



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 193) Share May 4, 2024

Welcome to Week #193 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

The first bright blue colors of Siberian squill blanketed the roadside in early spring, and now after all this rain the tulips and daffodils are poking up between the emerald green grasses. Just in these last couple of days the maple leaves have grown exponentially shrouding the barren branches with buds, while everything else is turning green. The pear and plum trees have been blooming white with the apple and peach trees not far behind. We wonder if the fruit will be plentiful this summer as their delicate, whitish pink blossoms drift down on us like a gentle rain during our outside lunch in the backyard. We do appreciate the real rain on the moist, brown earth for a few hours every day, while afterwards the sky fills with the sun to become a blue sky on these puffy white cloud days.

In the fields we see some rebirth as well, since the kale and herb garden are resprouting, and the rhubarb and asparagus are waking up for harvest time. We also see new life as we watch the tender green peas and fava beans finally poking through the freshly tilled, brown soil. The onion greens are getting fat and tall. The garlic greens are almost knee high. Six acres of potatoes were planted in the last couple of days. With this warm weather and rain there is a good abundance of flowers, grasses, and greens coming back to life, which gives us hope in these times of great uncertainty.

One thing we are certain of, is that we have a box full of nutrition and flavor that you can take home with you to enjoy, thanks to the many folks who helped in creating its contents! Thanks for our farmer partners at Sell Farms, Garden Works, Second Spring Farm, Kapnick Orchards, and the farm crew at Tantre Farm. We also would like to thank the folks who add value to these farm ingredients with Harvest Kitchen, Fluffy Bottom Farms, and Zingerman's Bakehouse. We are grateful to all of our local farms and food businesses who

choose to partner with us and give you this box of local goodness.

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 OR SUNFLOWER SHOOTS from [Garden Works Organic Farm](#): You will receive one clamshell of sweet, tender pea OR sunflower shoots. They are soil-grown in two-inch deep trays and go from seed to your salad in roughly three weeks. Pea and also sunflower shoots (also known as pea or sunflower microgreens) are the young leaves and stems of traditional pea or sunflower 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 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 [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

CHIVES from [Tantre Farm](#): mild, onion-flavored herb with long, slender, hollow leaves; often used as a garnish or chopped into any foods that call for onion; purple, onion-flavored buds add an attractive garnish to soups or salads for an extra burst of flavor (stems attached to blossoms are often discarded due to toughness).

-How to use: can be added to potato salad, baked potatoes, soups, salads, omelets, dips and spreads, pastas and sauces

-How to store: store herbs upright with cut stems in 1 or 2 inches of water and refrigerate for up to 1 week or wrap in slightly dampened cloth or plastic bag and store in refrigerator; you can also chop fresh chives and freeze them with

water in ice cube trays to use later when needed.

KALE BUDS from [Tantre Farm](#): Kale buds start out as tightly wrapped, green clusters of tender little flowers called florets, and this is when the texture is at its best. The buds, along with the thin, flexible stem tips that bear them, are sweet and tender. These kale buds can be prepared a lot like broccoli raab, but less bitter and more sweet!

-How to use: steam, sauté, stir fry, prepare just like you would for broccoli raab or other kale dishes

-How to store: refrigerate in plastic bag for 5-7 days.

ORGANIC YELLOW ONIONS (Patterson) from [Second Spring Farm](#): medium-large, blocky bulbs with dark yellow skin and thin necks; excellent storage onion. 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: 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 Ziplock baggies for quick use; if not cut, store in dry, well-ventilated place for several months.

ORGANIC RAINBOW CARROTS from [Second Spring Farm](#): You will receive a bag of white, red, purple, or yellow carrots that are 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

POTATO MIX from [Tantre Farm](#) and [Second Spring Farm](#): You will receive a net bag of [Carola Potatoes](#) (yellow potato from Germany; smooth, creamy texture that is good for baking or frying) mixed with [Red Chieftain](#) (round to oblong, smooth, red with white creamy flesh; great flavor and storage potential).

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

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

DAIKON RADISH from [Tantre Farm](#): You will receive a root that looks like an overgrown white or purple plump carrot, but with a slightly mild radish taste; crunchy and sweet texture; good macrobiotic root that is good for the gut.

-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.

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.

BAJA LIME TOFU WITH CILANTRO-LIME TOFU WITH CILANTRO LIME-GLAZED CARROTS AND BLACK BEAN CUMIN HUMMUS (vegan & gluten-free) from

[Harvest Kitchen](#): This one dish item is filled with 16 oz. of colorful nutrients from the main entrée of Baja lime tofu followed by the lime-glazed carrots and complemented with a dollop of black bean hummus. It comes with the following ingredients: tofu from Rosewood, black beans (Ferris Organic Farm), rainbow carrots (Second Spring Farm), olive oil, tahini, cilantro, lime, lemon, garlic, onion, green onions, cumin, coriander, chilies, salt, pepper, apple cider vinegar, and paprika. Thanks to Keith and the Harvest Kitchen staff for creating this dish. 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: best stored in refrigerator and will keep for up to 5 days

FETA CHEESE from ***Fluffy Bottom Farms***: a fresh, white, soft or semisoft cheese, which is not cooked or pressed but is cured briefly in a brine solution that adds a tangy, salty flavor and made from Calder milk, culture, and salt. This small creamery specializes in hand-crafted cheeses and yogurts along with a limited availability of mozzarella, manchego, camembert, feta, gouda, and gruyere cheeses. We appreciate these dairy items from Fluffy Bottom Farms, which is owned by Inanna Andres. They have more products at Argus, Agricole, the Saturday Ann Arbor Farmers Market, and the Hub Market.

