



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 214) Share April 12, 2025

Welcome to Week #214 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 old walnut tree that died in the cow pasture was chopped up into dried, punky pieces providing a little heat for the beginning of this day. The wood stove is warm this morning with the fire smoldering inside. The smoke drifts up the chimney traveling across the countryside flowing through the woods and the trees over the hills and down along the wetlands. The freshly fallen snow graces the hills with a white blanket on a cloudy morning. The black trunks and boughs of the surrounding vines, bushes, and trees contrast as if shadows in the morning, while the small, wild birds call to each other. The bee hive is blanketed with white, but eerily silent compared to a week ago when bees could be seen busily carrying pollen and nectar back to its queen throughout the days of much warmer temperatures. This morning their entryway is blocked by a wall of frozen whiteness. The farm dogs are happy to run in the newly fallen snow, up and back along the path to the packing shed, where we bunch carrots and peel cabbages on this cold April morning. The spring mud of the chicken yard is completely white with almost two inches of snow, while the chickens hover in their coop unwilling to put their tracks on the cold whiteness. In contrast the ducks frolic in their pools of fresh water unhindered by cold and snow. The sandhill cranes walk through the wheat field and bend their graceful necks, gently pecking the tender shoots here and there and randomly calling across the field to each other heralding one of the last days of frozen snow as it melts back into the muddy, moist soil while the morning lengthens into afternoon.

The stark beauty of this cloudy April morning, seems alone and seemingly detached, not quite warm enough and not quite cold enough. The little garlic shoots poke above the snow waiting for the warm sun to feed them and help them grow. Even the giant ragweed has reseeded and sprouted on those

warmer days with little propellers laying flat in the muddy ground, not quite ready to stand up. It seems that everyone is waiting for those warmer temperatures to return again. The rolling hills echo with the voices of birds announcing their presence again and again as being alive and well, and the season slowly turns toward the solstice and those long-awaited, lengthening days.

Whether cold or warm, we are not going to wait to thank our farmers from Second Spring Farm, Kapnick Orchards, Garden Works Organic Farm, Sell Farms & Greenhouses or the staff at Tantre Farm. We are appreciative of their nutritious produce that they have contributed this week. We also would like to thank our value added producers from Harvest Kitchen and Juicy Kitchen, who have brought their skills from the kitchen and packed up some flavorful and amazing flavors into their dishes for your box this week. Thank you to all of you for supporting these folks and prioritizing local producers for your home. We look forward to continuing to see you each week!

THIS WEEK'S SHARE ITEMS:

EVERCRISP and PINK LADY 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 [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). 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 [Second Spring Farm](#): You will receive [Bolero](#) (excellent long-term, storage carrot with medium-long, thick, blunt, orange roots). Thanks to our former Tantre 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 Farm Stops.

-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

ORGANIC CELERIAC from [Second Spring Farm](#): also called Celery Root, rather ugly, knobby, brown vegetable skin with white flesh when peeled; taste is like a cross between strong celery and parsley and wonderful in soups; can range anywhere in size from an apple to a small cantaloupe; high in carbohydrates, vitamin C, phosphorus, and potassium. Thanks to Second Spring Farm with farm description above.

-How to use: can be eaten raw in slaws or salads or cooked in soups, stews, purees; can also be baked, boiled, or sautéed; after peeling should be soaked in lemon juice to prevent discoloration of the flesh.

-How to store: refrigerate in plastic bag for up to a month; may also be dried and used as a seasoning.

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 BROCCOLI OR SUNFLOWER SHOOTS from [Garden Works Organic Farm](#):

You will receive Broccoli Shoots (young broccoli plants, with small green leaves and white stems; mild, pungent, radish flavor and are often eaten raw to add crunch to salads and other dishes) OR Sunflower Shoots (often called “sunnies”, these young seedlings of sunflower plants have a mild, nutty flavor and a refreshing, crunchy texture, making them a popular addition to salads, sandwiches, and other dishes). Microgreens are an excellent source of a powerful “super food” and important source of non-meat protein; a nutrient-packed food source, offering benefits like boosting the immune system, supporting cardiovascular health, and potentially aiding in cancer prevention due to their high antioxidants. They are soil grown in two-inch deep trays and go from seed to your salad in roughly three weeks. 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.

-How to use: awesome in sandwiches, soups, salads, scrambled eggs, tacos, wraps, and in almost anything as a garnish. Add any green to a fruit smoothie, if you don't care for the taste, but appreciate the nutritional impact.

-How to store: refrigerate for up to 1 week, but best within the first 2 or 3 days

ORGANIC RED ONIONS from [Second Spring Farm](#): You will receive Rossa di Milano (classic Italian storage onion; strong, bronze-pink skins; an excellent cooking onion adding sweetness and pungency to any cuisine). Thanks to Second Spring Farm with description above.

-How to use: Great for salads, soups, stews, egg dishes, 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.

DAIKON RADISH from [Tantre Farm](#): You will receive Red King (looks like an overgrown carrot with brilliant red skin and white inside; mild, crisp, and juicy; good, sweet, eating quality) AND Alpine (the smooth, attractive roots are white with green shoulders; looks like an overgrown white carrot, but with a slightly mild radish taste; crunchy and sweet texture; good macrobiotic root that is good for the gut; the most common type grown in Korea). Thanks to Tantre Farm crew for sorting, washing, and packing these roots.

-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.

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 SWEET POTATO MIX (orange, purple, & red) from [Second Spring Farm](#): You will receive one of each color of each of these edible roots related to the morning-glory family that have dark red-orange, deep purple, or or dark red skin with a moist, sweet flesh; high in vitamins A & C. See if you notice any of their subtle differences in flavor. Thanks to Second Spring Farm with farm description above.

