



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 212) Share March 29, 2025

Welcome to Week #212 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: When you are bringing your payments with CASH, please bring EXACT AMOUNT in a labeled envelope. You will not receive a Pick Up Reminder email. At the Washtenaw Food Hub we ask that you 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 light continues to stretch later and later into the evening as spring welcomes life back to the winter land. As the spring peepers down in the wetlands crescendo their wonderful chorus, we hear the calling back and forth between the returning red blackbirds, the Canada geese, and the sandhill cranes establishing their place in the glowing twilight. It seems like every puddle and fen have thousands of voices chanting to the sandy hills alive with music. The recent warm rain has also brought the swelling buds and a slight greening to the red maples and box elder trees. This "primavera" is the new beginning of life and the replication of life within the land.

Everyone is happily exploring a new year and a new life, mixing memory and desire. The chickens excitedly break the soil with their feet searching for grubs and worms in the mud. These birds dig under old piles of leaves as they hunt for proteins raking it with their drumstick feet looking for any signs of life. The baby calves are born with fresh newborn white and red colors before the dullness of mud and dust soaks into their colored coats. The ground is still a little too cold for the grass to grow, so the cows have to be content munching dry hay for now and resting their very pregnant bellies on the soft, cool ground in wait of warmer days to come.

With this gradual, growing anticipation, we are looking forward to sharing our Immune Booster box this week with you. Thanks to the farmers providing the fresh harvest from Sell Farms, Tantre Farm, Two Tracks Acres, and the storage crops from Kapnick Orchards, Second Spring Farm, and Tantre again. We also appreciate the prepared foods from our friends at Ginger Deli and Blue Lemon Thai, but also the beverage from Unity Vibration Kombucha. We hope you enjoy

this mix of the upcoming spring crops and memories from last year. Thank you for supporting all of our farmers and local food businesses!

THIS WEEK'S SHARE ITEMS:

PINK LADY & GALA APPLES from [Kapnick Orchards](#): You will receive Pink Lady (sweet-tart apple has high sugars and high acids with bright white flesh that is slow to oxidize, so a perfect snack with a crunchy texture which offers a “fizz-like” burst of flavor) and Gala (a popular apple cultivar with a sweet, mild flavor, crisp texture, and a striped or mottled orange or reddish appearance ; good for snacking, baking, juicing, freezing, and adding to salads. They are also especially suitable for creating sauces.). 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.

ORANGE CARROTS from [Tantre Farm](#): You will receive Napoli (a specialized variety with a sweet taste; 7” roots are cylindrical, smooth, and blunt with edible, green leaves.). Thanks to the Tantre staff for sorting and washing the orange carrots.

-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, and sometimes longer

MUIR LEAF LETTUCE from [Sell Farms & Greenhouses](#): organically grown and hydroponic greens that are rich in calcium, iron, and vitamins A and C. Thanks to Dean and Susan Sell, the owners of this family-owned business in Ypsilanti. 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.

MUSHROOM MIX from [Two Tracks Acres](#): You will receive a 5-oz bag of some combination of Blue Oyster (a gray oyster-shaped cap with a mild, anise, earthy odor; texture is velvety and dense, and when pan seared, their edges turn deliciously crisp), Pioppini (cultivated mushrooms with a unique flavor profile and texture, often described as nutty, earthy, and slightly sweet, with a firm, meaty texture that holds well when cooked), OR Lions Mane (large, white, shaggy mushrooms; dry sauté in a hot skillet until water releases and edges brown, then add butter and seasonings; supports cognitive function but also has properties that can reduce anxiety). Mushrooms are a rich, low-calorie source of fiber, protein, and antioxidants. They may also help to lessen the risk of developing serious health conditions, such as Alzheimer's, heart disease, cancer, and diabetes. Taik and Stephanie grow vegetables, dahlias, microgreens, mushrooms, etc. on Two Tracks Acres in Grass Lake, MI. You can

find their produce at the AA Farmers Market and the Howell Farmers Market and sometimes Agricole Farm Stop.

-How to use: brush off dirt to clean or wipe with damp cloth, do not wash or submerge in water; good grilled, sautéed, steamed, in soups, and tossed in flour and pan sear.

-How to store: place in paper bag or wax bag and keep in refrigerator for up to 5-7 days.

ORGANIC PEA SHOOTS from [Garden Works Organic Farm](#): You will receive one bag 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. 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 carrots, grated beets and thinly sliced apples, 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.

