



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 215) Share April 19, 2025

Welcome to Week #215 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...>

FARM TO TABLE EXPERIENCE WITH TANTRE FARM

Come to the Zingerman's Roadhouse to join Deb and Richard on April 22 at 6:30 PM for a special dinner focused on sustainability. Featuring some of our Tantre Farm ingredients, this dinner will help raise funds for the Legacy Land Conservancy, who work with individuals, landowners, organizations, and government entities to protect southern Michigan's land and water.

Zingerman's Roadhouse says, "This Earth Day Dinner celebrates our commitment to our community and the planet, while we savor an unforgettable meal showcasing the best of what the Michigan Spring season has to offer. We will honor Mother Earth in a down-home, decidedly delicious, sustainable way as our very own Chef Bob cooks up a selection of full-flavored dishes. We will also enjoy hearing Richard and Deb share their story with us, as they talk about some of the ways they are committed to sustainable practices with their beloved farm."

Deb and Richard are honored to be asked to share this special night with our local community "filled with good food, great folks, and a whole lotta love for the land!" Please consider joining us and support sustainability efforts in southeastern Michigan. Here are the menu details and a way to RSVP: <https://www.zingermansroadhouse.com/event/special-event-earth-day-sustainability-dinner/>

THIS WEEK'S SHARE ITEMS:

FUJI & PINK LADY APPLES from [Kapnick Orchards](#): You will receive a mix of 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) 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.

FRESH BASIL from Sell Farms & Greenhouses: an herb from the mint family with a sweet aroma and notes of anise in its green leaves; a popular culinary herb with a spicy flavor and aroma; originally from India where it was traded in ancient times via the spice routes. Thanks to Dean and Susan Sell for providing this herb through their hydroponic greenhouse. This family-owned business in Ypsilanti specializes 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: used traditionally in pesto, and also tomato paste, pizza, pasta, soup

-How to store: ideally store herbs upright with cut stems in 1 or 2 inches of water on your counter or table top. This herb does not like cold temperatures, so doesn't store well in refrigerator for more than a day or two, since leaves will wilt and turn black. Wait to wash leaves until right before you use it.

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 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

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) AND Black King Oyster (a hybrid of oyster and king trumpet mushrooms that are dense, meaty, and have a unique flavor). 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. Thanks to our former Tantre interns (2011+) and now farmers, Taik and Stephanie, growing 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.

BLUE, YELLOW, & RED POTATO MIX from [Tantre Farm](#): You will receive a net bag of [Adirondack Blue](#) (round to oblong, slightly flattened tubers have glistening blue skin enclosing deep blue flesh; moist, flavorful flesh is superb for mashing or salads; very high in antioxidants!), [Carola](#) (yellow potato from Germany; smooth, creamy texture that is good for baking or frying), AND [AmaRosa Red Fingerling](#) (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 the Tantre Farm crew for sorting and compiling these different varieties of potatoes!

-How to use: good for roasting, potato salads, and pair well with fresh herbs, garlic, and olive oil

-How to store: keep unwashed in a dark space or a paper bag

ORGANIC SUNFLOWER SHOOTS from [Garden Works Organic Farm](#): You will receive [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

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 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: great steamed, roasted, or baked, can be mashed 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.

FRESH CASARECCE PASTA from [Carosello Pasta](#): This short, twisted, scroll-shaped pasta originated in Sicily, Italy, and its ingredients include just organic semolina (from durum wheat) and water. The name "casarecce" translates to "homemade" in Italian, reflecting its traditional, artisanal nature. Its unique shape, with curled edges and a slight twist, makes it perfect for holding sauces. A fresh pasta has a much tender texture and quicker cooking time, since typically it's done in just a few minutes. It is generally smoother and softer than dried pasta, but has a shorter shelf life, so if not used within a few days, it can be frozen. Thanks to Chelsea and Mike, who started Carosello Pasta in Dexter a few years ago, where you can buy not only dried pasta varieties, but fresh pasta as well, along with several local and imported complementary items. They are committed to keeping their pasta non GMO and free of synthetic herbicides or pesticides. Their pasta is also egg-free, so suitable for vegans and eaters with egg allergies. You can find Carosello pasta at their shop in Dexter and at Argus and Agricole Farm Stops, Plum Market, as well as at the Washtenaw Food Hub's Sunflower Farm Market and many other places in the area.

