



Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 216) Share April 26, 2025

Welcome to Week #216 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 ON THE FARM WITH RICHARD

*April is the cruellest month, breeding
Lilacs out of the dead land, mixing
Memory and desire, stirring
Dull roots with spring rain.
(opening lines of T.S. Eliot's poem "The Waste Land")*

Years ago I worked on a farm in Canton picking sweet corn and musk melons, planting and hoeing. I remember riding my bike to work before the sky got light at 5 in the cold, dewy mornings waiting around for the other high school kids to show up. That summer we spent many hours in the back of an old pick up truck as we drove out to the long, flat fields. One time I didn't sit in the windy back of the truck bed, but rather sat in the cab with the farmer while we drove out to the field. I remember asking the 60ish year old farmer a question, "Do you look forward to the spring any more?" He thought for a moment, and then answered slowly, "Yes, when I was young I did... but not so much anymore." I didn't ask him why. I could only guess. It was a pretty overwhelming job to grow crops on 1500 acres. At the time I was rather smitten with the farm life. I spent many long hours hoeing weeds, carrying bushel baskets of melons across the field to the wagon, and then riding my bike home three miles in the afternoon sun. At this point I could only speculate why he wouldn't look forward to the spring. Perhaps it was routine. Perhaps it was difficult to pay the bills and difficult to stay motivated. Perhaps it was just an obligation having inherited the farm from his father. Perhaps it was poor crop prices that were stressing his finances. Perhaps it was overwhelming because of broken tractors, broken fences, broken equipment. Perhaps it just wasn't meaningful to him anymore.

Once in a while I think again about what the farmer said about not looking forward to spring. Not feeling inspired. Feeling unmotivated. Feeling overwhelmed. I suppose that can happen in any profession after many years of routine. Like another former boss told me when he was feeling stressed, "Life is just a sh** sandwich, and every day is just another bite."

For myself, after 32 years of living on this farm, the work is routine and I do feel overloaded at times, but I see a special kind of meditation with the azure blue sky, the variations of wind, the shapes of clouds, the colors of the sun, the welcoming rain, the abundant lively growth of the bright green grass and the dandelions, the asparagus peeking their tips above the ground, and fawns with their big black eyes warily grazing in the back fields. I am surrounded with abundant life, a whole and complete ecology of mature forests, savannas, crop lands, and wetlands.

Also, I have many friends and neighbors, who gather with good cheer in the spring to celebrate this farm and our neighborhood. The CSA members and customers at market are excited in anticipation of the spring and summer crops that are soon to come. I am rejuvenated and inspired by the new and returning farm crew every spring. There is a cheerful fraternity among the crew each spring when we are working together to plant onions, weed the peas, clean the chicken coop, mulch the rhubarb, and repair the windblown hoop houses. When I think of these things I find that we are rich with experience, stories, and understanding, while we meet challenges and support one another. Then I feel kinship and kindness for this farm and this planet Earth.

Even though the specter of desolation and overwhelming fear can burden our hearts, what I also understand is that if I focus on the beauty, then I'm not caught in the duality of destruction, and I can continue to be present and engage what I value, which is the beautiful earth, the blue sky, the opening buds, the songs of birds, the continuous succession of blooming flowers, and the chatter and laughter of people surrounding me. So this greater community becomes a refuge of peace and happiness for this wonderful Mother Earth. Knowing this, how can I not look forward to spring? Celebrating the earth every day, and giving thanks.

We certainly are thankful for all the farmers, who bring this hard work to our table, especially from Sell Farms, Second Spring Farm, Kapnick Farm, Garden Works, and the staff at Tantre Farm. We are also grateful to the value-added producers who transform this local produce into something creative and delicious such as Harvest Kitchen, Ginger Deli, and Juicy Kitchen. We appreciate the fact that our community is willing to support all of our visions. Hope you enjoy these folk's daily efforts and the beauty in this box that we are providing for you.

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.

ORGANIC RED BEETS from [Second Spring Farm](#): You will receive Red Ace Beets (round, smooth, deep red roots with sweet flavor and many health benefits). Thanks to our former intern (2003)– turned-farmer, Reid Johnston, owner of Second Spring Farm from Cedar, MI. Besides finding his certified organic produce up north, he also distributes his veggies at Argus and Agricole.