ROOT MIX BAG (sweet potatoes, daikon, turnips, & red beets) from [Tantre Farm](#) and [Second Spring Farm](#): You will receive a small variety of roots including Sweet Potatoes (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 from Second Spring Farm), Daikon Radish (looks like an overgrown white, red, or purple plump carrot, but with a slightly mild radish taste; crunchy and sweet texture; good macrobiotic root that is good for the gut from Tantre Farm), Turnips (smooth, round white roots with a somewhat spicy flavor that works well in braises and stews from Second Spring Farm), and Red Ace Beets (round, smooth, deep red roots with sweet flavor and medium-tall, red-veined green leaves).

-How to use: good for roasting, mashing, steaming; excellent in pot roasts, soups, and stews.

-How to store: refrigerate in plastic bag/damp towel for up to 1 month or more

ORGANIC RED 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 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 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](#): With the mild temperatures we have been having, we have been watching our hoop house spinach thicken the

garden beds and come back to life and produce sweet, 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 or in a bag for up to 1 week

ORGANIC BUTTERNUT SQUASH from [Second Spring Farm](#): light, tan-colored skin; small seed cavities with thick, cylindrical necks; bright orange, moist, sweet flesh; longest storage potential of all squash. See more detailed description of Second Spring Farm in produce above.

-How to use: slice in half, scoop seeds out and bake with a little water in baking pan at 350 degrees for 40 minutes or until tender; boil or steam chunks for 15-20 minutes, or until tender (peel skins off "before" or "after" cooked, but "after" is easiest when it's cooled); mash cooked squash with butter; puree cooked squash for creamy soup, or add uncooked chunks to soups or stews; add small amounts to yeast breads, muffins, cookies, pies, oatmeal, etc.

-How to store: keep for several months in a dry, moderately warm (50-60 degrees), but not freezing location with 60-75 percent humidity; will also store at room temperature, but watch for rotting spots. Then just cut off spots, cook, and freeze in freezer bags until you are ready to use it.

MASSAMAN CURRY from [Blue Lemon Thai](#): This 16-oz., vegan, and gluten-free dish is a slightly sweet and lightly tangy, mild Thai curry made by simmering carrot, potato, tofu, onion in a mixture of coconut milk and fragrant star anise, cardamom, sea salt, palm sugar, tamarind, massaman curry (garlic, sugar, oil, dried red chilies, tamarind juice, shallot, salt, lemongrass, spices (coriander seeds, cumin, cardamom, cinnamon, bay leaves, galangal, cloves), kaffir lime, and galangal. It's thick, creamy, and richly aromatic. 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 her website above to find out more about her.

-How to use: Open, heat up, 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

VIETNAMESE ORANGE NOODLE DISH from [Ginger Deli](#): This traditional and common, street food dish can be found throughout Vietnam and is a popular dish that can be consumed on the go. It is composed of crushed tomatoes, shredded purple cabbage, tofu, garlic, onion, green onion, shallot oil, dash of sesame, red pepper flakes, sea salt black pepper, Michigan maple syrup, lime, fresh turmeric, and rice noodle. This vegan, gluten-free pint dish is created by Te Phan of Ginger Deli (www.gingerdeli.com), 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 Ann Arbor store locations at 203 E. Liberty Street and their new location 1701 Plymouth Road. They also sell a variety of their prepared foods at Argus Farm Stops in Ann Arbor and Agricole Farm Stop in Chelsea.

-How to use: Open container, heat up, and enjoy!

-How to store: keep in refrigerator for up to a week

"EYE OF THE WORLD" KOMBUCHA SPRITZER from [Unity Vibration Kombucha](#):

According to Unity Vibration, "this functional beverage is low sugar, high vibration, made with organic roots, herbs, colloidal minerals, energized structured water and infused with sacred sound vibrations". They are refreshing, low-calorie, and non-alcoholic. You will receive one 12-oz. can of Lebanese Rosewater, Dried Persian Lime, Organic Cardamom, Organic Fair-Trade Kombucha Culture, Colloidal Zinc). Rachel and Tarek have a tasting room and you can see where they brew all kinds of kombucha products at Unity Vibration in Ypsilanti. Their products can be found in several stores in the area including Whole Foods, Argus Farm Stop, Agricole Farm Stop, as well as the Sunflower Farm Market, and they can be found online in their website above.

-How to use: Enjoy as a refreshing drink and serve over ice as a mocktail or as a cocktail.

-How to store: Store for many months in your refrigerator.