-How to use: Follow directions on the package, and a good choice for creamy or butter-based sauces where a delicate texture is desired. Add **Dave's Pomodoro Sauce** topped with **Sell's fresh basil** followed by a crispy slice of the **Bakehouse's Rustic Italian baguette** to enjoy a quickly prepared meal.

-How to store: If stored properly in the refrigerator, fresh pasta can last for a couple of days. For longer storage, fresh pasta can be frozen for up to 8 months.

POMODORO SAUCE from [Dave Makes Pasta](#): This savory, Italian sauce is a simple tomato-based sauce, often used as the base for many pasta dishes and other recipes. Dave's delicious vegan and gluten-free sauce is made with Roma tomatoes, onion, garlic, olive oil, and salt. Thank Dave for using traditional methods for his authentic Italian products based out of the Bellflower Restaurant in Ypsilanti. Many of his products are made out with many local fresh ingredients. Dave is a former cook turned chef from the well-loved Grange Kitchen and Bar in Ann Arbor, which closed down during the pandemic. Then Dave switched gears and started selling pasta kits, which led to selling pasta and sauce in local stores, and eventually to a full-time gig. Now you can find his hand-made, filled, and specialty pastas at Arbor Farms Market, Argus Farm Stops, People's Food Co-op, Ypsilanti Food Co-op, and of course, On the Menu at the Bellflower. Dave offers weekly pasta packages of sauce and noodles for pick up on Fridays and Saturdays at Bellflower Restaurant, so please check him out!

-How to use: ideal for pasta dishes, ragout sauces, delicious on crostini, especially if it was slathered on slices of **Zingerman's Bakehouse baguette** and of course added to **Carosello's casarecce pasta**.

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

ASIAN-STYLE SPINACH SALAD from [Harvest Kitchen](#) (vegetarian and gluten-free): This nutritious, hearty salad features spinach, lentils, cabbage, radishes,

sunflower seeds, nori, ginger, garlic, shallots, olive oil, sesame oil, tamari, Dijon mustard, honey, apple cider vinegar, fermented black beans, green onions, salt & pepper. Thanks to Keith and the Harvest Kitchen staff for this healthy, flavorful salad. They produce their products in the kitchens at the Washtenaw Food Hub. Be sure to visit Chef 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 Sunflower 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: Open and ready to go! Great served with **Carosello's pasta & Dave Makes Pasta's Pomodoro sauce**

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

RUSTIC ITALIAN CITY BAGUETTE from [Zingerman's Bakehouse](#): We had to do a switcheroo from the French Baguette to the Rustic Italian City Baguette, so hope everyone enjoys this Rustic Italian bread in a baguette shape featuring a tender crumb and crisp crust, which are great for garlic bread. This top seller is vegan and uses organic wheat flour (organic wheat, malted barley), water, sea salt, yeast. Thanks to Jaison and his staff at Zingerman's Bakehouse. Their 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 mini sandwiches, French toast, with dipping sauces or with spreads, but especially garlic bread (see recipe below). Stale bread can be made into bread pudding or made into croutons! Be creative! Make into crostini slices!

-How to store: Baguettes tend to harden in just one day, but if stored in a paper bag, it will last for several days and you can bring it back to life by just sprinkling some water on the crust to reheat in the oven. It comes out just as if it was freshly baked!