-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.

BUTTERNUT RAVIOLI WITH BRAISED LEEKS & OYSTER MUSHROOMS (*vegetarian*) from [Harvest Kitchen](#): Butternut squash ravioli are a type of stuffed pasta where a creamy, sweet, and savory filling of roasted butternut squash is encased in thin pasta dough. This 12-oz, rich, flavorful dish is filled with Detroit-made butternut ravioli, milk, onion, garlic, leeks, oyster mushrooms, flour, shallots, walnuts, and sherry. 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 garnished with **Garden Works Microgreens**.

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

KALE SALAD from [Juicy Kitchen](#): This popular 18-oz container of nutrient-dense leafy greens rich in vitamins, minerals, and antioxidants is vegetarian and gluten-free. Ingredients include kale, organic quinoa, toasted pine nuts, pickled shallots, parmesan (pasteurized milk, cheese cultures, salt, enzymes) and lemon vinaigrette (lemon juice, garlic, Dijon mustard, MI maple syrup, extra virgin olive oil). Thanks to Aaron and all the kitchen staff at Juicy Kitchen. They sell their prepared foods with an online menu or at their location on Maple Rd, Argus Farm Stops in Ann Arbor, and Agricole Farm Stop in Chelsea, so stop and see them!

-How to use: Open the container and enjoy salad for lunch or supper or what the heck! Why not breakfast too?

-How to store: Store in refrigerator for about 5-7 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.

-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. 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, hydroponic, Lettuce from Sell Farms, Microgreens 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. 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!***

SUNFLOWER SHOOTS SPREAD (from <https://www.martinsgardenacf.c...>)

2 cups **Garden Works sunflower shoots** with stems
2 Tbsp sunflower seeds (soaked in water for 15-20 minutes)
4-5 cashew nuts (more if you would like it more creamy)
2 Tbsp nutritional yeast flakes (or to taste)
Sea salt (to taste)
Water (just enough to blitz and bring the mix to a spreadable consistency)

Place in a grinder or blender with the sunflower seeds, cashew nuts, a little salt and water. Blitz till creamy or with texture, as per your liking. Spoon the mix from the sides and blitz again till the required consistency is reached. Remove into a bowl, add the nutritional yeast flakes, and adjust the salt and water. A drizzle of extra virgin olive would not hurt. Some crispy capers or a sprinkling of toasted sesame seeds are very tasty too. Good for dipping **Second Spring carrots**, **Tantre daikon**, or served on crackers, etc.

SWEET POTATO, BROCCOLI, AND TOMATO STEW (from [Farmer John's Cookbook](#) by John Peterson) Serves 4

2 Tbsp olive oil
1 large **Second Spring onion**, sliced
4 cloves garlic, thinly sliced
1 (28 oz) jar stewed tomatoes (or 3-4 cups cut up fresh ones)
2 cups cooked or canned garbanzo beans, drained
1 1/2 cups chicken or vegetable stock or water
3 medium **Second Spring sweet potatoes** (cubed)
1 medium head broccoli, cut into large chunks (about 2 cups) OR substitute **Garden Works broccoli shoots**
Salt and freshly ground pepper, to taste

Heat the oil in a soup pot over medium heat. Add the onion; cook until soft, about 5 minutes. Stir in the garlic and cook for 1 minute. Add the tomatoes, garbanzo beans, stock, and sweet potatoes. Simmer, partially covered, for 15 minutes. Add the broccoli, cover, and simmer until the sweet potatoes and broccoli are tender, about 5 minutes. Season with salt and pepper to taste. Add

broccoli shoots as extra broccoli garnish.

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

1 large handful of **Garden Works broccoli or sunflower shoots**

1-2 large **Tantre radishes**, julienned

1 **Kapnick apple**, julienned

1 Tbsp sesame oil

1 Tbsp rice or white wine vinegar

1 tsp toasted sesame seeds

1 Tbsp 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. Serve on a layer of **Sell Farms lettuce**.

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 **Second Spring red onion**, 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 onion and sauté until apples and onions 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.

CELERIAC AND SWEET POTATO SOUP (from [The Genesis Farm Cookbook](#)) Serves 6

2 Tbsp butter or vegetable oil

1 large **Second Spring onion**, chopped

1 large or 2 medium **Second Spring celeriac**, peeled and cut into 1-inch cubes

2 **Second Spring carrots**, cubed

1 1/2 lbs **Second Spring sweet potato mix**, peeled and cut into 1-inch cubes

1 1/2 tsp salt

1/2 tsp ground allspice or nutmeg

4 cups water or unsalted vegetable broth

1 cup apple cider

1 cup light cream or milk (optional)

Salt and pepper, to taste

1/4 cup toasted pecans or almonds, chopped coarsely

Heat the butter or oil in large pan over medium-low heat. Saute the onions, stirring occasionally for about 10 minutes, or until lightly browned. Add the celeriac, carrots, sweet potatoes, and salt. Cover and cook, tossing a few times,

for about 10 minutes. Add the allspice or nutmeg and stir for another minute. Pour in water and apple cider. Increase heat and simmer for about 30-40 minutes, until very tender. Cool to lukewarm, and puree in a blender or food processor and return to the pot (or use a stick blender to purée the soup in the pot.) Stir in the cream or milk. Salt and pepper to taste. Serve warm and add nuts. Garnish with **Garden Works broccoli or sunflower shoots**.

Hope you are enjoying your week! We look forward to seeing you next week for the Immune Booster's Week #215 with pick up on Sat. April 19 at the Washtenaw Food Hub or Agricole Farm Stop for an Easter weekend! 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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