ANNOUNCEMENTS

1. TANTRE SUMMER CSA SIGN UP IS OPEN: When you become a Summer CSA member, you will receive 18 weekly distributions of fresh, nutritious produce for \$680 beginning the week of May 25-May 31 and ending the week of September 21-27. That's approximately \$38/week (often with a \$50 real value) of groceries every week! Please go to our website for more information [HERE](#) or sign up directly through this [SIGN UP LINK](#). You will have from now until May 24 to register for the regular \$680 full cost. Please let us know if you have any questions.
Hope to see you this summer in 2025!

2. SHOP LOCAL AT [SUNFLOWER FARM MARKET](#) on Wednesdays, Fridays, and Saturdays: Many people view small and local businesses as a vital part of the economic and social fabric of communities. Our regular hours will continue on Wednesdays and Fridays from 4 PM to 7 PM and Saturdays from 9 AM to 12 PM. NEW ITEMS!! If you are thirsty we have started carrying Lively Up Kombucha "Jammin Ginger" and Leelanau Cherry Limeade. Marrow Detroit Provisions will have dried beef bacon and Detroit breakfast sausages frozen and thawed, so you can pick it up for breakfast! If you have ideas of other items thawed and ready to go, please let us know. We also will have fresh produce from Tantré Farm and other local farms, including freshly harvested LETTUCE from Sell Farms, PEA SHOOTS from Gardens Works, and hoop house SPINACH from Tantré Farm. [Carosello Pasta](#) has several flavors of pasta and [Zingerman's Bakehouse](#) has fresh bread available. Many frozen items are available including frozen meats, fish, tempeh, quiche, pot pies, and [Michigan Farm to Freezer](#) Strawberries, Blueberries, Peaches, and Tart Cherries. We have fresh muffins and cookies along with frozen lasagna, quiches, and mac n cheese dishes from [Harvest Kitchen](#). Fluffy Bottom Creamery will have yogurt, aged and feta cheeses again. [The Brinery](#) has plenty of kimchi along with their signature sauerkraut, pickled roots, beet kvass, and hot sauces. In addition we will have [Calder Dairy](#) butter, local eggs, and several varieties of Unity Vibration's kombucha spritzer and Bea's Squeeze Hibiscus Lemonade, [Kapnick Orchards](#) apples, and [Calder Dairy](#) regular & chocolate milk. Come and get free samples of [Harvest Chocolate](#) snacking chocolate! We also have several snacks including 313 Urban Tortilla Chips, PopDaddy kettle corn, 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 maple syrup, jam, granola, oats, honey, dried beans, lentils, popcorn, salad dressings, broths, and [Tiani Body Care](#) products. Check out our Natural

Peanut Butter from Koeze. Lots of fun things to check out at the [Sunflower Farm Market](#) located at the [Washtenaw Food Hub](#) this Saturday!

3. FREE HOT COFFEE and HOT TEA AVAILABLE at Sunflower Farm Market on

Saturday mornings: For the month of March we will offer a FREE 8-oz, self-serve coffee that you can try. You will also be given the opportunity to buy a 16-oz cup of coffee or tea and enter your name in a drawing to win a Sunflower Farm Market mug at the end of the month. We will contact you sometime after March 29, if you are a winner! Roos Roast Lobster Butter coffee will be brewed and hot water will be available for herbal and caffeinated tea, if you need a hot pick-me-up on Saturday mornings. Half and half, coconut cream/almond milk, raw sugar, stevia will also be available to amend your drink. You will be able to choose from a couple of cup sizes. Come in and buy a cup and make connections with others around you!

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.

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!***

WINTER VEGETABLE CHOWDER (from [366 Simply Delicious Dairy Free Recipes](#) by Robin Robertson) Serves 6

1 tsp canola oil
1/2 cup onion (or **Second Spring shallots**), chopped
1/2 cup celery, chopped
1 medium **Tantre carrot**, chopped
1/2 cup **Second Spring turnip**, chopped
1 **Second Spring sweet potato**, peeled and chopped
1 cup winter squash (**Second Spring butternut**), peeled and chopped
1/2 cup sweet red or green pepper, chopped
1 tsp garlic, minced
3 cups vegetable stock or water
1/2 tsp minced fresh thyme, or 2 Tbsp parsley, chopped
2 cups kale (or **Tantre spinach**)
1 cup unsweetened soymilk (or regular milk)
Salt and pepper, to taste

Heat the oil in a large saucepan over medium heat and cook onions, celery, turnip, and carrot for 5 minutes. Add sweet potato, squash, bell pepper, garlic, stock or water, and herbs. Reduce heat and simmer for 20 minutes or until vegetables are tender. Boil greens in lightly salted water for 3-5 minutes. Drain and set aside. Puree soup in a blender (or use a stick blender in saucepan) until smooth. Return to saucepan. Stir in the soymilk, cooked greens, and salt and pepper to taste. Slowly heat the soup, being very careful not to boil. Serve.

