pine nuts

2 tablespoons olive oil

Salt and pepper to taste

Add garlic to heated olive oil to release the flavor of the garlic. Sauté 1-2 minutes on low heat. Add apples and sauté until apples start to become slightly translucent and soft. Add spinach to pan with medium to high flame. The spinach will wilt and shrink in size quickly. Stir rapidly so spinach on top is moved to bottom and has chance to cook. When about ½ spinach is wilted, add pine nuts into pan and gently mix around. The spinach will cook quickly, in about 5-6 minutes. The goal is to wilt all the spinach leaves. Be careful to not overcook. Add salt and pepper for taste. Garnish with fresh **Garden Works pea shoots**.

Hope you are enjoying these spring days, or is it winter? We look forward to seeing you next week for Week #193 with pick up on Sat. May 4 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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