



## **Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 213) Share April 5, 2025**

Welcome to Week #213 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 frost is gone. The snow is gone. The rain is gone. But the sunshine is here bringing the bees! They are hard at work with legs laden with big sacks of pollen collected from the maple blossoms that are swelling and blooming along with those early spring flowers loaded with yellow pollen. Walking past the hive, a cloud of bees fly in and out, intent on refortifying the food supply for this social organism, whose supplies have been draining away throughout the winter. Worker bees are dedicated to the survival and well-being of the entire colony, and feeding is a critical role. Each individual worker bee prioritizes feeding the queen, the drones, and the larvae, before consuming for themselves. This is a great inspiration for the beginning of this growing season.

As spring begins to emerge, we have started planting peas, fava beans, and onions in the fields in anticipation of the warming days and rains ahead. The smallest sprouts have started to peek just one half inch above the chocolatey brown soil. The overwintering spinach is already beginning to emerge, each cluster lying close to the ground in a green rosette soaking up the rain with its deep roots. The various grasses grow everywhere, delicate and tender, emerging as if from a deep sleep to carpet the pear and apple tree orchards. With all this green growth, there are many to be fed, and we are on our way to feeding our community.

We hope this finds you healthy and able to be fed with good nutrition and good inspirations. We hope also that you find some way to thank the farmers from Sell Farms, Second Spring Farm, Kapnick Orchards, Garden Works, and Tantre Farm, who have collected this food for you. We also mustn't forget the hard work that our value-added food producers have done, such as Harvest Kitchen,

Raterman Bread, and Fluffy Bottom Creamery, who have used their skills to provide some creative notes to this Immune Booster share. We hope you enjoy being fed and inspired.

### **THIS WEEK'S SHARE ITEMS:**

**FUJI & GALA APPLES** from [Kapnick Orchards](#): You will receive 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, and also performs well in baking and applesauce) 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.

**ORGANIC RED CABBAGE** from [Second Spring Farm](#): You will receive Ruby Perfection which is a fancy, fall storage, red head; medium-sized, dense, and a uniform high-round shape with good wrapper leaves. Thanks to our former intern (2003)-turned-farmer, Reid Johnston, owner of Second Spring Farm from Cedar, MI for growing these vegetables. Besides finding his certified organic produce up north, he also distributes his veggies at Argus and Agricole.

**-How to use:** good steamed, stir-fried, or chopped raw into salads or coleslaw.

**-How to store:** refrigerate for up to 1 month.

**ORGANIC 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 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

**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.

**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 farm 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.

**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. 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, the Peoples Food Coop, Argus and Agricole Farm Stops, 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 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.

**AMAROSA RED FINGERLING POTATOES** from [Tantre Farm](#): small, oblong potatoes with smooth, ruby red skin and speckled red flesh; have a firm texture, nutty, earthy flavor, and are high in nutrients like potassium, vitamin C, and dietary fiber: good for roasting, potato salads, and pair well with fresh herbs, garlic, and olive oil. Thanks to Tantre staff for sorting and cleaning all these roots.

**-How to use:** good roasted, in salads, and good with herbs

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

**FROST-SWEETENED SPINACH** from [Tantre Farm](#): These crisp, dark green leaves are super sweet, since they have emerged in the hoop houses, so they are frost-sweetened. They are 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 TETSUKABUTO SQUASH** from [Second Spring Farm](#): a 5-6 pound Japanese squash; nearly round with dark green rind, slightly mottled and ribbed; sweet and nutty flavor with yellow, thick flesh. 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.

**BLACKENED BUTTERNUT SQUASH ON FRENCH LENTIL CHILI** 12-oz (vegan & gluten-free) from [Harvest Kitchen](#): This 12-oz dish is a hearty, flavorful dish that features green French lentils. Besides the lentils, common ingredients include onion, garlic, shallot, tomatoes, vegetable stock, peppers, chili powder, cumin, coriander, green onions, cilantro, brown sugar, salt, pepper, cayenne. This dish is paired with a flavorful blackened butternut slice topped with Cajun spices loaded with potassium, antioxidants, and nutrition. Keith runs the show at Harvest Kitchen and we are always grateful for their contributions to our CSA and our market. Harvest Kitchen produces their products in the kitchens at the Washtenaw Food Hub and sells at the Ann Arbor Farmers Market, both Argus Farm Stops in Ann Arbor, Agricole Farm Stop in Chelsea, and provides granola, cookies, muffins, frozen pot pies, and other frozen prepared foods at the Food Hub Farm Market. Please stop by and pick up some of their items or order online.