-How to use: very versatile, so put on top of soups, pasta, watermelon, grapes, nuts, potatoes, salads, pizza, or eggs

-How to store: refrigerate following expiration on package

JEWISH RYE BREAD from [Zingerman's Bakehouse](#): We have to apologize, since we had to pull a switcheroo for the bread, since there wasn't enough Paesano loaves made, so most of you will receive Jewish Rye instead this week. This traditional turn-of-the-century rye bread is composed of organic wheat flour, water, rye, sea salt, yeast and caraway seeds. Its distinct flavor and caramel colored crust is a perfect dance partner for any salad, stew, soup or roasted dinner. 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 Reuben sandwiches, good with dipping sauces or with spreads, and other uses above. Stale bread can be made into bread

pudding or made into croutons!

-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.

ANNOUNCEMENTS

1. WASHTENAW FOOD HUB FARM MARKET OPEN on May 4: We will be open every Saturday from 9 AM to 12 PM. We will be offering coffee beans from [Roos Roast Coffee](#), some new varieties of gelato, pimento cheese, and cream 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!**

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

10 oz **Tantre's spinach**, chopped

2 large **Kapnick's apples**, cored and thinly-sliced
1/2 small red onion, peeled & thinly-sliced OR chopped **chives**
1 cup walnut halves, toasted (or pecans)
2/3 cup dried cranberries
5 oz goat cheese, crumbled (or **Fluffy Bottom's feta 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.

TO MAKE THE CHAMPAGNE VINAIGRETTE:

Add all ingredients together in a bowl and whisk to combine. Or, add all ingredients to a mason jar, cover, and shake to combine.

POTATO, KALE, AND FETA BOUREKAS (from

<https://thekitchensinkblog.com/potato-kale-and-feta-bourekas-2/>)

½ cup **Second Spring's onion**, chopped
1 cup chopped **Tantre's kale buds**
3 Tbsp olive oil
2 cups mashed **Tantre & Second Spring's potatoes**
½ cup **Fluffy Bottom's feta cheese**, crumbled
2 eggs, 1 for the egg wash
salt and pepper
1 sheet puff pastry, thawed
2 Tbsp sesame seeds

Thaw puff pastry in the fridge until you're ready to use it. Sauté chopped onion and kale in a pan over medium heat until wilted. Add to a medium bowl with the mashed potatoes. Stir in crumbled feta and one egg. Mix well and season with salt and pepper. Set aside. Line a baking sheet with parchment paper. On a lightly floured surface, roll out the pastry to a 12×12" square. Cut the pastry dough into 4" squares. Place 2 tbsp of the potato filling in the center of each square, spreading it out to ¼ inch from the edge. Fold the dough diagonally to make a triangle. Pinch firmly along edge of the triangle and crimp with a fork to seal the edges. Repeat this process for the remaining squares. Place the bourekas on the prepared baking sheet, leaving space to give them room to expand during baking. Place in the refrigerator for 45 minutes. Preheat oven to 425°F. In a small bowl, whisk the egg yolk. Use a pastry brush to brush the egg wash onto the surface of each boureka. Sprinkle with sesame seeds. Bake for 30-35 minutes until golden brown. Feel free to garnish with a few chopped **Tantre chives** or **Garden Work's pea shoots**.

KALE FLOWERS WITH LEMON AND BUTTER

(from <https://nashsorganicproduce.co...>)

1/2 pound **kale buds**, stems and leaflets
1 Tbsp. (or so) of butter

Juice from half a lemon
Splash of white wine or sherry
Pinch of salt

Heat a large sauté pan over medium-high heat, and melt the butter. Once the butter is melted, give the cleaned and prepped kale (flowers, stems and leaflets) one last rinse. Then, add the whole lot (still wet) to the pan. The kale should be moist enough for the sauté, but don't hesitate to add a splash of water or chicken broth if the pan starts to dry. Sauté over medium-high heat for a few minutes, until the leaves wilt and the stems are fork tender. Add the lemon juice and a splash of wine (not too much — a tablespoon or two is probably perfect), sauté the kale for a moment longer, and then serve it while still hot. Feel free to garnish with a few chopped **Tantre chives** or **Garden Work's pea shoots**.

That's it! Very very simple, and extremely tasty. After all, it's lemon, butter and wine. What's not to like!

ROASTED VEGETABLES WITH BALSAMIC VINEGAR (from From Asparagus to Zucchini: A Guide to Cooking Farm-Fresh Seasonal Produce by MACSAC) Serves 6-8

4 lbs assorted **root veggies (potatoes, carrots, daikon, etc.)**, cut into 2-inch chunks
3 Tbsp olive oil
3 Tbsp chopped fresh herbs (**chives**)
5 garlic cloves, minced
2 Tbsp balsamic vinegar
Salt and freshly ground black pepper, to taste

Heat oven to 450 degrees. Toss chunks of vegetables with olive oil. Spread on a baking sheet and roast for 15 minutes. Stir veggies, lower heat to 375 degrees, and continue roasting for 10 minutes. Add herbs and garlic, and continue cooking until vegetables are soft when pierced with a fork or knife, 15-30 minutes. Toss with vinegar and salt and pepper to taste.

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

1 large handful of **pea or sunflower shoots**
1-2 large **radishes**, julienned
1 **apple**, julienned
1 tb sesame oil
1 tb rice or white wine vinegar
1 tsp sesame seeds (used black and toasted)
1 tb toasted pepitas (pumpkin seeds)

Use a mandoline/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. Feel free to add a few **Sell Farm lettuce leaves** to this salad for extra texture and flavor.

Hope you are enjoying these spring days, or is it winter? We look forward to seeing you next week for Week #194 with pick up on Sat. May 11 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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