MINI CHOCOLATE BUNNIES (vegan & gluten-free) from [Harvest Chocolate](#): This four pack of mini solid dark chocolate bunnies sprinkled with marshmallow sugar is vegan and gluten-free. The ingredients include organic cocoa beans, organic cane sugar, natural marshmallow flavoring. Thanks to Matt and Elizabeth for providing this seasonal chocolate made from scratch, starting with the fair-trade sourced cocoa beans and locally made in Tecumseh, MI. They source their cocoa beans from all over the world, which offer different tasting profiles, but they also are interested in sourcing other flavors from local farmers' products. They sell their products in many places around the area including Agricole Farm Stop in Chelsea, Carosello Pasta in Dexter, and the Sunflower Farm Market in Ann Arbor.

-How to use: Open and enjoy. Do you eat the bunny ears first or save them for last?

-How to store: Can last up to two years if stored in a cool, dry place such as a pantry or cupboard

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 another Lively Up Kombucha called "Tropical Dream". We also have a Maple Butter and Garlic Parmesan Pretzel package from PopDaddy. Of course, there will be 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 dry 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 Lavender Lemonade, [Kapnick Orchards](#) apples, and [Calder Dairy](#) regular & chocolate milk. Come and get free samples of [Harvest Chocolate](#) snacking chocolate and some new PopDaddy pretzels! 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!

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 (or substitute **Carosello's casarecce pasta**)
2 + 1 tbsp extra-virgin olive oil
2 cups **Second Spring butternut squash**, diced
Salt and ground black pepper
½ cup onions, chopped
2 cloves garlic minced
1 tsp red pepper flakes or chili pepper
1 cup **Two Tracks mushrooms**, 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 sunflower shoots** sprinkled on the top for a dash of color and nutrition.

MIXED ROOTS GRATIN (from [The Goodness of Potatoes and Root Vegetables](#))

Serves 4

5 Tbsp olive oil, divided
1 medium onion, chopped
5-oz **Two Track's mushrooms**, sliced
4 cloves garlic, minced, divided
Handful of fresh **Sell Farm's basil**, washed and chopped
Salt and black pepper, to taste
1 cup dry white wine, divided
1 1/2 lb roots and tubers (including **Second Spring's carrots** and **Tantre's potatoes**)
6-oz grated Cheddar or Gruyere cheese

Lightly oil a deep-sided baking dish. Heat oven to 400 degrees. Heat 4 tablespoons of the olive oil in a skillet; add onion and mushrooms and sauté over high heat, about 5–6 minutes. Add half the chopped garlic and all the basil. Season to taste with salt and pepper. Add half the wine and boil it off, stirring well. Spoon a thin layer of the mixture into baking dish. Arrange root and tuber slices over mushroom layer, alternating and overlapping slightly. Sprinkle with a little garlic, moisten with wine and a few drops of olive oil and top with grated cheese. Season lightly. Repeat the process, reserving some cheese to finish. Bake 35 minutes, or until soft and golden. Garnish with a handful of **Garden**

Works Sunflower Shoots.

ROASTED WINTER SQUASH WITH BASIL (<https://www.christinacooks.com...>)

3 cups ½-inch cubes winter squash (**Second Spring's butternut squash**)

1 onion, cut into ½-inch dice

2 teaspoons avocado oil

2 teaspoons organic soy sauce

Grated zest of 1 orange

1 teaspoon brown rice syrup

4 to 5 sprigs fresh **Sell Farm's basil**, leaves removed, shredded

Preheat oven to 375F. Place squash and onion in a mixing bowl. Whisk together oil, soy sauce, orange zest and rice syrup in a small bowl until smooth. Toss with vegetables to coat. Arrange vegetables in a shallow baking dish, avoiding overlap. Cover tightly and bake for 45 minutes. Remove cover and return vegetables to the oven and bake for about 15 minutes, until lightly browned on the edges. Remove from oven and toss shredded basil gently into the vegetables, taking care not to break them too much. Transfer to a serving bowl and serve hot. Garnish with **Garden Work's sunflower shoots**.