**-How to use:** Reheat and enjoy as a standalone dish or served with toppings like **Fluffy Bottom's Feta Cheese**.

**-How to store:** keep in refrigerator for 5 to 7 days

**ORIGINAL RUSTIC SOURDOUGH LOAF** from [Raterman Bread Haus & Bistro](#): This popular, vegan bread uses organic wheat flour, water, sea salt, and the sourdough starter. Thanks to Nick Raterman and staff for their sourdough bread. Since being a former tenant at the Washtenaw Food Hub, they have continued their commitment to local, high quality food in their new location in Dexter, where they have expanded their 100% sourdough bread menu into artisanal pizzas, fresh sandwiches, seasonal soups and salads plus many more healthy, fresh food options. They also are offering a large selection of gluten free, vegan, and vegetarian menu options. They sell their products at a small number of stores in the Ann Arbor, Dexter and Chelsea areas in southeast Michigan, and can also be contacted for catering and special events.

**-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 and just sprinkle some water on it to reheat in the oven. It comes out just as if it was freshly baked!

**FETA CHEESE** from **Fluffy Bottom Creamery**: 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 & Jack Miles. Last fall they joined the Washtenaw Food Hub community and moved their creamery onsite, so we are excited to see many more new creations. They have more products at Argus, Agricole, the Saturday Ann Arbor Farmers Market, and the Sunflower Farm 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

## 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, Detroit breakfast sausages, and NEW toulouse 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 Tantre Farm and other local farms, including freshly harvested LETTUCE from Sell Farms, PEA SHOOTS from Gardens Works, and hoop house SPINACH from Tantre Farm. [Carosello Pasta](#) has several flavors of pasta and [Zingerman's Bakehouse](#) will have a few loaves of bread, and this week we will have a few loaves of [Raterman 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:** We have decided to continue offering a FREE 8-oz, self-serve coffee for the month of April. 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 the end of April, 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!***

### **SPANISH TORTILLA WITH APPLE & PEA SHOOT SALAD** (from <https://munchyseeds.co.uk/reci...>)

#### Ingredients:

1 **Second Spring onion**, finely chopped  
1.5 Tbsp oil  
3-5 **Tantre red fingerling potatoes**, thinly sliced  
2 cloves of crushed garlic  
1/2 tsp smoked paprika  
8 beaten eggs  
50g serving of Savory Crunch or Mild Chili seeds  
sea salt and black pepper  
a handful of parsley and extra seeds to serve (optional)

#### For the salad:

1 finely sliced **Kapnick apple**  
2 large handfuls of **Garden Works pea shoots**  
1 tsp wholegrain mustard  
1 tsp honey  
1 Tbsp apple cider vinegar  
1.5 Tbsp olive oil

To make the Spanish tortilla, heat the oil on a low heat, cook the onion for 10 minutes until soft. Add the potato slices, 1/2 tbsp oil and season well with sea salt and black pepper. Cook with a lid on for 20 minutes, gently stirring every 5 minutes to ensure the mixture doesn't stick. Add the garlic and smoked paprika, pour in the eggs, put the lid back on and cook for 20 minutes; the edges should be coming away and the top should be starting to set; press in the seeds and flip. Cook for a further 5 minutes; remove from the pan; serve hot or cold with parsley, extra toasted seeds and salad. For the salad dressing: whisk together the mustard, oil, honey and vinegar; pour over the apple and pea shoot salad.

### **SAUTEED SPINACH WITH APPLES AND GARLIC** (from <https://ladydocscornercafe.com/sauteed-spinach-with-apples-and-garlic>)

Serves 4.

1 bag **Tantre spinach**, washed and dried  
2 cloves garlic chopped  
1-2 **Kapnick's apple** 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 1/2 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 and **Fluffy Bottom feta cheese** for taste and added nutrition.

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

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

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

**TETSUKABUTO SQUASH PIE** (from [Backwoods Home Cooking](#))

- 1 9-inch unbaked pie shell
- 2 cups mashed or pureed, cooked pulp of **Second Spring Tetsukabuto squash**
- 1/2 tsp vanilla
- 10 oz evaporated milk
- 1/4 cup brown sugar
- 2 Tbsp unbleached flour
- 1/2 tsp nutmeg
- 1/2 tsp ginger
- 1/3 cup chopped pecans

Thoroughly mix pulp, vanilla, and milk. Mix sugar, flour, nutmeg, and ginger together and stir into the wet mixture. Pour into the pie shell and bake in 375 degree oven until the middle of pie is almost firm but still sticky. Remove from the oven and sprinkle with pecans. Continue baking until a straw inserted in the center comes out clean. Entire baking time takes 40-45 minutes.

Hope you are enjoying your week! We look forward to seeing you next week for the Immune Booster's Week #214 with pick up on Sat. April 12 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).

## Tantre Farm

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