FUSILLI WITH MUSHROOM AND ROASTED BUTTERNUT SQUASH (from <https://www.primaverakitchen.com/fusilli-with-mushroom-and-roasted-butternut-squash/#wprm-recipe-container-27523>) Serves 4.

2 cups whole wheat Fusilli pasta
2 + 1 tbsp extra-virgin olive oil
2 cups **Second Spring butternut squash or sweet potato**, diced

Salt and ground black pepper
½ cup onions (or **Second Spring shallots**), chopped
2 cloves garlic minced
1 tsp red pepper flakes or chili pepper
1 cup **Two Tracks mushroom**, chopped
1 cup cherry tomatoes, cut in half
Green onions chopped for garnish

Preheat the oven to 350F (175C). In a bowl, add the butternut squash and toss with 1 tbsp extra-virgin olive oil, salt, and pepper. In a roasting pan covered with parchment paper, spread the butternut squash out evenly and in a single layer on the baking sheet. Roast in the oven for about 20–25 minutes or until tender. Stir once halfway through cooking time to promote even cooking and browning. Fill a large pot with salted water and bring to a boil over high heat. Add the fusilli and cook according to the package instructions. Drain pasta and set aside. In a skillet, heat 2 tbsp extra-virgin olive oil over medium-high heat. Add onions and cook until translucent. Add garlic, red pepper flakes, mushroom, and cherry tomatoes. Sauté for a few minutes. Add reserved fusilli and roasted butternut squash. Stir well for 1 minute. Add salt and pepper to taste. If necessary, adjust seasoning and add more olive oil to add more flavor. Garnish with chopped green onions and **Garden Works pea shoots** sprinkled on the top for a dash of color and nutrition.

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

1 large handful of **Garden Works pea shoots**
1–2 large **Tantre daikon radishes**, julienned
1 **Kapnick apple**, julienned
1 tb sesame oil
1 tb rice or white wine vinegar
1 tsp sesame seeds [i used black and toasted]
1 tb toasted pepitas

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. Optional: Serve on a bed of **Sell Farms lettuce**.

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, **Tantre shaved carrots**, 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.

ROASTED ROOTS (from <https://diethood.com/easy-roas...>)

2 pounds **Second Spring turnips & red beets, Tantre daikon & carrot**, cut into 1/2-inch wedges

2 **Second Spring shallots**, thinly sliced

1 tablespoon olive oil

4 teaspoons minced dried chives (optional)

1 teaspoon garlic powder

1 teaspoon smoked or sweet paprika

½ teaspoon salt, or to taste

¼ teaspoon freshly ground black pepper, or to taste

4 tablespoons butter, cut into about 10 pieces

chopped fresh parsley, for garnish

crushed red pepper flakes, for garnish, optional

Preheat the oven to 450°F. Place turnips and shallots in a 9x13 baking dish and toss them with the olive oil. To the turnips, add the chives, garlic powder, paprika, salt, and pepper; toss gently to combine. Scatter the butter pieces over the top. Roast for 25 to 30 minutes or until tender, stirring them halfway through cooking. If the turnips are cut larger than suggested, you will need to roast them a bit longer or until tender. Remove from oven and taste for salt pepper; adjust accordingly. Garnish with parsley and pepper flakes, and serve.

CARROT-MUSHROOM LOAF (from [Moosewood Cookbook](#)) Serves 4-6

1 cup chopped onion (or **Second Spring shallots**)

4 1/2 cups grated **Tantre carrots**

1 lb chopped **Two Tracks mushrooms**

5 eggs

2 cloves garlic

1 cup fresh whole wheat breadcrumbs

1 cup grated cheddar cheese

1/4 cup butter

Salt, pepper, basil and thyme, to taste

Crush garlic into melting butter. Add onions and mushrooms and sauté until soft. Combine all ingredients (saving half the breadcrumbs and cheese for the top). Season to taste. Spread into buttered baking pan. Sprinkle with remaining breadcrumbs and cheese. Dot with butter. Bake at 350 for 30 minutes covered, then uncover for an additional 5 minutes or until brown.

Hope you are enjoying your week! We look forward to seeing you next week for the Immune Booster's Week #213 with pick up on Sat. April 5 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.

Tantre Farm

2510 Hayes Road, Chelsea
MI 48118 United States

You received this email because you signed
up on our website or made a purchase from
us.



[Unsubscribe](#)