-How to use: beet roots are good in soups, stews, roasted, boiled, steamed, excellent grated raw into salads or baked goods.

-How to store: store roots in plastic bags or damp cloth in hydrator drawer of refrigerator for up to 2 weeks

ORANGE CARROTS from [Second Spring Farm](#): You will receive Bolero (excellent long-term, storage carrot with medium-long, thick, blunt, orange roots). 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, 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 description above.

-How to use: after skin is peeled, it can be eaten raw in slaws or salads or cooked in soups, stews, purees; can also be baked, boiled, or sautéed. Tip: after peeling it 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.

ROMAINE LETTUCE from [Sell Farms & Greenhouses](#): upright, dense heads produce long, uniform hearts with good flavor; 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 use in soups or smoothies.

-How to store: refrigerate in plastic bag for 3-5 days.

ORGANIC PEA SHOOTS from [Garden Works Organic Farm](#): You will receive one clamshell 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, Argus, the Peoples Food Coop, Agricole, and Tantre Farm CSAs for many years. You may contact gardenworksorganic@gmail.com for more information.

-How to use: use as a salad, blended with chopped radishes, turnips, and cabbage, excellent garnish as a soup and almost any other dish, so yummy and tender!

-How to store: store in the refrigerator for up to a week.

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 Second Spring Farm with farm description above.

-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](#): 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 POTATOES from [Second Spring Farm](#): these are 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. 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.

SPINACH TOMATO QUICHE from [Harvest Kitchen](#) (*vegetarian*): This 7-inch quiche is made from scratch with a delicate balance of flavors and can be served for breakfast, lunch, or supper. The handmade crust is composed of flour, butter, water. The filling is composed of Tantre Farm spinach, tomato, eggs, Calder milk, parmesan cheese, tomato, salt, pepper, olive oil, sugar. Harvest Kitchen produces their products in the kitchens at the Washtenaw Food Hub. Be sure to visit Keith from Harvest Kitchen at the Saturday Kerrytown Farmers Market, where Harvest Kitchen has a fully stocked booth with all their cooked meals, muffins and granola ready for purchase. They also sell at both Argus Farm Stops in Ann Arbor, Agricole Farm Stop in Chelsea, and of course provide granola, quiche, mac & cheese, pot pies, and muffins at the Food Hub Farm Market. You can also order their products from their website from an online menu and they even will do home deliveries to your door!

-How to use: Just reheat in the oven following instructions on the package. Can be frozen and saved for a later date. Great served with **Ginger Deli's Kohlrabi Salad!**

-How to store: can be stored in the fridge for 4 to 7 days.

KOHLRABI & GREEN PAPAYA SALAD from [Ginger Deli](#): This 1-quart salad is 100% vegan and gluten free. It can also be nut-free, if you choose not to add the crushed peanuts and dried shallot cup. This salad is featuring Tantre Farm's shredded kohlrabi, along with shredded green papaya, bean sprouts, shredded carrot, mint, mango, beet, and a sweet tangy dressing in a separate cup of water, apple vinegar, lime, minced garlic, red pepper flakes, maple syrup. This salad 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 store location at 203 E. Liberty Street and also their products are at Argus Farm Stops in Ann Arbor and Agricole Farm Stop in Chelsea.

-How to use: when ready to use, take dressing out of cup and toss with shredded vegetables and top with cup of nuts and shallots. This goes well with **Harvest Kitchen's Spinach Quiche**.

-How to store: keep in refrigerator for 7 days

FRUIT & YOGURT PARFAIT from [Juicy Kitchen](#): This 12-oz layered dessert or breakfast dish is vegetarian and gluten-free. Ingredients include Greek yogurt, fresh fruit, almond granola (gluten-free oats, sliced almonds, pepitas, unsweetened coconut, MI maple syrup, extra virgin olive oil, cinnamon, vanilla). Thanks to Aaron, Kelby, 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 for breakfast, snack, or dessert after enjoying **Harvest Kitchen's Quiche** and **Ginger Deli's Kohlrabi Salad**.