BEST GARLIC BREAD RECIPE (from <https://www.loveandlemons.com/...>)

½ cup unsalted butter (1 stick) at room temperature

1 Tbsp finely chopped fresh parsley or chives, plus more for garnish

2 garlic cloves, grated

½ teaspoon sea salt

1 loaf French bread, or **Zingerman's baguette**

2 tablespoons grated Parmesan cheese

Flaky sea salt

Red pepper flakes, optional

Preheat the oven to 350°F and line a baking sheet with parchment paper. Arrange an oven rack in the top third of the oven. In a small bowl, stir together the softened butter, parsley, garlic, and salt. Preheat the oven to 350°F and line a baking sheet with parchment paper. Arrange an oven rack in the top third of the oven. In a small bowl, stir together the softened butter, parsley, garlic, and salt. Use a serrated knife to slice the bread in half lengthwise. Slather the cut sides with the garlic butter. Place the bread, cut side up, on the baking sheet. Place on the high oven rack and bake for 8 minutes, then broil for 2 to 5 minutes, or until the bread is golden brown around the edges. Sprinkle with the Parmesan, flaky sea salt, parsley, and red pepper flakes, if desired. Slice and serve hot. Serve with **Carosello's Casarecce pasta** or dunk into **Dave Makes Pasta Pomodoro sauce**.

SPINACH PESTO (from The Genesis Farm Cookbook) Makes about 3 cups. *You can use up a lot of spinach this way, and can certainly leave out the walnuts, the basil, or add parmesan cheese)*

1 cup walnuts

4-6 cloves garlic, peeled and cut in half

1 10-oz package frozen spinach (or 2 bunches **fresh Tantre spinach**, washed and stemmed)

2 bunches fresh **Sell Farm basil** (1 cup packed)

Juice of 1-2 lemons

1/2 tsp salt, or to taste

1/2 to 1 cup olive oil

In a food processor or blender grind the nuts and garlic to a fine meal. Add the spinach, basil, lemon juice, salt and just enough olive oil to keep the blades turning. Adjust the salt and lemon juice to taste.

VEGETABLE BEAN CASSEROLE (adapted from

<http://www.cookingindex.com/recipes/2157/1-pot-vegetable-bean-casserole.htm>).

2 Tbsp butter

3 garlic cloves, minced

2 onions, chopped

2 **Second Spring carrots**, diced

1 Tbsp red wine vinegar

1/2 tsp dried rosemary, crushed

1/2 tsp pepper

1 pinch hot pepper flakes

3 cup **Dave's Pomodoro sauce**

1 pint black or kidney beans, cooked

2 cup **Carosello's pasta**

2 cup broccoli (or **Tantre spinach**), chopped

1/3 cup Romano cheese, fresh grated

In nonstick skillet, melt butter over medium-low heat; cook garlic, onions and carrots, covered, for about 10 minutes or until softened. Stir in vinegar, rosemary, pepper and hot pepper flakes; cook, covered, for about 15 minutes or until onions are very soft. Stir in sauce; bring to boil. Reduce heat; simmer for about 5 minutes or until thickened. Stir in beans; set aside. Meanwhile, in large pot of boiling salted water, cook pasta for 5 minutes. Add broccoli (or spinach); [tip: peel broccoli stalks so that they will cook in the same amount of time as the florets.] cook for about 1 minute or until pasta is almost tender and broccoli is bright green and still crisp. Drain and return to pot. Stir in tomato mixture. Pour into greased 8-inch square baking dish; sprinkle with Romano cheese. Cover with foil. Bake in 350F oven for about 35 minutes or until heated through. Broil, uncovered, for about 2 minutes or until browned and bubbly.

Hope you are enjoying your week! We look forward to seeing you next week for the Immune Booster's Week #216 with pick up on Sat. April 26 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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