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

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!***

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

10 ounces (1 bag) **Tantre spinach**, chopped
2 large **Kapnick apples**, cored and thinly-sliced
1 clove of **Second Spring shallot**, peeled and thinly-sliced
1 cup walnut halves, toasted (or pecans)
2/3 cup dried cranberries
5 ounces goat cheese, crumbled (or feta cheese, or blue cheese, or Mozzarella)
1 batch apple cider vinaigrette (see below)

CHAMPAGNE VINAIGRETTE INGREDIENTS:

1/3 cup extra virgin olive oil
1/4 cup champagne vinegar (or apple cider vinegar)
2 tablespoons lemon juice
1 tablespoon Dijon mustard
1 garlic clove, peeled and minced
a generous pinch of salt and black pepper
(optional) 1 tablespoon honey or maple syrup, to sweeten

Add spinach, apples, red onion, walnuts, dried cranberries, and half of the goat cheese to a large bowl. Drizzle with the vinaigrette, and toss to combine. Serve

immediately, garnished with the remaining cheese and add a handful of **Garden Works pea shoots**, and a crunchy topping of granola.

TO MAKE THE CHAMPAGNE VINAIGRETTE:

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

GRATED BEET AND CARROT SALAD

3-4 **Second Spring beets**, peel and uncooked

3-4 **Second Spring carrots**

1 chopped **Kapnick apple**

1 finely chopped small **Second Spring shallot** (optional)

1/3 cup cider vinegar

2 Tbsp balsamic vinegar

1 tsp honey

Grate the beets and carrots into a bowl. Add onion and apple. Pour over vinegar and honey, mix and let marinate in fridge.

Variations: Add grated turnips, chopped parsley or **Sell Farm lettuce**, or toasted sunflower seeds. Garnish with fresh **Garden Works pea shoots**.

WINTER LENTIL SOUP

2 onions (or 3 **Second Spring shallots**)

1 bunch kale (or **Tantre spinach**)

4 **Second Spring carrots**

1 Tbsp olive oil

1 (28-oz) can whole tomatoes, drained

6 cups water

2 **Second Spring sweet potatoes**, peeled and cut into 1/2-inch dice

1/2 cup brown lentils

1 Tbsp fresh thyme leaves

2 tsp kosher salt

1/4 tsp black pepper

12 fresh basil leaves (optional)

1/4 cup (1-oz) grated Parmesan cheese (optional)

Slice each onion into chunks (about 2 cups). Remove the stems from the kale. Stack the leaves on top of one another and slice them crosswise into 1/2-inch-wide strips; you'll need approximately 3 cups. Heat the oil in a saucepan over medium heat. Add the onions and cook for 1 minute. Chop carrots into chunks, add to onions, and cook 2 or 3 more minutes. Add the tomatoes and cook, breaking them up with a spoon, for 5 minutes. Add the water and bring to a boil. Stir in the kale, sweet potatoes, lentils (or beans), thyme, salt, pepper, and basil (if using). Simmer until the lentils (or beans) are tender, about 30 minutes. Spoon into individual bowls. Sprinkle with the Parmesan (if using).

ROASTED BEETS 'N SWEETS (from <https://www.allrecipes.com/rec...>)

6 medium **Second Spring beets**, peeled and cut into chunks

2 ½ tablespoons olive oil, divided

1 teaspoon garlic powder

1 teaspoon kosher salt

1 teaspoon ground black pepper

1 teaspoon sugar

3 medium **Second Spring sweet potatoes**, cut into chunks

2-3 **Second Spring shallots**, chopped

Preheat the oven to 400 degrees F (200 degrees C). Toss beets with 1/2 tablespoon olive oil to coat in a bowl. Spread in a single layer on a baking sheet. Mix remaining 2 tablespoons olive oil, garlic powder, salt, pepper, and sugar in a large resealable plastic bag. Place sweet potatoes and onion in the bag. Seal the bag and shake to coat vegetables with the oil mixture. Bake beets in the preheated oven for 15 minutes. Mix sweet potato mixture with beets on the baking sheet. Continue baking, stirring after 20 minutes, until all vegetables are tender, about 45 minutes.

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

2 Tbsp butter or vegetable oil

1 large leek, sliced thin (or 2-3 cloves **Second Spring shallots**, thinly sliced)

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

1 1/2 lbs **Second Spring sweet potatoes**, peeled, 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. Sauté the onions, stirring occasionally for about 10 minutes, or until lightly browned. Add the celeriac, 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.

Hope you are enjoying these warmer temperatures this week! We look forward to seeing you next week for the Immune Booster's Week #217 with pick up on Sat. May 3 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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